

Developing deep roots to grow the strongest trees.

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Dear Parents/ Carers

At this time of year in particular there can be lots of coughs, colds and illnesses around. People are sometimes unsure whether childhood illnesses require a visit to the doctor or a day off school. Obviously missing any school can have a huge impact on your child's learning so it can be difficult to know what to do. To help with these questions there are two really useful links below from the NHS:

A Guide to Childhood illnesses and what to do:

<https://eput.nhs.uk/wp-content/uploads/2014/01/Childhood-illnesses-your-guide.pdf>

Guidance – Is my child too ill for school?

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

Remember, if your child has a cough or cold, it is fine for them to attend school, unless they have a fever. Likewise, if a child is prescribed antibiotics they can return as soon as they feel well (usually after a couple of days) and we can help administer the medication in school.

Many illnesses can be avoided by good hand hygiene so please remind your child about the importance of washing their hands thoroughly with soap after using the toilet, before eating and after sneezing. Also used tissues should be thrown away after use. We will be working on this at school also.

Thank you.

The Avenue Infant School

