



# Is my child too ill for school?

When your child is unwell, it can be hard deciding whether to keep them off school. At [#TeamHilton](#) we want our children to attend as regularly as possible as every day missed is missed learning. Sometimes children will be ill and will need time off; these simple guidelines should help you make that decision:

Not every illness needs to keep your child from school. If you keep your child away from school, be sure to inform us at Hilton on the first day of their absence. This can be done by phone (**0191 286 9297**), via a **direct message** to our Facebook page, or by email ([admin@hiltonacademy.org](mailto:admin@hiltonacademy.org)).

Use common sense when deciding whether or not your child is too ill to attend school. Ask yourself the following questions.

- Is my child well enough to do the activities of the school day? If not, keep your child at home.
- Does my child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- Would I take a day off work if I had this condition? If so, keep your child at home.

## Common conditions

If your child is ill, it's likely to be due to one of a few minor health conditions. Whether you send your child to school will depend on **how severe** you think the illness is. Use this guidance to help you make that judgement.

**Remember: if you're concerned about your child's health, consult a health professional.**

- **Cough and cold.** A child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether your child should stay off school.
- **Raised temperature.** If your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better.
- **Rash.** Skin rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.
- **Headache.** A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms,

such as raised temperature or drowsiness, then keep the child off school and consult your GP.

- **Vomiting and diarrhoea.** Children with diarrhoea and/or vomiting should definitely be kept off school for at least 1 day from when the symptoms started. Most cases of diarrhoea and vomiting in children get better without treatment, but if symptoms persist, consult your GP.
- **Sore throat.** A sore throat alone doesn't have to keep a child from school. But if it's accompanied by a raised temperature, your child should stay at home.
- **Chickenpox.** If your child has chickenpox, keep them off school until all their spots have crusted over.
- **Head lice** Unfortunately, head lice are a problem in all schools up and down the country. If your child has head lice, you should keep them off for one day, treating them as advised by the pharmacist. They should then return to school the following day.

## Keep in touch!

It's important to inform us if your child is going to be absent. On the first day of your child's illness, contact Hilton to tell us that your child will be staying at home. We may ask about the nature of the illness and how long you expect the absence to last. If it becomes clear that your child will be away for longer than expected, phone us again as soon as possible to explain this.

## Important information about the monitoring of attendance:

At #TeamHilton we want every child to aim for 97% attendance and above. The government define that any child whose attendance is 90% or below is a persistent absentee. Therefore:

1. If your child's attendance is 90% or below and causing us concern we will offer you a **parent contract** meeting. This is an opportunity to come and have a chat with us about your child's attendance and see if there is anything we can do to sort any issues.
2. If we still have concerns about your child's attendance we will **internally monitor** their attendance for a half term. This means that during this monitoring time we will not authorise absences unless we have been provided with medical evidence for the absence (such as a doctor's note, or prescription).
3. If there is still no improvement in attendance we are required to refer the case to the **local authority**. They will monitor attendance and if there is still no improvement you may be fined or prosecuted.

**We want to work with you on your child's attendance**, if you have any issues or problems that may impact on your child's attendance please come and talk to us as we may be able to help you come up with a solution!