# Illness and Attendance

# At Park Aspire, we follow the advice given by NHS England about when children are able to return to school after illness. This is summarised in the table below, but if you need any more information please visit the NHS England website or contact Aisha in our school office.

# Is My Child Too Ill for School?

It can be tricky deciding whether or not to keep your child off school when they're unwell. These guidelines summarise NHS and UK government advice on when children should stay home and when they can attend.

## When to Keep Your Child Off School:

|  |  |  |
| --- | --- | --- |
| Condition | Stay at Home? | When They Can Return |
| Coughs & colds | No (if mild); Yes (if fever/unwell) | When fever has gone |
| Chickenpox | Yes | When all spots have crusted (≈5 days after first spots) |
| Cold sores | No | Can attend; avoid kissing/sharing items |
| Conjunctivitis | No (unless very unwell) | When feeling better |
| COVID-19 | Yes (if fever or too unwell) | 3 days after positive test, if tested |
| Ear infection | Yes (if high temp or severe pain) | When feeling better |
| Hand, foot & mouth | No (if well) | When feeling well enough |
| Head lice/nits | No | Once treatment starts |
| Impetigo | Yes | Until sores crusted/healed or 48h after antibiotics start |
| Measles | Yes | 4 days after rash appears |
| Ringworm | No (once treatment started) | When treatment has begun |
| Scarlet fever | Yes | 24 hours after starting antibiotics |
| Slapped cheek syndrome | No (once rash appears) | When feeling well |
| Sore throat / tonsillitis | No (if mild); Yes (if fever/unwell) | When fever is gone |
| Threadworms | No | Once treatment has started |
| Vomiting / diarrhoea | Yes | 48 hours after last episode |

## Other Notes

• Always call or text the school on the first day of absence.  
• If your child has an infection but feels well enough to attend (e.g. head lice, cold sore), let the office know.  
• For anxiety or emotional worries, encourage open conversation and speak to the pastoral team, who will be able to support your child.