



Fleet Wood Lane School

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Dear Parents and Carers,

It is that time of year when the school community find themselves troubled with coughs and sneezes. Respiratory infections, including the common cold and COVID-19, are common in children and young people, particularly during the winter months. For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids. It can be tricky deciding whether or not to keep your child off school when they are unwell, the following information will hopefully assist.

Coughs and colds

It's fine to send your child to school with a minor cough or common cold. But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a high temperature, keep them off school until it goes away.

Chickenpox

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.

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. Do get advice from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

COVID 19

Routine testing for [Covid-19](#) ended in April 2022 and UK Health and Security Agency (UKHSA) [guidance](#) says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

Can my child go to school if they have Covid-19 symptoms?

As COVID-19 presents a low risk to children and young people, combined with high vaccination rates in the population, there are no longer specific rules relating to it in [schools](#), colleges, [childcare](#) and other education settings.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to come to school. However, those who are unwell and have a high temperature should stay at home and avoid contact with other people where they can. They should come back to school, and resume normal activities, when they no longer have a high temperature, and they are well enough to attend.

All children with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues. It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

The UK Health Security Agency [UKHSA guidance](#) says that it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional. If your child has been advised to test by a health professional and they test positive, guidance suggests that they should try to stay at home and avoid contact with other people for three days. This is because children and young people tend to be infectious to other people for less time than adults.

Sickness and Diarrhoea

If your child has sickness or diarrhoea they should be kept at home until they have not been sick or had diarrhoea for 48 hours.

It is important that children attend school regularly and we encourage them to come to school whenever they are well enough to do so. Please do remember that children can often face the day whilst feeling a little under the weather (as we all do from time to time), so do please encourage them to come to school as often they will be fine and will enjoy the day at school. If they are unwell at school, be assured that we would ring you to collect them. If you need any further information, please give the office a ring and we will be pleased to help.

Your sincerely,

Mrs M Parker
Head Teacher