

6 December 2022



Holmfirth
Junior, Infant and Nursery School

Dear Parents

You will be aware that there are many winter virus's and illnesses circulating, nationally and locally, at the moment including (amongst others): -

Scarlet Fever
Flu
Gastroenteritis
Chicken Pox
Covid-19

We have a high number of children, and staff, currently off school with various illnesses - by keeping your child away from school, whilst they are ill, you are helping reduce the chance of serious illnesses spreading throughout the school, and local, community. We will be contacting parents of any child found to be in school with symptoms of any of the illnesses listed above and ask that they be collected and kept at home until they are better and no longer have symptoms. Medical advice should always be sought from either your GP or NHS 111.

Below are some guidelines to follow for other illnesses. Please do NOT send your child to school if they have any of the illnesses listed below that advise that the child should be kept off school until they have recovered. The information below has been taken from the Gov.UK website - clicking on the blue links will take you to the NHS website where you can find more detailed information.

Other illnesses

Follow this advice if your child does not have coronavirus symptoms or they had a test and it was negative (they do not have coronavirus).

Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [common cold](#). But if they have a fever, keep them off school until the fever goes. Encourage your child to throw away any used tissues and to wash their hands regularly.

High temperature

If your child has a [high temperature](#), keep them off school until it goes away.

Chickenpox

If your child has [chickenpox](#), keep them off school until all the spots have crusted over. This is usually about 5 days after the spots first appeared.

Cold sores

There's no need to keep your child off school if they have a [cold sore](#). Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.



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Conjunctivitis

You don't need to keep your child away from school if they have [conjunctivitis](#) but you should get advice, and medication if required, from your pharmacist. Encourage your child not to rub their eyes and to wash their hands regularly.

Coronavirus (COVID-19)

Your child should try to stay at home and avoid contact with other people if they have [symptoms of COVID-19](#) and they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities. If they have mild symptoms and they feel well enough, they can still go to school.

Ear infection

If your child has an [ear infection](#) and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

Hand, foot and mouth disease

If your child has [hand, foot and mouth disease](#) but seems well enough to go to school, there's no need to keep them off. Encourage your child to throw away any used tissues straight away and to wash their hands regularly.

Head lice and nits

There's no need to keep your child off school if they have head lice. You can treat [head lice and nits](#) without seeing a GP.

Impetigo

If your child has [impetigo](#), they'll need treatment from a GP, often with antibiotics. Keep them off school until all the sores have crusted over and healed, or for 48 hours after they start antibiotic treatment. Encourage your child to wash their hands regularly and not to share things like towels and cups with other children at school.

Ringworm

If your child has [ringworm](#), see your pharmacist unless it's on their scalp, in which case you should see a GP. It's fine for your child to go to school once they have started treatment.

Scarlet fever

If your child has [scarlet fever](#), they'll need treatment with antibiotics from a GP. Otherwise they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

Slapped cheek syndrome (fifth disease)

You don't need to keep your child off school if they have [slapped cheek syndrome](#), because once the rash appears, they're no longer infectious. If you suspect your child has slapped cheek syndrome, take them to see a GP and let their school know if they're diagnosed with it.

Sore throat

You can still send your child to school if they have a [sore throat](#). But if they also have a high temperature, they should stay at home until it goes away. A sore throat and a high temperature can be symptoms of [tonsillitis](#).

Threadworms

You don't need to keep your child off school if they have [threadworms](#). Speak to your pharmacist, who can recommend a treatment.

Vomiting and diarrhoea

Children with [diarrhoea or vomiting](#) should stay away from school for 2 days after their symptoms have gone.

Medical advice should **always** be sought from either your GP practice, or NHS 111, if you have any concerns about your child or their symptoms are getting worse - or not getting better over time.

By following these guidelines, we should hopefully manage to contain infections, meaning we should all be well enough to enjoy Christmas this year! Thank you for your continued cooperation.

Holmfirth J I & N School