

November 2025

Guidance on When to Keep Your Child Off School

Dear Parents and Carers

As the colder weather is upon us, we know pupils may experience more seasonal illnesses. It can be difficult to judge when your child is well enough for school, so we hope the guidance below is helpful.

When Your Child Should Stay at Home

Your child should remain at home **only if**:

- They have a high temperature (38°C or above) *and* feel too unwell to take part in normal school activities.
- They are vomiting or have diarrhoea and are not yet well enough to return.
- They are genuinely too unwell to manage a full school day.

When Your Child Should Still Attend

Pupils should still come to school for most minor or short-term symptoms, such as:

- Mild coughs or colds
- Sore throats without a high temperature
- Feeling “under the weather”
- Mild headaches or tiredness
- Period pain or discomfort, unless part of a diagnosed condition requiring medical advice

These are common and do not require time off school. Just as adults often attend work with minor symptoms, we encourage pupils to attend whenever they are able. This helps build resilience and prepares them for the expectations of adult life.

Medical Evidence for Recurring Absence

If a pupil has ongoing or recurring absences due to illness, we may request medical evidence to support this. This helps us ensure the right support is in place and allows us to record absences accurately.

Safeguarding and Extended Absence

Where a pupil is absent for more than two consecutive days, as part of our safeguarding protocol, we will usually coordinate a home visit to ensure the pupil’s wellbeing and provide support as needed.



Principal: Mrs H Zakary

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Good Hygiene

As the colder weather sets in, please encourage good hygiene routines such as regular handwashing, using tissues, and covering coughs and sneezes to help reduce the spread of seasonal illnesses.

Reporting Absence

If your child is too unwell to attend, please contact the school on the first and every day of absence and let us know the reason.

Monitoring Attendance

We closely monitor attendance so we can support pupils effectively. If we notice patterns such as frequent short absences or repeated absences on the same days, we may contact you to discuss how we can help. In some cases, we may advise speaking with your GP.

Thank you for supporting strong attendance and helping us maintain a healthy school community. If you have any questions, please get in touch.

Yours sincerely



Mrs D Slater
Assistant Principal – Attendance



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