



Every day counts ...

Your child's attendance matters!

Should my child stay home from school?

Parents often ask us if their child should be in school. If your child has no temperature but has a cough, cold, headache, earache then as with adults medical advice is to give them paracetamol (calpol, etc) and send them to school. We will always contact you if your child's condition worsens or if we believe it is contagious such as chicken pox, vomiting, etc.

Preventing or minimizing illnesses – it can be done!

One way to lessen the number of days your child needs to stay home is to prevent the illness in the first place. Childhood immunisations can prevent many diseases, such as measles, mumps, and chicken pox. Many illnesses can also be prevented through proper hygiene.

Some hygiene reminders for your children:

- not to share food
- not to share drinks
- not to share clothing
- to throw away used tissues
- to wash hands frequently using soap or hand sanitizer.

There are two attendance sessions every day and missing school for a whole day counts as two absences so ...

Medical/dental/optician appointments

Whenever possible make all medical appointments at the end of the school day or outside school hours. If an appointment is made in school time your child should come to school first and/ or return after their appointment. Please be aware that the absence or illness of a pupil should not affect the education of their siblings. If a pupil has an appointment (particularly at the beginning or end of the school day), arrangements should be made to ensure that the other sibling is either dropped off or collected from school on time.

Lack of sleep

If your child has been ill in the night and has had broken sleep, please consider sending them into school in the afternoon with a note. Your child may feel better and they will have the chance to join their friends and find out about homework and learning missed.

Our illness absence guidance is based on direct advice and guidance from the Department of Education (DfE). The DfE use the rule of thumb – consider whether the ailment would keep parents and teachers away from work. As a rough guide depending on your child's age – this is the amount of sleep the NHS recommend per night - 4yrs – 11.5 hrs. 5yrs -11hrs. 6yrs – 10.75 hrs. 7yrs – 10.5 hrs. 8yrs – 10.25. 9 yrs – 10hrs. 10 yrs – 9.75 hrs. 11 yrs – 9.5 hrs.

Absent, but able to learn

If your child is absent due to a long term or contagious illness but is able to work at times. Please contact your school to request work. Many schools now have virtual learning platforms (VLE) so your child can communicate with school through the Internet and access their classwork.

Our school policy on illness is based on direct advice and guidance from the Department for Education (DfE).

The DfE rule of thumb is *“would the ailment keep parents/carers and teachers away from work?”*

Long term or chronic medical conditions

Please talk to us if your child has a chronic or long term illness as there are a number of ways your child can maintain some education – such as hospital schools or teaching services, home teaching and education centres. We will always aim to support your child in being able to continue some form of education; and we will work closely with you and your child to ensure that we maintain the right balance so your child can keep up whilst checking the type and amount of school work that your child does is appropriate for them and their medical condition.

So what impact can this have?

Liam is in Year 1 and his attendance rate at school is always around 90%. Liam and his family think this is pretty good! If Liam continues to attend for only 90% of the time, then over five years he will miss the equivalent of about one-half of a school year.

Every Day Counts					
175 non-school days a year – including weekends and school holidays					
190 school days in each year					
190 School days in each year	10 days absence 180 days of education	19 days absence 171 days of education	28 days absence 161 days of education	38 days absence 152 days of education	47 days absence 143 days of education
100% attendance	95% attendance	90% attendance	85% attendance	80% attendance	75% attendance
GOOD Your child has the best chance of success		SERIOUS CONCERNS Action will be taken Absence will seriously affect your child's progress and chances			

90% attendance for Liam = 20 days absence (four weeks of school missed).

Two days sore throat – September.

Five days cold and cough – December.

Two days dentist – six month check-up.

One day Christmas shopping.

One day upset stomach – March.

Two days high fever/virus – June.

Five days unauthorised holiday.

One day birthday treat.

One day – two doctors' appointments

Did you know?

That of pupils who miss 10% of school:

- only 35% manage to go on and achieve five A* to C GCSEs including English and Mathematics, compared to 73% of pupils with over 95% attendance

- only 66% of pupils gained a Level 4+ in English or mathematics at Key Stage 2, compared to 87% of pupils with over 95% attendance.

Catching up on missed lessons impacts on the pupil, the teacher and other pupils in that class.

Being 15 minutes late each day is the same as missing two weeks of school over the year.

Finally – remember to phone the school for any absence and bring a note when your child returns to confirm the reason and date of return to school. Supervise your child to catch up on work missed.

Please note regulations for schools give the Headteacher the right to consider whether to accept the parent/carers position with regard to medical absence. – and may decide to unauthorise these absences.



Type of illness	NHS recommended period to be kept away from school	NHS Further advice/comments
Diarrhoea or vomiting	48 hours since the last episode.	This may vary in each case, please contact school for further advice
Flu	Until recovered	
Whooping cough	Five days from commencement of antibiotics or 21 days from onset if no antibiotic treatment.	After treatment, non-infectious coughing may continue for many weeks. Vaccination is available
Conjunctivitis	None	<ul style="list-style-type: none"> •Children can go to school. •They should be encouraged to wash their hands to prevent further spread of infection.
Head lice	None if hair has been treated.	Recommend use of propriety hair conditioner combed through the hair with a nit comb.
Thread worms	None	Treatment is required for the child and the household contacts.
Tonsillitis	None	There are many causes, most are due to viruses and do not need antibiotics.
Chicken pox	Five days from the onset of rash or until spots are crusted over – common March to May	Chicken pox can effect pregnant women if they have not already had the infection – please call the school.
Cold sores	None	Avoid contact with the sores.

German measles	Five days from the onset of the rash can be vaccinated against.	If pregnant women or children under 13 months come into contact with German measles they should inform their GP immediately. Please call the school.
Hand, foot and mouth	None.	
Impetigo	Until lesions are crusted and healed or 48 hours after starting antibiotics.	Antibiotics can speed the healing process and reduce the infectious period.
Measles	Four days from the onset of the rash.	If pregnant women or children under 13 months come into contact with Measles they should inform their GP immediately. Please call the school
Slapped cheek	None – most cases are caught late winter – early spring	Pregnant women, people with weak immune systems or blood disorders who come into contact with Slapped cheek should contact their GP. Please call the school.
Warts and Verrucae	None	Verrucae should be covered in swimming pools, gyms and changing rooms

For more advice, please visit: <https://what0-18.nhs.uk/parentscarers/child-unwell-ok-go-nurseryschool>

What if my child is ill?

We understand that on some occasions children are ill and when this is the case we accept that home is the best place to be.

Children can't help being ill and as a school we want our children to be healthy and well enough to learn. However this is a guideline that is useful to help you decide when to send your child into school and when to keep them at home.

RED STAY AT HOME

- Raised temperature
- Rashes – this can be the first sign for chickenpox or measles, check with your GP.
- Vomiting and Diarrhoea – children can return to school after 48 hours

GREEN COME TO SCHOOL

- Mild Cough
- Sore throat
- Colds
- Feeling tired
- Feeling sick

If your child deteriorates in the day, we will contact you.

AMBER TAKE ADVICE

Headaches – a child with a headache does not usually need to be kept off school. If symptoms are more severe or accompanied by other symptoms, such as a raised temperature, then take advice

MISS SCHOOL **MISS OUT**



1 in 5 pupils in Portsmouth had one week of unauthorised absence from school last year. Don't let that be your child. Get them to school today and see what they could become.

www.portsmouth.gov.uk/attendance