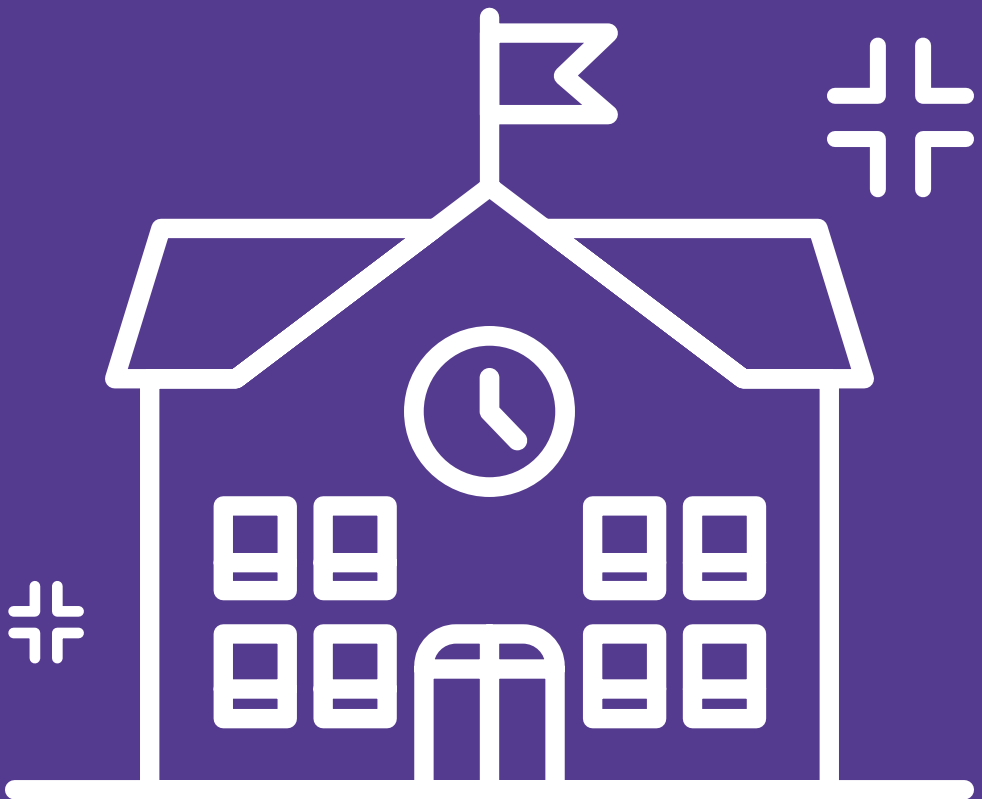


Advice on sending your child to school



Mild illnesses

Children can still attend school with mild illnesses like a cough, cold, headache or earache.

Medicines can be given at home before and after school.

Parents or carers can also give written permission for schools to give medication to their child.

Schools will always contact you if your child's condition worsens.



Contagious illnesses

Keep your child at home if they have a spreadable illness such as chicken pox, diarrhoea and vomiting, measles, or mumps.

For more information on contagious illnesses, visit the NHS website using the link or QR code: www.nhs.uk/live-well/is-my-child-too-ill-for-school/

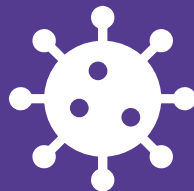


COVID-19

COVID-19 generally presents a low risk to children and young people.

If your child has mild symptoms like a runny nose, sore throat or slight cough but are generally well, they can go to school.

If they are unwell with a high fever, they should stay at home and avoid others. They can return to school when their fever has gone and they feel better.



Appointments

Whenever possible, book appointments outside school hours.

If this is not possible, please share the appointment letter with the school beforehand.



Long-term illness

If your child has a long-term illness, contact Solihull Council by emailing attendanceenquiries@solihull.gov.uk. The Education Participation Advisory Service can work with you to find a way to maintain their education in a way that best meets their needs..



Vaccinations

The best way to protect your child and avoid illness is to make sure they get all their vaccinations.



If you are not sure if your child's vaccinations are up to date, your GP practice can usually advise.

Attendance

School days are split into morning and afternoon sessions. Missing school for a whole day counts as two absences.

If your child has an appointment during the school day, please make sure they can attend at least one session. Siblings should also attend the full day.

If your child needs to take the whole day off, let the school know as soon as possible.



Leave and holidays

School leave is decided by the Headteacher and school. They may not allow leave during term time unless it is an emergency.

Requests must be made to the school in advance, as early as possible.



Mental Health

Worry and mild to moderate anxiety, while tough to deal with, are normal experiences for many kids and teens as they grow up. Being in school can often help with these issues. However, being away for a long time can increase anxiety about coming back. The GOV.UK website has helpful guidance on how mental health can affect attendance and how anyone who needs it can seek extra support. Use the link or QR code to find out more: www.gov.uk/government/publications/mental-health-issues-affecting-a-pupils-attendance-guidance-for-schools.



School Nursing

You can contact the Solihull school nursing team for advice and support by calling 0121 726 6754 or by sending a confidential text to 07480 635496, Monday to Friday, 8am-5pm.

For useful health advice and information visit: www.healthforkids.co.uk



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Solihull School Nurses



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When can my child return to school?

Chicken pox

Five days after a rash starts and the spots have healed.



Conjunctivitis (pink eye)

Go to school. Let the school know.



Diarrhoea and vomiting

48 hours from the last symptoms.



Glandular fever

Go to school. Let the school know.



Flu

When recovered.



Hand, foot and mouth

Go to school. Let the school know.



Head lice

Go to school. Let the school know.



Impetigo

When spots have healed or 48 hours after starting antibiotics.



Measles or German Measles

4 days after the rash starts and other symptoms have stopped.



Mumps

5 days after swelling started.



Scabies

After first treatment.



Scarlet Fever

24 hours after starting antibiotics.



Slapped cheek

Go to school. Let the school know.



Threadworms

Go to school. Let the school know.



Tonsillitis

Children may return to school after the fever has resolved and they no longer feel unwell.



Whooping cough

48 hours after starting antibiotics.



Solihull
METROPOLITAN
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