

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

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

Castle Hill Hospital, Cottingham, HU16 5JQ
(01482) 875875 (Direct line)

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

School Absence

Guidance for Parents Medical Appointments and Illness

May 2023 – Version 6



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

