

Dear Families,

We know that there have been a number of bugs around recently and it can be hard deciding whether or not to keep your child off school. There are some government guidelines for schools which outline when children should be kept off school and when they shouldn't and we thought it would be useful to share these with you.

If you do keep your child at home, please 'phone the school on the first day to let us know the reason for their absence and if your child is well enough to come into school but has an infection that could be passed on, such as a cold sore or head lice, please let their teacher know.

Although cold weather doesn't cause colds, flu and wheezing, these viruses are more common in winter as we are in closer contact with each other due to being indoors.

### Some helpful tips to stay well:

- Cough or sneeze into a tissue, put it in the bin and always wash hands.
- Wrap up warm.
- Eat healthily and drink plenty of water.

As you will be aware, infections spread extremely quickly in schools so your understanding and co-operation is much appreciated.

Yours sincerely,



Steve Solomons  
Headteacher

### The A-Z list below provides further guidance from the NHS website:

#### Chickenpox

If your child has chickenpox, please keep them off school until all the spots have formed a scab. This is usually about five days after the spots first appeared.

#### Cold sores

There is no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or 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.

#### Coughs and colds

It's fine to send your child to school with a minor cough or cold. But if they have a fever, keep them off school until the fever goes.

### **Ear infections**

If your child has an ear infection and a fever or severe earache, keep them off school until they're feeling better or their fever goes away.

### **Fever**

If your child has a high temperature (fever), keep them off school until the fever goes away.

### **Hand, foot and mouth disease**

If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off.

### **Head lice and nits**

There is no need to keep your child off school if they have head lice. See how to get rid of them.

### **Impetigo**

If your child has impetigo, they will need antibiotic treatment from the GP. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment.

### **Molluscum contagiosum**

Molluscum contagiosum is an infection that causes spots on the skin. It's usually harmless and rarely needs treatment. Molluscum contagiosum is contagious. It is usually passed on by direct skin to skin contact.

### **Ringworm**

If your child has ringworm, see your pharmacist unless it's on their scalp, in which case you should see the GP. It's 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 the GP. Otherwise they will be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

### **Slapped cheek syndrome (fifth disease)**

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. If you suspect your child has slapped cheek syndrome, take them to the GP and let their school know if they're diagnosed with it.

### **Sore throat**

You can still send your child to school if they have a sore throat. But if they also have a fever, they should stay at home until it goes away.

### **Threadworms**

You don't need to keep your child off school if they have threadworms. Speak to your pharmacist, who can recommend a treatment.

### **Vomiting and diarrhoea**

Children with diarrhoea or vomiting should stay away from school for 2 days after their symptoms have gone.