**Attendance advice: Children who feel unwell or have a health need**

Deciding when to keep pupils at home:

We all know the importance of attendance at school. Occasionally, your child may wake up on a school day and say that they feel unwell. Here is some helpful advice and handy tips about what you should consider when deciding if they are well enough to attend school.

If your child has no temperature but has a cold, headache or earache, then (as with adults) medical advice is to give them paracetamol (Calpol, etc) and send them to school. Obviously if they have any Covid-19 symptoms follow the NHS guidance and let us know this is the case.

Your child’s school will always contact you if your child’s condition worsens or if they believe it is contagious, such as chickenpox, vomiting, or Covid-19 related etc.

If you are not sure if your child’s illness is classed as infectious and they need to be kept off school and for how long, then contact the attendance office and we can offer advice and information.

Prevention:

Up-to-date childhood immunisations can prevent many diseases, such as measles, mumps and chickenpox.

Many illnesses can also be prevented though, and children can be reminded:

* not to share food
* not to share drinks
* not to share clothing
* to throw away used tissues.
* to use sanitiser provided in school
* to wash hands regularly

Appointments:

There are two attendance sessions every day and missing school for a whole day counts as two absences. So where possible, arrange medical/dental/optician appointments at the end of the school day or outside school hours.

If an appointment is made in school time, your child should come into school first and/or return after their appointment.

Always provide copies of appointment letters and cards to your child’s school so that they can mark the register accordingly.

Please be aware that the absence or illness of a pupil should not affect the education of their siblings.If a pupil has an appointment (particularly at the beginning or end of the school day), arrangements should be made to ensure that other siblings are either dropped off or collected.

**Lack of sleep**

If your child has been ill in the night and has had broken sleep, please consider sending them into school later in the day rather than not at all. Your child may feel better and they will have the chance to join their friends and find out about learning and/or homework missed.

**Absent but able to learn**

If your child is absent due to a long-term or contagious illness but is able to work at times, please contact the school to request work.

Please talk to the school if your child has a chronic or long-term illness as there are a number of ways your child can maintain some education such as online learning. School will always aim to support your child in being able to continue some form of education and will work closely with you and your child to ensure that the right balance is maintained. This means that your child can keep up and school can check that the type and amount of school work that your child does is appropriate for them and their medical condition.