



Attendance: Illness

Valid reasons for keeping your child at home are: -

- He/she is too sick to be comfortable at school
- He/she might spread a contagious disease to other children

Ailment	Should they come to school?
Hay fever/Allergies	Yes – treatment can be given to help symptoms such as antihistamines or hay fever wet wipes. We encourage children to come to school.
Stomach-ache	Yes – if they have no other symptoms.
Period pain	Yes – this can be managed with, for example paracetamol, hot water bottles and exercise. Period pain does not generally qualify as an authorised absence.
Diarrhoea and/or vomiting	Yes – but only after 48 hours since the last episode.
Cough	Yes – Medicines can help soothe a sore throat and a cough. If the cough worsens or your child has difficulty breathing, then seek medical attention.
Cold/Flu	Yes – can attend school providing they do not have a high temperature with additional symptoms i.e. rash, severe muscle aches and pains.
Earache, Migraine and Headache	Yes – let the teacher know and they can monitor your child during lessons. Research suggests that 95% of headaches are caused by dehydration so please ensure your child has a water bottle.
Body aches and pains	Yes – These could be growing pains, paracetamol and getting enough rest could help alleviate symptoms.

If your child's symptoms worsen when at school, they can seek advice in our welfare room.

This is not medical advice, if you are concerned then we always advise speaking to a medical professional.