



Illness & Absence

On occasions, your child might feel unwell and it can be challenging to know if your child can attend school or should stay at home. Please use the following guide to help decide.

Always remember to inform school on the first and each day of absence. This can be done via telephone call, text or through the Arbor app.



When to come to school

Please send your child to school if they have any of the following and feel well enough:

- Sore throat
- Cold
- Cough
- Feeling tired
- Hay fever
- Achy or sore limbs

Children can still take part in learning even if experiencing the above. Please give them medicine at the start of the day if needed. Medication can be passed to the school office if needed during the school day. Always ensure your child has a water bottle and tissues.

We will always contact you if your child is ill during the school day.



When to come to school - but inform us

Please send your child to school but inform us if they have any of the following:

- Headache
- Feeling sick
- Stomach ache
- Ear ache
- Toothache
- Experiencing feelings of anxiety
- Twisted, sprained or broken limbs

Children can still take part in learning even if experiencing the above. Please give them medicine at the start of the day if needed. We have highly skilled staff in school that can support children with anxiety and would rather support from the start so the feelings don't 'snowball' into something bigger.

Adaptations and risk assessments will be put in place for broken limbs.



When to stay at home

Unfortunately there are some occasions when your child will be too unwell to attend school. Please keep your child at home if experiencing any of the following:

- Sickness and diarrhoea
- Contagious illness (chicken pox, impetigo, measles)
- Operations / medical treatments

Medical evidence for appointments should be provided for school to ensure the absence is authorised, however, please try and make appointments outside school hours if possible. You must inform the school office if your child is unable to attend school on the first day of absence and each following day of absence. Please endeavour to inform school first thing in the morning if your child is not going to be in school.



Guide to Childhood Illness



Rashes & Skin Infections

Chicken Pox *	Keep off school until the spots have crusted over
Cold Sores	No exclusion period from school
German Measles *	Keep off school for 4 days from onset of rash
Hand, Foot & Mouth	No exclusion period from school
Impetigo	Keep off school until lesions are crusted or 48 hours after antibiotic treatment
Measles *	Keep off school for 4 days from onset of rash
Ringworm	No exclusion period from school
Scarlet Fever	Keep off school until 24 hours after antibiotic treatment
Slapped Cheek *	No exclusion period from school as rash appears after the infection has passed
Warts & Verrucae	No exclusion period from school



Diarrhoea & Vomiting

Diarrhoea and/or vomiting.	Keep off school for 24 hours from the last episode of vomiting or 48 hours for cases of diarrhoea.
E Coli	Keep off school for 48 hours from the last episode of diarrhoea.

Respiratory Infections

Whooping Cough *	Keep off school until 48 hours after antibiotic treatment
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Other Infections

Conjunctivitis	No exclusion period from school
Glandular Fever	No exclusion period from school
Head lice **	No exclusion period from school
Mumps	Keep off for 5 days from onset of swelling
Threadworm	No exclusion period from school
Tonsillitis	No exclusion period from school

* If your child has one of these infections, please notify school staff as soon as possible as these infections can pose a great risk to female staff or parents and carers who are pregnant.



** Please inform school if you have had to treat your child for head lice.

For latest Covid-19 guidance, please refer to the government guidelines.