

# ATTENDANCE NEWSLETTER

Autumn/Winter 2025

**Every Day Counts!**

**Since the start of term, 414 hours of learning have been missed because of term-time holidays! That's a lot of maths problems unsolved and stories left untold.**

We love seeing your children every day—they make our school shine! But when they're away, they miss out on valuable learning and special moments with friends.

A quick reminder: Requests for holidays during term time will only be approved in exceptional circumstances. So, as we head toward the well-deserved school break, please plan those exciting family adventures for the official holiday periods. This way, everyone gets the best of both worlds—quality family time AND uninterrupted learning!

Thank you for helping us make every school day count and Percy Hedley the fabulous school that it is.

**If you are facing practical barriers with getting your child into school (e.g. lack of appropriate vehicle, your own health, pupil refusal) please speak to Kelly or your class teacher so we can explore how best to support with this.**

## Top tips for reducing common seasonal illness:

As winter approaches, schools face rising illness-related absences. While some are unavoidable, many can be reduced through simple, proactive measures that minimise the spread of infections.

- Vaccinations are a key line of defence against flu and other preventable illnesses. When children and young people receive all the recommended vaccines in the national immunisation programme, it helps protect their health and support the wellbeing of the whole school community.
- Hand hygiene is one of the most effective ways to prevent the spread of germs, particularly those that cause diarrhoea or vomiting.
- Coughs and sneezes spread diseases, but simple everyday habits can help stop infection from spreading. Using the Catch It, Bin It, Kill It approach to respiratory hygiene is essential to stopping any spreads.
- Good ventilation can help remove air that contains virus particles and prevent the spread of respiratory infections such as colds, flu and COVID-19.

We know and very much appreciate that parents are keen to send their child in to school. Our school nursing team are happy to speak with you if need more advice.

**Please turn the page to see guidance on whether your child is too ill to attend school.**

## 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.**

There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but is not quite feeling themselves please do let their teacher know.

See Percy Hedley School's attendance policy and guidance for their exact procedure.

### What to do about other conditions

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

**Feeling anxious or worried** - 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. 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.

**Coughs and colds** - 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.

**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, 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.

**Ear infection** - 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.

**Head lice and nits** - 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.

**Sore throat** - 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.

**Vomiting and diarrhoea** - 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).