Rossett School
Success for everyone

RED KITE
LEARNING TRUST

6th November 2026

Dear Parents & Carers,

RE: Is my child too ill for school?

We understand that deciding whether your child is well enough to attend school can sometimes be difficult. While it is important that children stay at home when they are genuinely unwell, we also want to encourage good attendance wherever possible.

Every day in school matters. When students are absent, they miss not only valuable lessons and learning, but also opportunities to take part in activities, develop friendships, build confidence and be part of the wider school community. Even occasional days of absence can add up over time, making it harder for students to keep up with their learning and maintain positive routines.

The NHS has produced a helpful guide for parents covering common illnesses and when children should stay at home or when it is safe for them to attend school.

Children can usually attend school with:

- Mild coughs and colds
- A sore throat (without a high temperature)
- Head lice
- Conjunctivitis (if they are otherwise well)
- Hand, Foot and Mouth Disease (if they feel well enough)
- Slapped Cheek Syndrome (once the rash appears)



Children should stay at home if they have:

- A high temperature
- Vomiting or diarrhoea until they have been symptom-free for 48 hours
- Chickenpox until all spots have crusted over
- Measles (for at least 4 days after the rash appears)
- Impetigo until lesions have healed or 48 hours after starting antibiotics

Did You Know?
The NHS advises that avoiding school can sometimes increase anxiety for children who are worried about attending. If your child is struggling with anxiety, school staff and healthcare professionals can work together with families to provide support.

For the full NHS guidance, please visit: **https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/**

Kind regards,

Mr Royles
Deputy Headteacher

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Learning Trust Alliance Teacher Training Teaching School Hub

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