

Illness and Medical Appointments Guide

Medical appointments

Whenever possible, please make all medical appointments outside college hours. If an appointment is made during the college day, your child should come to college first and return after their appointment. Please ensure that we have evidence of any appointments i.e., an appointment card, letter or note in the log book signed by a parent.

Please be aware that appointments or illness of a student should not affect the education of their siblings. If a student has an appointment (particularly at the beginning or end of the college day) arrangements should be made to ensure that siblings are dropped off or collected from school at the normal time.

Illness

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

If you are not sure whether to send your child in to school or not, please contact our Welfare Office for advice welfare@wyvern.hants.sch.uk or 023 80 692679 x 255. Please also remember that any medication brought into school should include the child's name, dosage and date on an official label. Furthermore, make sure any medication we store at Wyvern is in date, and don't forget to collect/return medication during the holidays if necessary.

The following table summarises the NHS guidance, [Is my child too ill for school?](#):

Condition	Send my child to school or keep at home?	Comments
High temperature	Keep at home	If your child has a high temperature , keep them off school until it goes away.

Attendance Information for Parents

(38°C or above)		
Feeling anxious or worried	Try to send to school and work with the school to identify and resolve triggers of the anxiety	<p>It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping.</p> <p>Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them. If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse. Find information and advice about how to help children with anxiety</p>
Coughs and colds	Send to school unless high temperature	<p>It's fine to send your child to school with a minor cough or common cold. But if they have a high temperature, keep them off school until it goes. Encourage your child to throw away any used tissues and to wash their hands regularly.</p>
Chickenpox	Keep at home until all the spots have crusted over	<p>If your child has chickenpox, keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.</p>
Cold sores	Send to school	<p>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.</p>
Conjunctivitis	Send to school unless they are feeling very unwell	<p>You don't need to keep your child away from school if they have conjunctivitis, unless they are feeling very unwell. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.</p>
COVID-19	Send to school unless they have symptoms of COVID-19 and they either: have a high temperature and/or do not feel well enough to go to school or do their normal activities	<p>If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school. Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:</p> <ul style="list-style-type: none"> • have a high temperature • do not feel well enough to go to school or do their normal activities <p>What to do if your child has tested positive</p> <p>Your child is no longer required to do a COVID-19 rapid lateral flow test if they have symptoms. But 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.</p>

Attendance Information for Parents

Ear infection	Keep at home until they feel better or their high temperature goes away	If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.
Hand, foot and mouth disease	Send to school	If your child has hand, foot and mouth disease but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.
Head lice and nits	Send to school	There's no need to keep your child off school if they have head lice . You can treat head lice and nits without seeing a GP.
Impetigo	Keep at home until all the sores have crusted over and healed or for 48 hours after starting antibiotics	If your child has impetigo , they'll need treatment from a pharmacist or GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.
Measles	Keep at home for at least 4 days from when the rash first appears	If your child has measles , they'll need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. Keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.
Ringworm	Send to school once your child has started treatment	If your child has ringworm , see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.
Scarlet fever	Keep at home until 24 hours after starting antibiotics	If your child has scarlet fever , they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.
Slapped cheek syndrome (fifth disease)	Send to school	You don't need to keep your child off school if they have slapped cheek syndrome because, once the rash appears, they're no longer infectious. But let the school or teacher know if you think your child has slapped cheek syndrome.
Sore throat	Send to school unless they have a high temperature	You can still send your child to school if they have a sore throat . But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of tonsillitis .
Threadworms	Send to school	You don't need to keep your child off school if they have threadworms . Speak to your pharmacist, who can recommend a treatment.

Attendance Information for Parents

Vomiting and diarrhoea	Keep at home until they have not been sick or had diarrhoea for 48 hours	Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).
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Long-term illness

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. It is imperative that, if there are long-term illnesses, that you communicate with the college about these. We can ensure there is appropriate support in place. You will also be expected to provide medical evidence for an absence of seven days or more.

Acceptable medical evidence

To authorise absences due to illness, the College may request medical evidence. Acceptable forms of medical evidence include:

- An appointment card indicating the student's name and date of absence
- A prescription with the student's name and relevant date of absence
- Medication labelled with the student's name and date of absence
- A hospital or specialist letter or appointment card indicating the student's name and date of absence

Providing one of these forms of evidence will help ensure the absence is recorded accurately as authorised.