

Edenderry Nursery School.

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Dear Parents,

I am sure that many of you will be aware that we have entered into cough / cold / flu / Covid-19 season in nursery school. Over the last few weeks we have had a large number of pupils and staff absent from school due to illness.

As a mummy and teacher myself I know how difficult it can be to make that decision in the morning: of whether or not your child is well enough to attend school. Unfortunately, the nursery school environment is not a pleasant place to be if you are feeling unwell. It is a busy, noisy environment and many children find it upsetting to be away from home when they are feeling under the weather.

The following guidance is taken from the NHS website and is a helpful aid in making that decision:

*If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.*

*If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.*

*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***](https://www.nhs.uk/conditions/cough/)***or***[***common cold***](https://www.nhs.uk/conditions/common-cold/)*. But if they have a fever, keep them off school until the fever goes. If they have a persistent / harsh cough / croop they should be kepy off school until symptoms have subsided.*

*Encourage your child to throw away any used tissues and to wash their hands regularly.*

***High temperature***

*If your child has a*[*high temperature*](https://www.nhs.uk/conditions/fever-in-children/)*, keep them off school until it goes away ( without the use of medicine)*

***Chickenpox***

*If your child has*[*chickenpox*](https://www.nhs.uk/conditions/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*](https://www.nhs.uk/conditions/cold-sores/)*.*

*Encourage them not to touch the blister or kiss anyone while they have the cold sore, or to share things like cups and towels.*

***Coronavirus (COVID-19)***

*Your child should try to stay at home and avoid contact with other people if they have*[*symptoms of COVID-19*](https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/)*and they either:*

* *have a high temperature*
* *do not feel well enough to go to school or do their normal activities*

***Ear infection***

*If your child has an*[*ear infection*](https://www.nhs.uk/conditions/ear-infections/)*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*](https://www.nhs.uk/conditions/hand-foot-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*](https://www.nhs.uk/conditions/head-lice-and-nits/)*without seeing a GP.*

***Impetigo***

*If your child has*[*impetigo*](https://www.nhs.uk/conditions/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*](https://www.nhs.uk/conditions/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*](https://www.nhs.uk/conditions/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*](https://www.nhs.uk/conditions/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*](https://www.nhs.uk/conditions/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*](https://www.nhs.uk/conditions/tonsillitis/)*.*

***Threadworms***

*You don't need to keep your child off school if they have*[*threadworms*](https://www.nhs.uk/conditions/threadworms/)*.*

*Speak to your pharmacist, who can recommend a treatment.*

***Vomiting and diarrhoea***

*Children with*[*diarrhoea or vomiting*](https://www.nhs.uk/conditions/diarrhoea-and-vomiting/)*should stay away from school for 2 days after their symptoms have gone.*

I hope that you find this guidance helpful.

We wish to keep our whole school community happy and healthy, but we need everyone to work together to ensure that this goal is met. Germs are so easily spread in nursery, and what may be only “a little cough” for your child / family can have much more serious consequences if spread to another little child / family. Please do think carefully about sending your child to nursery if they are in any way unwell. If you child is unwell in nursery, we will phone home to let you know and ask you to arrange for them to be collected.

Thank you for your support.

Mrs. Bovis.