Special Consideration in School

You need to inform school if your child has had hospital or surgical treatment and is returning to school with stitches or plaster cast or if they need to restrict their Physical Education lessons and break-times. If your child has an on-going illness you may be required to come into school to discuss this and agree a Health Care Plan or in extreme cases discuss the requirements for a referral to the Home Tuition Service.

Prescribed Medication

Sometimes you may keep your child at home because they are taking prescribed medication. In many cases schools will be able to help your child take their medication and prevent unnecessary absence. If your child is taking prescribed medication during school time, as parent/carer you must hand the medicine into the school office where you will be asked to complete a form giving details of medication and dosage and authorising a member of school staff to give the medicine to your child (this may differ amongst schools; please check your individual school's Medical Policy).

Paracetamol Oral Suspension Sachets

Individual sachets of paracetamol oral suspension may be issued to pupils for **short term use only** without a prescription in accordance with the School's Medical Policy. The sachet(s) must be taken to the school office in a sealed envelope with your child's name, class and date written on where you will be required to complete an authorisation form. If your child's condition continues beyond 48 hours you should consult a healthcare professional.

Informing School of Minor Illness

If your child is absent due to a minor illness you must contact the school to inform them of the reason for the absence and how long you expect them to be absent (see parent's quick guide on the back of this leaflet). It is helpful if you let the school know the nature of the illness to help prevent it being spread to others in school. On your child's return to school you should inform them of their return and confirm the reason for the absence. Medical evidence may be requested to support your child's absence. For example an appointment card/letter, medication or prescription etc. This does not equate to a doctor's letter.

School Contact Details

You need to make sure the school has your current contact details including your work, home and mobile telephone numbers, and an emergency contact. It is important that school is able to contact you during the day if necessary.

Help and Advice

For further advice you can talk to a member of school staff or the school nurse. If you need any further medical advice you can call NHS 111, visit your local pharmacy, Minor Injury Unit (MIU), Urgent Treatment Centre (UTC) or your GP Surgery.

Parent's Quick Guide

Child has medical appointment or is considered too ill to attend school.

DAY 1 OF ABSENCE – School to be informed as soon as possible on the day of absence giving the reason for your child's absence, any medical advice received relevant for school and when you expect your child to return to school.

DAY 3 OF ABSENCE – School to be updated on your child's progress, any medical advice given and when your child will return to school if changed from initial information.

DAY 5 ONWARDS – Update school on your child's progress regularly. Any absence for longer periods may need to be supported by medical evidence. For example an appointment card/letter, medication or prescription etc. This does not equate to a doctor's letter.

Periods of Frequent, Recurring and Long Term Absence Due to Illness

The school is likely to make contact with you to discuss their medical needs and attendance levels. In accordance with school policies and routines, there are a number of options available to help your child's health and school attendance:

- an Education Health Care Plan (EHCP)
- an Early Help Assessment (EHA)
- contact the Education Welfare Service
- a referral to Early Help and Safeguarding Hub (EHaSH)

Useful Contact Information

School

NHS non-emergency number (24 Hours) - 111 or access NHS 111 online

School Nurse - contact through school

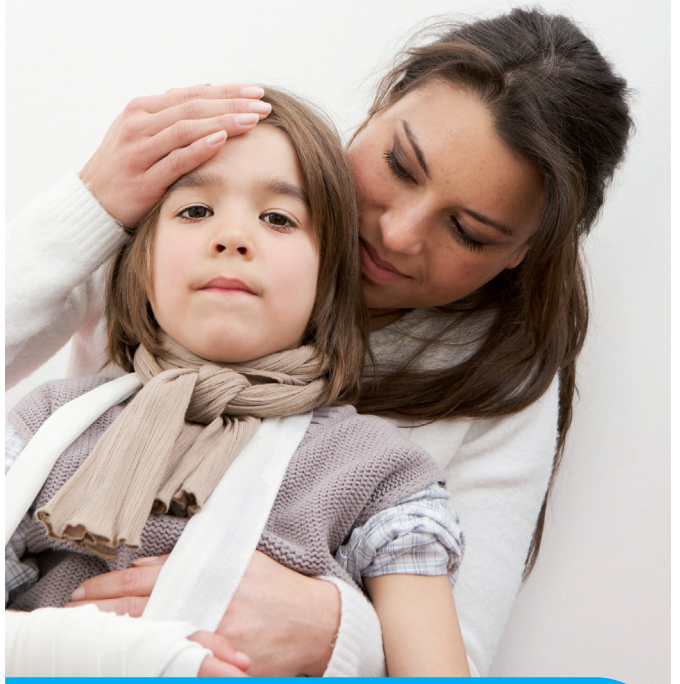
Patient Advice and Liaison Service
Health House, Grange Park Lane, Willerby HU10 6DT
(01482) 672047 (Direct line)

NHS England & NHS Improvement - www.nhs.uk/conditions

School Absence

Guidance for Parents Medical Appointments and Illness

July 2022 – Version 5



This leaflet has been designed to help you make the right choices and advise you on the correct action to take when your child is ill.

EAST RIDING OF YORKSHIRE COUNCIL

Working in Partnership

NHS

Frequent absence is a serious problem for pupils as much of the work they miss is never made up, leaving these pupils at a significant disadvantage for the remainder of their school career. There is a clear link between poor school attendance and low levels of achievement. We need your help and support to deal with this problem.

At present the main reason for pupil absence from school within the East Riding is illness. When deciding whether or not your child is too unwell to attend school ask yourself the following questions:

- **Is my child well enough to do the activities of the school day?**
- **Does my child have a condition that could be passed on to other children or school staff?**
- **Would I take a day off if I had this condition?**

Think carefully before keeping your child from school for medical reasons. If they wake up saying they are unwell, consider whether the symptoms mean they have to stay at home.

Do not keep your child away from school 'just in case' when they could be in class learning with their friends.

If your child requires a routine medical appointment they should be made outside of school hours whenever possible.

However, if your child has an appointment in school time you should take an appointment card or the appointment letter to the school office so your child's absence can be marked correctly in the school register.

Common conditions

Your local community pharmacy can provide advice, guidance and medication for a wide range of common conditions.

If your child is ill, it is likely to be due to one of the following minor conditions. Whether you choose to send your child to school will depend on how severe you think the illness is. The guidance in the following list may assist you:

Chicken Pox

Children should be kept at home until the final blister crusts over, around five days from onset of rash.

Coughs and Colds

A child with a minor cough or cold may attend school. However, if the cold is accompanied by a raised temperature, shivers or drowsiness, they should stay at home and you should seek a healthcare professional's advice.

Earache

Medical advice should be sought.

Headache

A child with a headache does not normally need to be absent from school. If the headache is more severe and accompanied by other symptoms e.g. a fever, you should seek a healthcare professional's advice.

Rashes

Rashes can be the first sign of many infectious diseases. If your child has a rash, check with an appropriate healthcare professional before sending them to school.

Toothache

School attendance should be maintained until your child can be seen by a dentist.

Vomiting and/or Diarrhoea

Children with these symptoms should be kept at home for 48 hours after their symptoms have gone. If symptoms persist or reoccur medical advice should be sought (although Public Health England's guidance is 48 hours, some school policies may state 24 hours).

There is no reason to keep your child away from school for minor conditions such as:

- Acne
- Athlete's Foot
- Cold Sores
- Conjunctivitis
- Hand, Foot and Mouth
- Hay Fever
- Head Lice
- Insect Bites/Stings
- Mouth Ulcers
- Musculoskeletal/Period Pain
- Ringworm
- Slapped Cheek
- Sore Throat
- Threadworms
- Tonsillitis
- Warts and Verrucae

Prior to arranging a GP appointment, you should seek treatment and advice for the above conditions from your local community pharmacy. They may also be able to provide advice on schemes which can help cover the costs of some medications, which would save a journey to your GP. More detailed advice and information on these illnesses maybe found on the school website or alternatively at **www.nhs.uk**

More Serious Conditions

Asthma

If your child has been diagnosed with asthma you will need to inform the school. It is your responsibility as parent/carers to make sure your child has an inhaler in school, labelled with your child's name and is not out of date. See the school asthma policy on their website or ask at the school office.

Broken Bones

School can often make arrangements following medical advice, for children attending school with broken bones to stay inside where necessary.

The school may, in exceptional circumstances, be able to help with transport and help your child to be comfortable in school. If your child has a broken bone please contact the office for advice following medical attention.

Eczema

Your child can attend school with eczema whilst being treated. They should only be absent from school on medical advice due to the eczema being severe.

Glandular Fever

This infection is not caught by day to day contact therefore your child does not need to stay away from school unless they feel too unwell to go.

Impetigo

If your child has, or you suspect they have an impetigo infection, you must seek medical advice and keep your child away from school until the sores have scabbed over and are healing, or 48 hours after starting medication. Don't forget to wash your hands to prevent the illness spreading!

Raised Temperature

You can usually identify a raised temperature through your child looking or feeling shivery. There are lots of reasons for a raised temperature and if symptoms persist you should seek medical advice. As soon as your child is feeling better they can return to school.

Remember, if you are concerned about any aspect of your child's health you should consult a health professional. Advice can be obtained from the school nurse, NHS 111, NHS 111 online, your local pharmacy, Urgent Treatment Centre (UTC) or GP surgery (further details on the back of this leaflet).