



Monday 5th January

Dear Parents and Carers,

Thank you for the effort you make every day to ensure that your child attends school regularly; it really does make a difference. We know how important it is for children to be in school. **Regular attendance supports learning, friendships, wellbeing and confidence, giving children the best possible start in life.**

We also understand that it can sometimes be hard to decide whether your child is well enough for school. To help with this, the Chief Medical Officer, Professor Chris Whitty, and other health professionals have shared guidance for parents and carers. You can find the full advice here: <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

I have included a short summary of the key points below to make things easier:

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| HIGH TEMPERATURE | If your child has a high temperature, 38 degrees or above, keep them off school until it goes away. |
| COUGHS AND COLDS | It is fine to send your child to school with a minor cough or common cold. If they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly. |
| CHICKENPOX | If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared. |
| COLD SORES | There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels. |
| CONJUNCTIVITIS | You don't need to keep your child away from school if they have conjunctivitis. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly. |
| COVID 19 | If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have <u>symptoms of COVID-19</u> and they either: <ul style="list-style-type: none"> • have a high temperature. • do not feel well enough to go to school or do their normal activities. What to do if your child has tested positive Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. If your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test. |
| EAR INFECTION | If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better, or their high temperature goes away. |
| HEAD LICE | There's no need to keep your child off school if they have head lice. |
| HAND, FOOT AND MOUTH DISEASE | If your child has hand, foot and mouth disease but seems well enough to go to school, there is no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly. |



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| IMPETIGO | If your child has impetigo, they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school. |
| MEASLES | If your child has measles, they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. |
| RINGWORM | If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see a GP. It is fine for your child to go to school once they have started treatment. |
| SCARLET FEVER | If your child has scarlet fever, they will need treatment with antibiotics from a GP. Otherwise, they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics. |
| SLAPPED CHEEK SYNDROME | You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. Please do let the school or teacher know if you think your child has slapped cheek syndrome. |
| SORE THROAT | You can still send your child to school if they have a sore throat. If they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis. |
| THREADWORMS | You don't need to keep your child off school if they have threadworms. |
| VOMITING AND DIARRHOEA | Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours). |

We know there will be times, following the guidance above, when your child needs to stay at home to rest and recover, and that is absolutely the right thing to do for your child's health and wellbeing. When this happens, please remember to call school on **the first day** of your child's absence to let school know that your child will not be in and share the reason why.

Every school has a key safeguarding responsibility to check on any absence that has not been reported. If your school has not heard from you, the school office will try to contact all the contact numbers they hold until they can confirm the reason for absence. They may call you again if your child is absent from more than the expected time and they may also visit you at home. This is simply to make sure that your child is safe and accounted for.

I hope that this information is helpful, especially as we head into the winter months when coughs and colds are more common. Our schools are here to support you in maintaining positive attendance, and we understand that every family's situation is unique. If you have any concerns or would like to talk about your child's attendance, please reach out to your school's leaders who will be happy to help.

Yours sincerely,

Mark Randall
Chief Executive Officer

