

Too sick for school?

Children can't help being sick. Sometimes they have an illness that will require time off school and/or a visit to a doctor but taking regular days off soon adds up.

Send me to school if...



- I have a runny nose, cough or cold
- I feel sick (if I am unwell, school will phone home)
- I haven't been physically sick or had diarrhoea in the last 48 hours
- I have a slight temperature (parents are welcome to come into school before or after lunch to give their child paracetamol)
- I have headlice (please treat before coming into school)
- I am on antibiotics (school can administer if they are required 4 x a day and clearly labelled)
- Headache/Tummy ache

Keep me at home if...



- I have a sickness bug (can return 48 hours after the last episode)
- Diarrhoea (can return 48 hours after the last episode)
- I have a severe temperature
- I have an illness that prevents me from coming to school

It can be tricky deciding whether or not to keep your child off school when they're unwell. Please use these useful government guidelines to help <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>