THE BARLOW
RC HIGH SCHOOL
SERVE · PRAY · ACHIEVE · RESPECT

Rise up,
take courage,
and do it.

The Barlow RC High School
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Re: Illness and School Attendance

Dear Parents and Carers,

We want to support every child to reach their full potential, and regular school attendance plays a vital part in that. However, we also know that winter brings a rise in common seasonal bugs and viruses and so we want to support you to ensure that you know when it is appropriate to send your child into school and how you can mitigate the risk of the spread of infection in your child. To help you decide whether your child is well enough to come to school, please refer to the official **NHS: Is my child too ill for school? guidance**, which gives you further information on when you should send your child into school and when they would be better remaining at home.

Minor symptoms: If your child has a minor cough, runny nose, or slight sore throat and is otherwise well, they should be in school.

Cold sores: There's no need to keep your child off school if they have a cold sore. Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.

Conjunctivitis: You don't need to keep your child away from school if they have conjunctivitis.

High temperature: If your child has a high temperature, please keep them at home until the fever has gone.

Vomiting or diarrhoea: Children should stay off school for 48 hours when they have sickness or diarrhoea.

Sore throat: You can still send your child to school if they have a sore throat.

COVID-19: If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can come into to school. Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. However, if your child has tested positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days after the day they took the test.

By following these clear steps, we can look after our pupils, protect school staff, and keep learning disruption to a minimum. Please remember to contact the school attendance team on the first day of any absence to let us know the reason and please be aware that as part of our safeguarding procedures in school, we will need to see your child at home if they are off school for 3 days or more.

With thanks for your continued support in ensuring your child attends school as much as possible.

Mrs R Seddon

RM Seddon

(Senior Assistant Headteacher for Behaviour, Attendance and Safeguarding)