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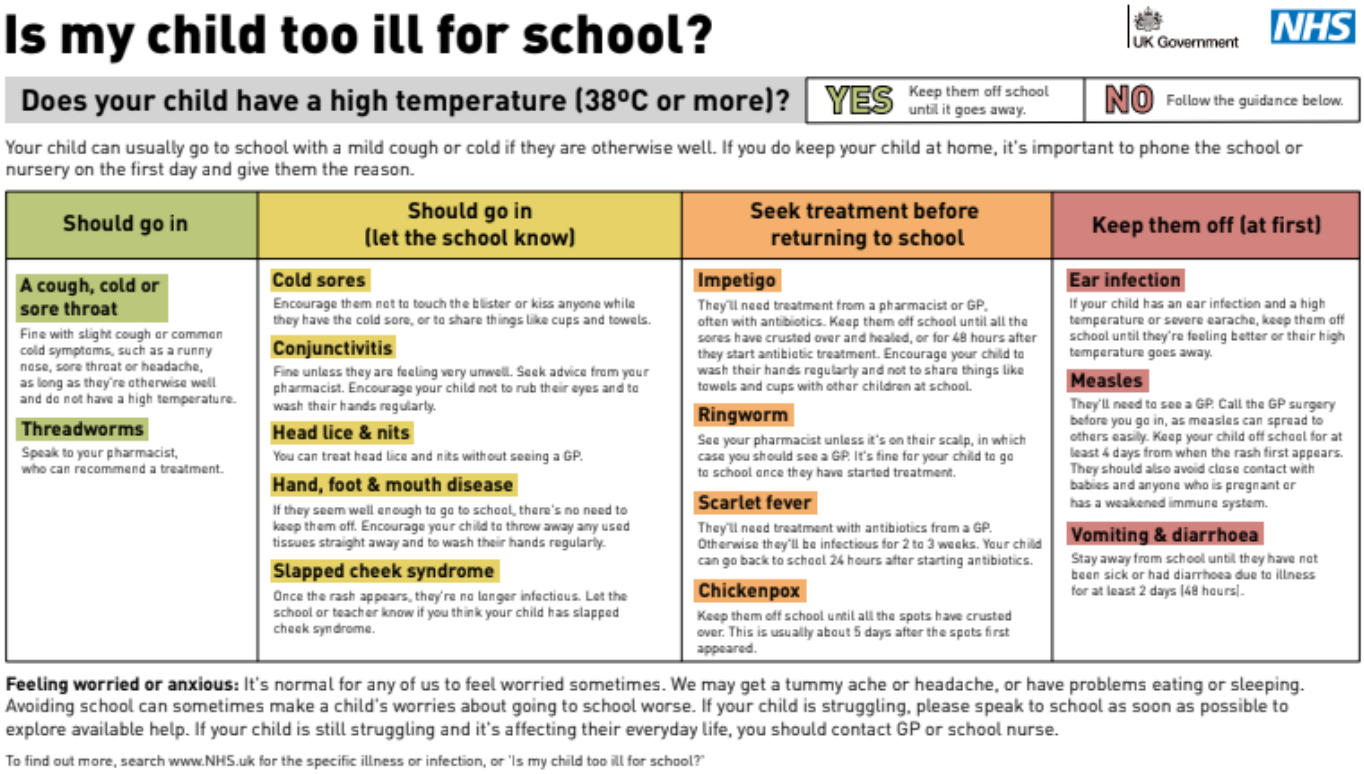
Subject: Supporting Your Child Through Winter Coughs and Colds

Dear Parents and Carers,

As winter approaches, seasonal coughs and colds are making the rounds. We wanted to share a few quick tips to keep your child comfortable and in school.

When to attend
Fine to come in: A mild runny nose, slight sore throat, or minor cough (with no fever).
Keep at home: A high temperature (38°C+), vomiting/diarrhoea, or if they are too lethargic to cope with the day.
(See the NHS 'Is my child too ill for school?' guide if unsure.)



Is my child too ill for school?

UK Government NHS

Does your child have a high temperature (38ºC or more)? YES Keep them off school until it goes away. NO Follow the guidance below.

Your child can usually go to school with a mild cough or cold if they are otherwise well. If you do keep your child at home, it's important to phone the school or nursery on the first day and give them the reason.

Should go in	Should go in (let the school know)	Seek treatment before returning to school	Keep them off (at first)
A cough, cold or sore throat Fine with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.	**Cold sores** Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.	**Impetigo** They'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.	**Ear infection** If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Threadworms Speak to your pharmacist, who can recommend a treatment.	**Conjunctivitis** Fine unless they are feeling very unwell. Seek advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.	**Ringworm** See your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.	**Measles** They'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
	Head lice & nits You can treat head lice and nits without seeing a GP.	**Scarlet fever** They'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.	**Vomiting & diarrhoea** Stay away from school until they have not been sick or had diarrhoea due to illness for at least 2 days (48 hours).
	Hand, foot & mouth disease If they seem well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.	**Chickenpox** Keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.	
	Slapped cheek syndrome Once the rash appears, they're no longer infectious. Let the school or teacher know if you think your child has slapped cheek syndrome.		

Feeling worried or anxious: It's normal for any of us to feel worried sometimes. We may get a tummy ache or headache, or have problems eating or sleeping. Avoiding school can sometimes make a child's worries about going to school worse. If your child is struggling, please speak to school as soon as possible to explore available help. If your child is still struggling and it's affecting their everyday life, you should contact GP or school nurse.

To find out more, search www.NHS.uk for the specific illness or infection, or 'Is my child too ill for school?'

Helping them manage
Pack essentials: Send them in with tissues and a named water bottle to soothe tickly throats.
Layer up: Encourage them to wear a warm coat to and from school and remind them to wear their school jumper.
Medication: Follow dosage instructions for pre-school pain relief. Our first aid team can issue paracetamol between 11:00 and 2:00 if required.
Hygiene: Remind them to 'Catch it, Bin it, Kill it' and wash hands regularly.

Attendance & support
It can be a tough call at 7:30 AM, though most students perk up once they are with friends. If your child does worsen during the day, our first aid team will look after them and call you.

If absences begin to add up, you may receive a supportive check-in call from your child's Tutor, Assistant Director of Progress and Achievement (ADoPA), or Director of Progress and Achievement (DoPA), or an invite to a friendly meeting to put support plans in place. If you're ever unsure about sending them in, please contact the attendance or pastoral teams.

Thank you for your continued support.

Warm regards,

Attendance Team
Wildern School