

Minor Ailments and Illness - Parent/Carer Guidance and Expectations

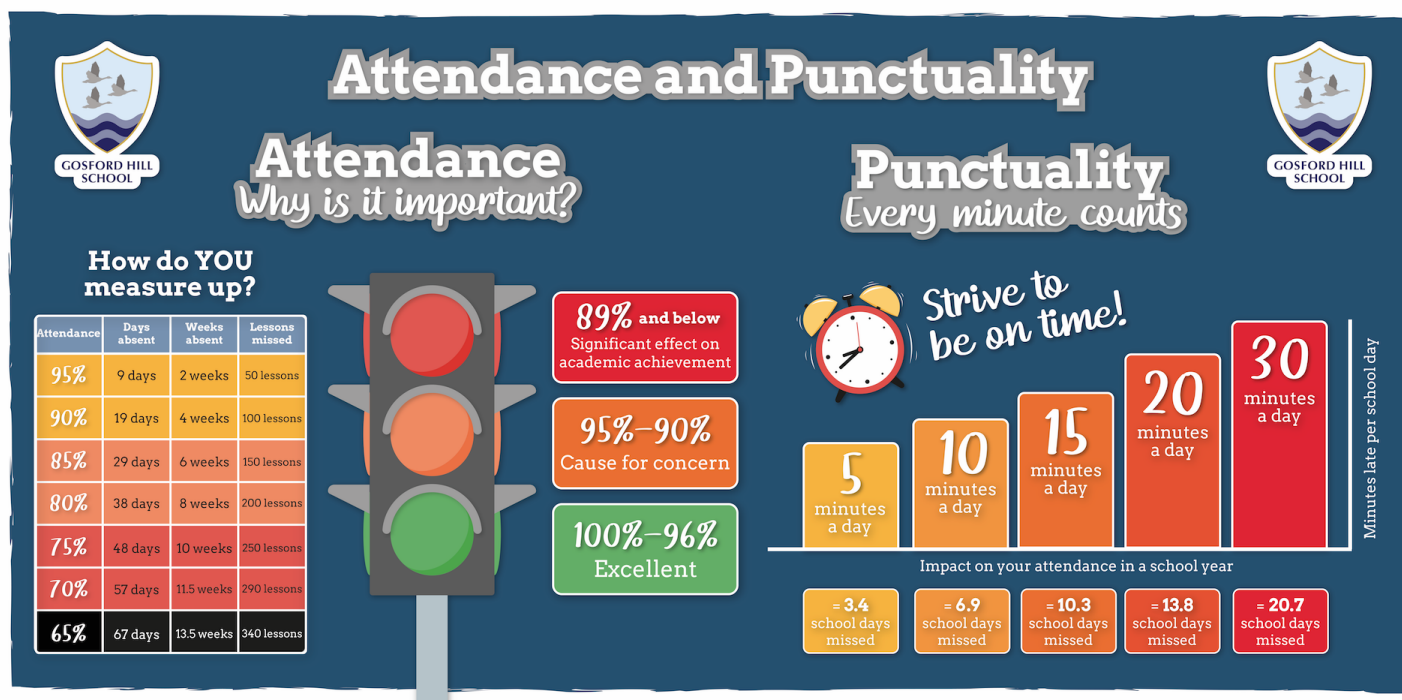
We know that managing illness and minor ailments can sometimes be tricky for families. Knowing when to keep students off school can sometimes be a fine balance, particularly when we are aware of the importance of strong attendance and punctuality to school.

The Department for Education (DfE) and the NHS have recently published some helpful advice for families to guide appropriate decisions to support young people when they are feeling unwell. This document has been produced as a summary of the guidance, as well as our expectations for student attendance when students are feeling unwell.

Parent/Carer Guidance

To promote good health and reduce the chances of your child becoming ill, parents and carers can:

- Make sure your child is up to date with their vaccinations
- Remind your child of basic hygiene measures
 - Washing their hands for at least 20 seconds using soap and water
 - Using tissues for coughs and sneezes and throwing these in the bin
 - Avoiding touching their face, particularly their eyes, nose and mouth
- Be ready for minor seasonal illness, for example by having appropriate cold and flu or hayfever medication available in case your child does become unwell



Parent/Carer Expectations

We have summarised the [advice from the NHS](#) below, outlining whether, **in most cases**, the guidance is to keep your child at home or not. **Should you have any doubt about your child's health, please follow advice from the NHS.**

If you do keep your child at home, it is important to report their absence to us via the absence form on the website, or by phoning us every day. If your child is well enough to come to school but is still experiencing symptoms, please let their Form Tutor and Head of Year know so that we can provide any appropriate support in school.

To help you interpret the information, we have colour coded the advice as below:

- **GREEN** highlights represent that you are able to send your child to school, sometimes with minor adjustments or minimal treatment.
- For all others, please see the advice provided as to whether you need to take further precautions before your child attends school.

Illness	Expectations
Asthma	Long term issue. Provide medication and send it to school. Seek GP advice if issues persist.
Body Aches	No need to be off school. Send to school on time.
Cold Sores	No need to be off school. Send to school on time.
Coughs and Colds	Students should be able to attend school with mild symptoms. Administer meds and send in.
COVID	No need to be off school and children can attend school with mild symptoms. NHS guidance. https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/
Conjunctivitis	No need to be off school. Send to school on time.
Dizziness	No need to be off school. If serious then call 111.
Diarrhoea and Vomiting	Send in the day after the last episode. Administer medication and send in. Temporary Toilet pass can be issued.
Ear ache/Infection	No need to be off school. Administer medication and send in.
Eczema	No need to be off school. Long term illness. Administer medication and send in.
Flu	Student can attend school as long as they feel able to. NHS guidance: https://www.nhs.uk/conditions/flu/
Glandular Fever	No need to be off school unless symptoms require you to see a GP. https://www.nhs.uk/conditions/glandular-fever/
Hand, foot and mouth	Not necessary to take time off school. Remind child of basic hygiene like frequent hand washing.
Hay fever	No need to be off school. Long term illness. Administer medication and send in.
Head lice	Not necessary to take time off school.
Headache	No need to be off school. Administer medication and send in.
Impetigo	Keep off until spots are crusted over.
Nausea	Not necessary to take time off school. Monitor and follow basic precautions such as drinking

	water and appropriate food.
Measles	Keep off school for 48 hours.
Migraine	Initially, no need to be off school. Administer meds and send in. In severe cases, administer meds, monitor symptoms and send to school if symptoms subside.
Mumps	Keep off school for 5 days.
Period pain/cramps	No need to be off school. Administer meds and send in.
Ringworm	Not necessary to take time off school.
Rubella	Keep off school for 4 days from start of the rash.
Scabies	Children can return to school after the first treatment.
Scarlet fever	Keep off for 24 hours after starting antibiotics.
Slapped cheek	No need to be off school once rash has developed.
Sprains	No need to be off school. Administer meds and send in. Temporary adjustments to use corridors at quieter times and avoid staircases can be put in place. Chromebook can be issued if there is an impact on writing.
Stomachache	No need to be off school. Administer meds and send in.
Threadworms	No need to be off school.
Toothache	No need to be off school. Administer meds and send in.
Warts	No need to be off school.

First Aid at Gosford Hill School

All of the colleagues who work in our Pastoral Team, as well as several others across the school are trained in emergency first aid. This means that they are fully qualified to administer first aid in the event of injuries and in significant incidents administer immediate assistance in order to enable transport to medical professionals.

Our staff are not medically trained professionals and cannot diagnose or treat illness. If a student finds themselves feeling unwell during the day the following things will happen:

- They will be encouraged to take responsibility for feeling unwell first. This means ensuring that they are taking sensible steps; small sips of water, eating appropriately and avoiding running around at breaktime etc.
- We will make contact with you if students continue feeling unwell. In the first instance, we will always seek to support them in school by asking that parents/carers drop in some appropriate medicine or it may be appropriate that medical advice is sought.
- If things do not improve, the student may need to be collected. In the rare event that this happens the student must be collected by an adult. If they are too unwell to remain in school, it is important that they are not travelling home alone, potentially creating additional risk for them. Where a student must go home unwell, it is our expectation that this is for the shortest time possible to support a swift return to school (likely the next day) and that appropriate medical advice is sought from professionals.