Exeter House School Illness Guidelines

These guidelines need to read in conjunction with Exeter House's Medical policy. These guidelines follow the NHS, Public Health and Government advice outlined in the links below:
https://www.publichealth.hscni.net/sites/default/files/Guidance_on_infection_control_in%20schools_poster.pdf
https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1070910/UKHSA-should-I-keep-my_child_off_school_guidance-A3-poster.pdf

Rationale

These guidelines have been designed to ensure there is clear guidance on common sickness and infectious illness for parents, staff and children.
We do appreciate that children and young people are often unwell one day and completely fine the next, please phone the school if you have any questions.

Generally speaking

- Any symptoms of illness which might be contagious to others or will cause the child to feel unwell and unable to fully participate in the school day require the child to be absent from school.
- Children should not be at school when unwell, other than with a mild cough/cold.
- Children should not be sent to school with an undiagnosed rash or a rash caused by any contagious illness.

Pupil Illness

- It is important that children attending school are fit and well in order that they may engage in learning and activities.
- It is recognised that a number of pupils are especially vulnerable and susceptible to infection and therefore pupils should not be exposed unnecessarily to infectious illness and cross infection risks are kept to a minimum.
- It is recognised that some staff are vulnerable especially when pregnant
- If a child becomes ill during the school day they will be assessed by the school staff as to whether they can be treated at school or if they need to be sent home. This will be on an individual basis and in line with recommendation from Public Health, if there is a suspected infection.
- If a child needs to be sent home parents/carers will be informed by the school to come and collect their child and advised if further medical attention is required.

Infectious Illness

Any suspected illness should be reported to the class teacher immediately. Each child will be assessed individually by the teacher, first aider or SLT and will if confirmed or strongly suspected to be infectious, parent/carers will be contacted and advised to collect their child. Common infectious illness are listed in the links above and a guide to length of absence required. In the event of an outbreak of a communicable disease this will be reported to PHA at the earliest opportunity by the Headteacher or deputy headteacher. They will liaise with all agencies, parent/carers as necessary.

Diarrhoea and Vomiting

- Diarrhoea and/or vomiting commonly affects children and staff and can be caused by a number of different germs, including viruses, parasites and bacteria. Infections can be easily spread from person to person (by unwashed hands), especially in children.
- In general, it is recommended that any staff member or child with diarrhoea and/or vomiting symptoms must stay away or be excluded from the school or early years setting until they have been free of symptoms for 48 hours (the '48 hour rule') and feel well.
- If your child is sick or has diarrhoea at school, we will ask you or your emergency contact to take your child home. They should not return for 48 hours. We appreciate that this is inconvenient in many cases, but you will appreciate that we do this in to reduce the risk of infection for all children in school and its in the best interests of your child
- As an example, if your child is sick at lunchtime on a Tuesday, they should not return to school until after lunch on Thursday, provided there have not been any further episodes of vomiting or diarrhoea
- We recognise that some of our students may have medical conditions related to their bowels or may have intolerances. For these students we will need a letter from a medical practitioner to identify their needs and for consideration to be given that they may not need to be absent from school for 48 hours if they have diarrhoea or loose bowels. However they may still have diarrhoea or vomiting caused by a bug and we will in this case discuss with parents why we think this is not due to a medical condition and that they do need to go home and in this case the 48 hour rule should apply.
- We recognise that some of our students who are Enterally fed may from time to time be sick due to their feed and not a bug. However they may still vomit caused by a bug and we will in this case discuss with parents why we think this is not due to a medical condition and that they do need to home and in this case the 48 hour rule should apply

Temperatures

- If your child has a high temperature of more than 38C please keep them off school until they are temperature free (without Calpol) for 24 hours
- If a child has a high temperature of more than 38C in school we will contact you to come and collect them
- Please do not give your child Calpol in the morning if they have a high temperature – please keep them at home

Children showing distress, discomfort or dysregulation due to pain

- Children showing distress, discomfort or dysregulation due to pain should not attend school and parents are advised to get them checked by a doctors/dentist.
- If a child is showing distress, discomfort due to pain whilst in school we will phone you and discuss this with you. You maybe asked to come and collect them and get them checked by a doctor or dentist
- On rare occasions we may agree to the use of calpol in school for pain e.g tooth pain when there is a unavoidable delay in dental treatment

Reporting Absence due to Illness

Parents and carers are asked to telephone the school and advise if their child is unwell and the circumstances relating to the illness, including the predicted timeframe of absence from school; this is in accordance to our attendance policy. Parents are requested to telephone the school as early as possible and not to pass messages relating to pupil absenteeism via the passenger assistant. Messages can be left on te school absence line

Use of Calpol in school
If you feel you need to give your child Calpol before they come to school in most cases they are not well enough to be in school so please keep them at home.

Generally we do not give Calpol in school since if they need Calpol they are not well enough to be at school. We will agree to give Calpol in school for the following reasons:

- Period Pains
- Headache
- Occasionally in discussion with parents regarding pain (see section above)

Calpol will be administered in line with Exeter House School's Medical Needs Policy

Short term antibiotics
Please see Exeter House School's Medical Needs Policy

Laxatives
We are aware that some students suffer with constipation, and this is often managed with routine laxatives. Whilst we recognise constipation as a medical need in its own right, if the use of routine laxatives mean a student is opening their bowels excessively, on a frequent basis, we may contact parents to request that they are not in school.
Our reasoning behind this is one of promoting positive access to education, ensuring adequate time in the classroom for consolidation of education, and to ensure the dignity of each child is respected.
If your child is having ongoing issues with the frequency of bowel movements, it is important to contact your child's GP or relevant health professional for review of their management plan.
If a student required disimpaction, as part of ongoing constipation support, we would request that this process is started at home or during a holiday period. Once a student has reached a level where laxatives are at the correct level and bowel movements are consistent we can then support this in school.
All constipation and laxative management can be discussed on a case by case basis, with the relevant class teacher and/or school nurse, as required, and a plan for management agreed.

Hay fever
Children suffering from hay fever or allergies - prescribed medication with signed parental consent may be administered. Non-prescribed medication such antihistamines may be administer with parental consent, medication must be in the original packaging and included instructions of use, strength, dose and expiry date visible.

Asthma
Any child requiring regular or when required inhalers must have inhalers clearly labelled with a child's name and in the original pharmacy dispensed box (please see Exeter House School's Medical Policy). Written consent must be given at the beginning of each school year to enable staff to administer inhalers as required. In the event of a severe asthma attack parent/carers will be contacted and medical assistance sought.

Head lice
Please can you check your child's hair regularly for headlice and if you find any Head lice follow the NHS advice in the link below
https://www.nhs.uk/conditions/head-lice-and-nits/
We do not check children's hair for headlice in school but if we spot them we will send out a letter to the class asking for parents to check their child's hair and follow the NHS advice.
Children can attend school if they have headlice and we will not send them home if they have them