

Type of illness	NHS recommended period to be kept away from school	NHS further advice/comments
Diarrhoea or vomiting	24-48 hours since last episode.	This may vary in each case, please inform the Academy.
Flu	Until recovered	
Whooping cough	Five days from commencement of antibiotics or 21 days from onset if no antibiotic treatment.	After treatment non-infectious coughing may continue for many weeks. Vaccination is available
Conjunctivitis	None	
Head lice	None if the hair has been treated.	Recommend use of proprietary hair conditioner combed through the hair with nit comb.
Mumps	Five days from onset of swelling (vaccination).	Mumps in teenage children can cause other serious medical complications.
Thread worm	None	Treatment is required for the child and household contacts.
Tonsillitis	None	There are many causes, most are due to viruses and do not need antibiotics.
Chicken pox	Five days from the onset of rash can be vaccinated against	Chicken pox can affect pregnant women if they have not already had the infection—please inform the Academy.
Cold sores	None	Avoid contact with the sores.
German measles	Five days from the onset of rash can be vaccinated against	If pregnant women or children under 13 months come into contact with German measles they should inform their GP immediately—please inform the Academy.
Hand, foot and mouth	None	
Impetigo	Until lesions are crusted and healed or 48 hours after starting antibiotics.	Antibiotics can speed the healing process and reduce the infectious period.
Measles	Four days from the onset of rash.	If a pregnant woman comes into contact with measles she should inform her GP immediately—please call the Academy.
Slapped cheek	None—most cases are caught late winter—early spring	Pregnant women, people with weak immune systems or blood disorders who come into contact with Slapped Cheek should contact their GP—please inform the Academy.
Warts and verrucae	None	Verrucae should be covered in swimming pools, gyms and changing rooms.

Every Day Counts ... Your child's attendance matters!

UNIVERSITY ACADEMY
HOLBEACH



UNIVERSITY OF
LINCOLN

Should my child stay home from school?

Parents often ask if their child should be in school. If your child has no temperature but has a cough, cold, headache, earache then as with adults medical advice is to give them paracetamol (calpol, etc.) and send them to school. We will always contact you if your child's condition worsens or if we believe it is contagious such as chicken pox, vomiting, etc.

Preventing or minimising illnesses—it can be done!

One way to lessen the number of days your child needs to stay home is to prevent the illness in the first place. Childhood immunisation can prevent many diseases, such as measles, mumps, and chicken pox. Many illnesses can also be prevented through proper hygiene.

Some hygiene reminders for your children:

- Not to share food
- Not to share drinks
- Not to share clothing
- To throw away used tissues
- To wash hands frequently using soap or hand sanitizer.

There are two attendance sessions every day and missing school for a whole day counts as two absences so ...

Medical/dental/optician appointments

Whenever possible make all medical appointments at either end of the school day or outside school hours. If an appointment is made in school time, wherever possible, your child should come to school first and/or return after their appointment. Please be aware the



absence or illness of a pupil should **not** affect the education of their siblings. If a pupil has an appointment (particularly at the beginning or end of the day) arrangements should be made to ensure the other sibling is either dropped off or collected from school on time.

Lack of sleep

If your child has been ill in the night and has had broken sleep, please consider sending them into school in the afternoon with a note. Your child may feel better and they will have chance to join their friends and find out about homework and learning they have missed.



Absent, but able to learn

If your child is absent due to a longer term or contagious illness but is able to work at times. Please contact your school with medical evidence and it should be possible to have work provided for home. The Academy has a virtual learning platform (VLE) so your child can communicate with school through the Internet and access their classwork.

The DfE rule of thumb is “would the ailment keep parents/carers and teachers away from work?”.

Long term or chronic medical conditions

Please talk to us if your child has a chronic or long term illness as there are a number of ways your child can maintain some education. We will always aim to support your child in being able to continue some form of education; and we will work closely with you and your child to ensure that we maintain the right balance so your child can keep up whilst checking the type and amount of school work that your child does is appropriate for them and their medical condition.

So what impact can this have?

A N Other is in Year 7 and his attendance rate at school has always been around 90%. Liam and his family think that this is pretty good!

If AN Other continues to attend for only 90% of the time, then over five years he will miss the equivalent of half of a school year.

90% attendance for Liam = 20 days absence (four week of school missed).

Two days sore throat—September

Five days cold and cough—December

Two days dentist—six month check ups.

One day Christmas shopping.

One day upset stomach—March

Two days high fever/virus—June.

Five days unauthorised holiday.

One day birthday treat.

One day—two doctors appointments.

Did you know that

- pupils with no absence are 1.5 times more likely to achieve 5+ GCSEs A*-C or equivalent and 2.8 times more likely to achieve 5+ GCSEs A*-C or equivalent including English and mathematics than pupils missing 15-20 per cent of KS4 lessons.

DfE, 2015

Finally—remember to phone the school for any absence and bring a note when your child returns to confirm the reason and date of return to school. Supervise your child to catch up on work missed.

Please note regulations for schools give the Principal the right to consider whether to accept the parent/carers position with regard to absences—and it may be decided that these absences are unauthorised.

For more advice on illnesses if not covered over leaf, please visit: www.nhs.uk/livewell/Yourchildatschool/pages/illness.aspx