

30 November 2023

Dear Parent/Carer

I hope this letter finds you well and in good spirits. Over the last few days we have seen an increase on the number of students absent and reporting illness, mainly colds. Whilst we appreciate that there are a lot of illnesses that circulate around at this point in the year, we would like to remind all students that unless they are extremely unwell, they should be attending school so they can continue with their learning.

In the event that a student feels they have become progressively worse and struggling, our Medical Officer is available to support and inform parents. Your child should inform their teacher if they are feeling unwell and they will email First Aid. The First Aider will then go to the classroom at the earliest time possible. There maybe a delay if First Aid has a number of students to see at the same time. The First Aider will triage this.

With regards to making the right decision on whether your child should come to school or stay at home when feeling unwell, the NHS has provided guidance on illness and school absence, in particular:

Coughs and colds

It is fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them at home until the fever goes.

High temperature

If your child has a high temperature, paracetamol is effective in bringing this back down to a normal temperature. Paracetamol must not be carried by students in school, it needs to be administered by a First Aider on school site. Please send the required medication in its original packaging along with the medical consent form which is available to download from the website: [Print-on-green-paper-Request-for-Administration-of-Medicine.pdf \(wpengine.com\)](#). If you have tried to bring a high temperature down at home and it does not subside, the advice is to keep your child at home until it goes away.

COVID-19

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can attend school.

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature.
- do not feel well enough to attend school or do their normal activities.

What to do if your child has tested positive

Your child is no longer required to take a COVID-19 rapid lateral flow test if they have symptoms. But if your child has tested positive for COVID-19 and they feel unwell, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

Sore throat

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it subsides. A sore throat and a high temperature can be symptoms of tonsillitis. Paracetamol will help bring a temperature down but if this does not happen, please consult your GP.

As we approach the halfway point of the term and the Christmas season truly begins, we thank you in advance for supporting us to ensure that all of our students have a productive and festive end to the term.

Kind regards

CRAIG HETHERINGTON
Assistant Principal