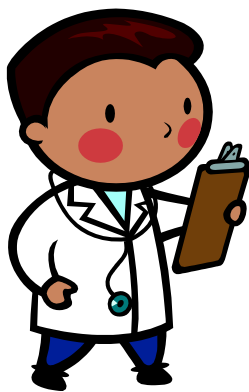
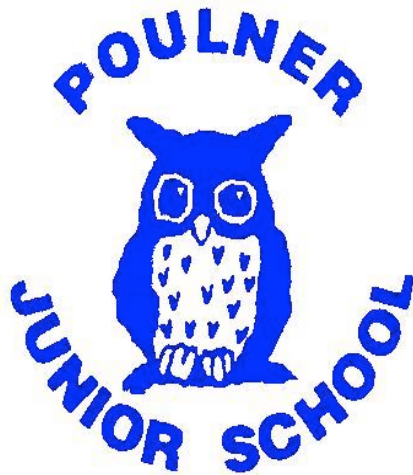


# GUIDANCE FOR PARENTS & CARERS

## MINOR ILLNESS AND SICKNESS

### ABSENCE FROM SCHOOL



Safeguarding all of our children of PJS

Our number one priority at Poulner Junior School is keeping children safe.

If you have any concerns about a child or member of staff please talk to one of our Designated Safeguarding Leaders:

Mr Brown

Mr Heath

Mrs Johnson

## AVOIDING ABSENCE FROM SCHOOL

The main reason for absence from school is illness. Whilst many of these are for good reason there are some that could have been avoided with more care. Unless children are acutely ill they should attend school. We need your help and support to deal with this problem.

In order to avoid preventable absence, parents and carers need to think carefully about their child's illness presented to them before deciding to keep them off school. **If your child requires a medical appointment they should be made outside of school hours wherever possible.** If your child has an appointment in school time you must advise the office to authorise the absence.

## ALLERGIES

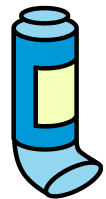
If your child has been diagnosed with a life threatening allergy you will need to inform the office and complete an individual care plan. If an auto injector is required the school recommend that two are held in school in case of emergency and are available at all times. Any hay fever remedies must also be prescription only for the staff to administer.

## ASTHMA

If your child has been diagnosed with asthma you will need to inform the office and complete an individual healthcare plan

and updated regularly. It is the parent/carers responsibility to make sure your child has an inhaler in school, labelled with your child's name and in date.

The NHS is able to give advice on how to manage your child's asthma to maintain good control and help prevent attacks, which will enable your child to have good attendance at school. If your child has poorly controlled asthma you may be asked to meet with the school nurse.



## BROKEN BONES



School can often make arrangements, after medical advice, for children with broken bones to be able to come to school. Provision will be made for them at break and lunch times to stay inside where necessary.

We 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, after medical attention, for advice.

## CONJUNCTIVITIS

If your child has, or you suspect your child may have, conjunctivitis you will need to seek medical attention. Once treated your child does not need to be kept off school.

## COUGHS AND COLDS

Children may attend school with a minor cough or cold. If it is a bad illness or a long lasting cough you will need to seek medical advice as soon as possible. Don't forget to wash your hands to prevent the illness spreading!



## DIABETES

If your child has been diagnosed with diabetes you will need to inform the office.

Provision will be made by the school to liaise with the school nurse and relevant professionals to ensure that staff are trained in this area.

An individual care plan will also be set up in conjunction with the medical professionals and the parents, and held in the school office.

## ECZEMA

Children with eczema can attend school even when it is being treated. Pupils should only be absent from school if advised by the G.P. because it is so severe.

## HEAD LICE

If your child has head lice it should be treated immediately and again a week later to ensure they are all gone. If lice or eggs are still found, this process will need repeating if your child has head lice you may take them out of school to treat them. If your child has long hair you may be advised to tie their hair back to help prevent infestation.

## IMPETIGO

If your child has, or you suspect they have, impetigo you will need to seek medical advice and will need to keep your child off 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!

## MEDICATION

Parents sometimes keep their children off school because they are on medication. In many cases school are able to help children take their medication at school and prevent unnecessary absence. If your child's medicine is to be taken three times a day it can be taken before school, after school and before bedtime to prevent any disruption. If your child is taking ***prescribed medication*** during school time the medicine must be brought to the office by the parent /carer where they 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 their child. Paracetamol, Ibuprofen and Aspirin also need to be ***prescription only***.



## MINOR ACHES and PAINS

If your child has a headache with no other symptoms they are usually well enough to attend school and do not need to be kept at home.

If they have toothache they should be seen by a dentist as soon as possible. If your child has earache you should seek medical advice.

## 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 attention. As soon as your child is feeling better they can return to school.



## RASHES

A rash is often the first indicator of a number of childhood illnesses which may cover part or all of the body. **DO NOT SEND YOUR CHILD TO SCHOOL WITH AN UNEXPLAINED RASH.** You will need to seek medical advice before sending your child into school. For many illnesses the child can return to school after the incubation period, even though there may still be some visible spots which should be scabbed over and not weeping.

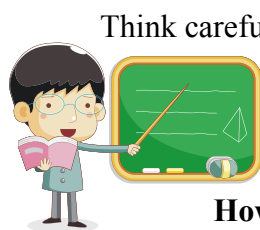
## SORE THROAT

If your child has a sore throat with no other symptoms then your child is usually well enough to attend school. It is only in severe cases that there may be good reason for them to stay at home. If you are unsure please ring the school office.

## VOMITING and DIARRHOEA

If your child has vomiting, diarrhoea or both, they will need to be ***kept at home until 48 hours after the last episode***. If there is no improvement, as you would expect to see you will need to seek medical advice. Don't forget to wash your hands to prevent the illness spreading!

## GOOD PRACTICE



Think carefully before keeping your child off school for medical reasons. If they wake up saying they feel unwell consider whether the symptoms they have mean they need to stay at home. **Do not keep your child off school 'just in case' when they could be in class learning with their friends.**

**However please do not send your child into school if they are genuinely unwell as this can cause unnecessary distress to your child.**

## SCHOOL CONTACT DETAILS

You need to make sure that 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.

## INFORMING SCHOOL OF MINOR ILLNESS



If your child is absent due to a minor illness you must contact the school first thing in the morning to inform them of the reason for the absence and how long you expect them to be off school. It is helpful if you let us know the nature of the illness to help prevent it being spread around school.

## ABSENCE FOR LONG PERIODS OF TIME

If your child is absent from school due to illness for more than three days, or is often absent for short periods, school may ask for supporting evidence to confirm the absence. If your child is frequently ill the school nurse will be asked to support and advise parents carers and school. If your child has had ten days absence in any one half term you will be asked to come into school for a meeting.

## 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 also if they need restricted P.E. lessons, playtimes and lunchtimes. If your child has an on-going illness we may need you to come into school so that we can set up a care plan for them

## WHAT YOU CAN EXPECT FROM US IN SCHOOL

We have a medical room which can provide medical care for pupils and experienced office staff trained in first aid.

If a child is unwell we will call the parents to advise them accordingly.  
Trained staff will administer ***prescribed*** medications as directed.

### **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 Direct, visit your local chemist, walk in centre or your G.P.

#### **USEFUL CONTACT NUMBERS**

NHS DIRECT (24 HOURS) – 0845 4647

SCHOOL NURSE – CONTACT THROUGH SCHOOL

Poulner Junior School – 01425 474590