

### **School Advice on Illness and Attendance**

<b>Condition</b>	<b>School Attendance Guidance</b>	<b>Additional Notes</b>
Feeling anxious or worried	Avoiding school can make anxiety worse	Contact school for support or refer to parental guidance online
Coughs and colds	It's fine to send your child to school with slight cough or common cold symptoms	Symptoms include runny nose, sore throat, headache
Cold sores	No need to keep your child off school	
COVID-19	If child has mild symptoms and feels well enough, they can go to school	Symptoms: runny nose, sore throat, slight cough
Head lice and nits	No need to keep your child off school	Can treat without seeing a GP
Measles	Child will need to see a GP	Call the GP surgery before you go in, measles can spread easily
Sore throat	Can still send your child to school	Sore throat and high temperature can be symptoms of tonsillitis
Vomiting and diarrhoea	Return to school as soon as symptoms have ended	Usually 24 hours, Turton allows return as soon as symptoms stop and child is well enough
Period Pain and heavy flow	Periods are a part of everyday life and as such should not prevent you from being in school. Stay hydrated and consider light exercise or gentle movement to ease cramps.	Prepare a "period kit" with sanitary products and spare underwear to keep in your school bag and take pain relievers like paracetamol or ibuprofen in the morning.
Headaches	Send your child into school with a water bottle in order to regularly fill it throughout the day	Get good sleep, manage stress, and limit screen use. Book an eye test and speak to your GP if symptoms continue.