

DOTHILL PRIMARY SCHOOL

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Head Teacher: Becca Butler

Dear Parents/Carers,

Mild Illness and School Attendance

At the beginning of the school year the Department for Education (DfE) has provided us with a clinical and public health perspective on mild illnesses and school attendance. We thought it would be helpful to share some of this with you.

The COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we are sharing their information which we hope you will find helpful.

There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.

It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. The following link is useful guidance for parents and carers which has further information.

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

In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it. Please talk to us if your child is showing signs of anxiety. There are lots of ways that we can support with this.

We look forward to a positive and healthy year!

Best wishes

Becca Butler

Head teacher



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