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### Is my child too ill for school?

Dear Parents and Carers,

We understand that deciding whether your child is well enough to attend school can sometimes be a difficult judgement call. To support you, we would like to share the most up-to-date NHS guidance (2025) on managing common childhood illnesses and school attendance.

At Hall Green Primary School, we are committed to maintaining excellent attendance, as every day in school makes a difference to your child's learning and wellbeing. If your child is well enough to attend school, they should be in school. If you decide that your child is too unwell to attend, please contact the school office by 8:30am on the first day of absence to inform us of the reason. If your child has a mild illness that is not contagious, or one that can be managed safely at school please also let the office know.

### NHS Guidance on Common Illnesses and School Attendance

#### **Coughs and Colds:**

Children with minor coughs or colds can attend school. If your child has a high temperature (38°C or more) or feels too unwell to participate in normal activities, please keep them at home until they feel better. Encourage good hygiene, using tissues and washing hands regularly.

#### **High Temperature:**

Keep your child at home if they have a temperature of 38°C or higher. They can return to school once their temperature has returned to normal and they feel well enough to take part in school activities.

**Chickenpox:**

Keep your child at home until all spots have crusted over, this is usually around 5 days after the first spots appear.

**Cold Sores:**

Children can attend school. Encourage them not to touch the sore, kiss others, or share personal items such as cups or towels.

**Conjunctivitis:**

Children do not need to stay off school. Help prevent spreading by encouraging handwashing and avoiding rubbing the eyes. Your pharmacist can advise on treatment.

**Ear Infection:**

Children can return to school once they feel better or their temperature has settled.

**Hand, Foot and Mouth Disease:**

Children can attend school if they feel well enough. Encourage good hygiene and the use of tissues.

**Head Lice:**

No need to stay off school. Treatment can be purchased from pharmacies without a prescription.

**Impetigo:**

Keep your child at home until all sores have crusted over or for 48 hours after starting antibiotic treatment. Ensure good hygiene and no sharing of personal items.

**Ringworm:**

Children can attend school once treatment has started. Speak to a pharmacist, or a GP if the infection is on the scalp.

**Scarlet Fever:**

Children can return to school 24 hours after starting antibiotics. Without antibiotics, they are infectious for 2–3 weeks. Contact your GP for advice and treatment.

**Measles:**

Keep your child off school for at least 4 days after the rash appears and until they are feeling well enough to return.

**Slapped Cheek Syndrome (Fifth Disease):**

Children do not need to stay off school once the rash has appeared, as they are no longer infectious. However, please inform the school as this illness can affect pregnant staff members.

### **Sore Throat/Tonsillitis:**

Children can attend school if they feel well enough. If they also have a high temperature (38° C or more), please keep them home until this returns to normal.

### **Threadworms:**

Children do not need to stay off school. Treatment is available from the pharmacist for the whole household.

### **Vomiting and Diarrhoea:**

Children should stay at home until they have not been sick or had diarrhoea for at least 48 hours.

## **Working Together**

We all play a part in keeping our school community healthy and ensuring children don't miss valuable learning time unnecessarily.

We ask all parents and carers to follow NHS advice and communicate with school promptly if your child is unwell.

A helpful NHS summary of this guidance can be found here:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school>

The health, safety, and wellbeing of all our students and staff remain our highest priority. Thank you for your continued support in helping us maintain a healthy, safe, and high-attending school environment.

If you have any questions or concerns, please do not hesitate to contact the school office.

Kind regards,

Mrs A Taylor