

25th October 2023

Dear Parent Carers

As we move into the winter months, we are aware that many children may become mildly unwell and full of cold symptoms. Some Parent Carers may feel less confident assessing whether their child is well enough to be in school.

There is wide agreement among health professionals and educational professionals that school attendance is vital. Being in school improves health, wellbeing and socialization. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for Parent 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. We will continue to encourage the students to wash their hands regularly and follow the slogan 'catch it, kill it, bin it'.

Children need to attend school if they are well enough as regular attendance is vital. However, children should not be sent to school if they have a temperature of 38 degrees or above.

We would encourage you to read the [Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk) guidance which has further information regarding a range of childhood illnesses.

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. Please read the most recent guidance [What are the latest rules around COVID-19 in schools, colleges, nurseries and other education settings? - The Education Hub \(blog.gov.uk\)](https://www.blog.gov.uk) for further information.

If your child has a high temperature and is not well enough, they should stay at home and avoid contact with others where they can. Students can return to school and resume normal activities when they no longer have a high temperature and are well enough to attend.

UKHSA guidance states that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional. For children and young people aged 18 and under who are recommended to take a COVID-19 test by a health professional and test positive, the advice is to try to stay at home and avoid contact with other people for three days. This is because children and young people tend to be infectious to other people for less time than adults.

Should you have any questions, please do not hesitate to contact the school office on 01905 763580.

Yours sincerely



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