

7th September 2023

Dear Parents,

We would like to share with you the latest Government guidance on mild illness and school attendance.

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. We would encourage you to look at the [NHS 'Is my child too ill for school?' guidance](#).

In addition to respiratory illnesses, we are aware that some children may be absent from school due to symptoms of anxiety. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it. DfE has published useful [guidance on mental health issues affecting a pupil's attendance](#) and those who are experiencing persistent symptoms can be encouraged to access additional support.

If your child is prescribed medication this can be administered by a first aider in school. We will also administer medicines to help support pain, eg. Calpol. Pain relief medications will be administered once a day for up to 2 days. You will need to bring any medication to the school office and sign a medical form.

Yours sincerely

R L Munro
Headteacher

