

Common Childhood Ailments and illnesses policy

ISI Regulation	3: Welfare, Health and Safety of Pupils
Reviewed by	Ed Griffiths, Deputy Head Pastoral & Natalie Abraham, Lead Nurse
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Date of Next Review	September 2027

This protocol applies to Junior School, Senior school & EYFS

Children can suffer from many different illnesses throughout their time at school and it can be difficult for parents and staff to know when it is safe for a child to be in school and when they should remain at home. The following guidance is to help support both parents and staff in deciding what the most appropriate action should be in a given situation. Although not an ailment, head lice is covered within this guidance as it is a common childhood annoyance.

It is important that schools have a procedure for responding to children who are ill or infectious, take the necessary steps to prevent the spread of infection, and take appropriate action if children are ill. [ISI EYFS requirement]

Pupils will be excluded if infectious, as per the national guidelines (linked below) for each ailment. If pupils return to school whilst still infectious The School Nurse, or in their absence, first aiders or other school staff may contact the parents and ask them to collect their child and exclude them from school until the end of the infectious period.

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/public-health-exclusion-periods-in-children-and-young-peoples-settings>

If a child has a fever (a high temperature of 38 degrees celsius & above) they should not return to school until they feel well and the fever has resolved for over 24 hours without the use of antipyretics/fever reducing medications (e.g., calpol).

<https://www.nhs.uk/conditions/fever-in-children/>

Diarrhoea & Vomiting

If a child is suffering from diarrhoea &/or vomiting they should remain off school until symptom free for 48 hours (post the last episode) and are feeling well.

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

- If the cause is *E coli* 0157 VTEC, Typhoid, or Shigella further exclusion is required for children aged 5 years old or younger and those who have difficulty adhering to good hygiene practices. These children should be excluded until there is evidence of microbiological clearance. Contact your local PHE centre for further advice.



- If the cause is Cryptosporidiosis, the child should be excluded from swimming for 2 weeks after the diarrhoea has settled.

Head Lice

If a child is observed to have head lice their parents will be contacted and an email will be sent by the school to all parents within the relevant year group with up to date advice on how to treat and manage. Children do not need to be excluded from school.

<https://www.nhs.uk/conditions/head-lice-and-nits/>

General Procedures

School

- Any communication from parents or concerns from staff with regard to a child's health will be conveyed to the school nurse as soon as possible. In the absence of the school nurse, an experienced first aider may deputise
- The school nurse/s will review the information and may contact the parents for further details before advising parents on the necessary action
- This action may include further updates from parents to the school nurse before the child returns to school.
- Any communication should be noted on CPOMS and shared with the class teacher/relevant staff
- Wider communication to parents of children and to staff who may potentially be affected by contact with the unwell child will be sent as necessary.
- This guidance should be shared with parents and be easily accessible via the school parent portal
- If a child's condition deteriorates rapidly, or there are serious concerns, emergency procedures should be followed e.g Dialling 999.

Parents

- Parents must inform the school if their child is unwell and provide a brief description of the symptoms
- Parents should contact the school nurse if they are unsure of when their child can return to school and follow the guidance given by the school nurse

Further Advice

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

UK Health Security Agency [Health Protection in Schools and Other Childcare Facilities](#)

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Example template for communication with parents

Dear Parents,

I just wanted to let you know that we have a suspected case of Chicken Pox in
Chicken Pox is a common childhood illness that would usually resolve itself within a week or two.

I have attached a link below to the NHS guidance on identifying and caring for your child should she have Chicken Pox.

<https://www.nhs.uk/conditions/chickenpox/>

If your daughter does have Chicken Pox she will need to remain off school until all the spots have formed scabs.

You will also need to let her GP know as Chicken pox is now a reportable illness.

If you have any queries please do not hesitate to contact me.

Best wishes