

## Medical evidence

We may, where necessary, request medical evidence before authorising absence due to illness.

This means we require sight of:



- A prescription
- A doctor's appointment card providing dates/times

Medical appointments, including for the dentist, should be made in the afternoon – ideally after 3pm. This supports your child's attendance and means fewer lessons are missed.

**Please note:** we have qualified first aiders on site and are allocated an off-site school nurse.

The above information is provided as general information by a school to support parents in understanding whether their child is well enough to come in to school.

Parents/carers should always seek medical advice if they have concerns about their child's health.

For advice, visit: [nhsdirect.nhs.uk](http://nhsdirect.nhs.uk) or phone 111.



## Meningitis symptoms alert



## Septicaemia symptoms alert



Freefone\* helpline: 080 880 3344

Visit: [www.meningitis.org](http://www.meningitis.org)

\*Free from landlines and most mobiles

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BEDMINSTER  
DOWN SCHOOL

# Illness and attending school

... helping you decide whether your  
child is well enough to attend school.



Think twice ... ”  
every day counts!

## Illness and school attendance

Attendance at school is absolutely critical for your child. Too often, children stay at home when they have a minor illness, and then they miss out on learning and fall behind at school.

If your child is very ill and you need to see a doctor, then it is important you make an appointment and get medical advice.

If your child feels unwell, then the parent/carer makes the decision for them to go into school that day. Too many absences from school due to minor illnesses may mean the absences are unauthorised. You should keep in touch with your Pastoral Manager/Head of House if your child is having too many recurring illnesses. Very often, children can manage in school and actually feel better being in school, learning with their friends.

Don't forget that students can return to school after lunch if they are feeling better.

This leaflet gives you information about managing minor complaints, and will help you decide if your child can go into school.

### I don't feel well ”

- Headache
- Earache
- Stomach ache
- Cough
- Cold
- Sore throat
- Period pain



Students can bring over-the-counter painkillers (paracetamol/aspirin/Calpol) in to school and leave them at reception. Other medication can only be taken in school if prescribed by the doctor. Antibiotics prescribed for 4 times a day can be taken in school. All medication should be in a box with their name on it, and staff at reception who have First Aid training can help.

Students should let staff know they feel unwell, and if the pain persists or worsens. Staff will contact parents/carers if their child has worsened through the day or needs to go home.

Sanitary pads are available for free for students who have forgotten to bring their own – just ask at reception.

### I've got flu ”

If your child has a high temperature or flu-like symptoms, you could provide paracetamol or equivalent, and plenty to drink. If your child feels better after that, bring them into school.

If your child's high temperature continues for three days or more, seek medical advice. If your child is asthmatic, remember they may need their blue inhaler more often.

If your child really has flu - diagnosed by a doctor – then students should stay at home and return to school when recovered.

### I've been sick ”

Is the sickness a one-off (perhaps due to worry, or eating something bad)? Then your child can come into school.

Is the sickness a diarrhoea/vomiting bug? Then students can return to school when symptoms have stopped and they have managed to eat or drink something and feel well enough. This is usually the next day. If symptoms persist for 3 or more days seek medical advice.

### I've got tonsillitis ”

For students with tonsillitis or glandular fever, students could be given paracetamol, plenty of fluids to drink and can be sent to school. If the doctor recommends time off school, please provide this evidence to the school.

## Other conditions

### Warts/verrucae

Students can go to school. Verrucae should be covered in swimming pools and changing rooms.

### Scabies or threadworm/ringworm

Students can go to school when they have started their treatment. Everyone at home should also be treated.

### Headlice

Students can go to school, but they must be treated for the condition to prevent further spreading. Parents should treat their child and other family members by wet combing with a nit comb and conditioner.

### Measles/German measles

Students can go back to school four days after the rash has started. Please let the school know, as pregnant members of staff may be affected.

### Chicken pox

Students can go back to school when all spots have crusted over. Please let the school know, as pregnant members of staff may be affected.

### Whooping cough

Students can go back to school five days after starting antibiotics.

### Mumps

Students can go back to school five days from the start of swollen glands.

### Scarlet fever

Student can return to school two days after starting antibiotic treatment.

### Shingles

Children can come to school providing the rash can be covered and is not weeping. Please let the school know as pregnant members of staff may be affected.