



London Borough of Harrow
Kenmore Park Junior School

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Medical Advice for Parents:

Please find below advice on whether your child is well enough for school. We hope this information will be useful for parents. (Advice taken from NHS Choices guidelines)

When your child is unwell, it can be hard deciding whether to keep them off school. These simple guidelines should help. Use common sense when deciding whether or not your child is too ill to attend school. If you are unsure whether to bring your child in, please call us for advice.

Ask yourself:

- ° Is your child well enough to carry out the activities of the school day? If not, keep your child at home. Pupils will be expected to take part in PE and swimming as they are statutory subjects.
- ° Does your child have a condition that could be passed on to other children or school staff? If so, keep your child at home.
- ° Would you take a day off work if you had this condition? If so, keep your child at home.

Common Conditions:

Most illnesses can be classified as one of a few minor health conditions. Whether or not you send your child to school will depend on how severe you judge the illness to be. This guidance can help you to make that judgement. If you are concerned about your child's health, please consult a health professional.

° Cough & cold - a child with a minor cough or cold may attend school. If the cold is accompanied by shivers or drowsiness, the child should stay off school, and return to school 24 hours after they are feeling better. If your child has a more severe and long lasting cough, consult your GP, who can provide guidance on whether the child should stay off school.

° Raised temperature - if your child has a raised temperature or is feeling ill with signs of an acute illness, they should not attend school. They can return when they are feeling better. They can return 24 hours after they start to feel better.

° Headaches - a child with a minor headache does not usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms such as raised temperature or drowsiness, then keep the child off school and consult your GP.

° Rash - rashes can be the first sign of many infectious illnesses such as chickenpox and measles. Children with these conditions should not attend school. If your child has a rash, check with your GP or Practice Nurse before sending them to school.

° Sore throat - a child with a sore throat alone does not have to be kept from school. If your child is feeling ill with it, and is accompanied by a raised temperature, the child should stay at home.

Rarer Conditions

° Chickenpox - If your child has chickenpox, keep them off school until all their spots have crusted over.

° Measles - If your child has measles, cases are infectious from 4 days before onset of rash to 4 days after so it is important to ensure cases are excluded from school during this period.

° German Measles - If your child has German Measles, keep them off school for at least 6 days from the onset of the rash

° Mumps - If your child has Mumps, keep them off 5 days after the onset of swelling if well.

° Vomiting and diarrhoea - children with these conditions should be kept off school. They can return 48 hours after their symptoms have settled. Most cases get better without treatment, but if symptoms persist consult your GP. Unfortunately, it is not possible to distinguish between the causes, and therefore it is essential that the same rule of exclusion applies in all cases of vomiting or diarrhoea. In the Health Protection Agency document, "Guidelines for the Control of Infection and Communicable Disease in School and Early Years Settings", the guidance is: Diarrhoea and/or vomiting commonly affect children 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 children with diarrhoea and/or vomiting 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. Personal hygiene whilst ill must be very strict.

° If your child vomits at school, we will ask you to take your child home. They should not return for 48 hours. This may be inconvenient in many cases, and you may not believe your child is ill, but you will appreciate that we do this in all cases to reduce the risk of infection for other children and staff in school.

° Head Bumps - All children with minor bumps to the head are assessed and a cold compress is usually administered. An Accident Report Book note is completed and sent home with the child at the end of the school day. The parent will be contacted by a member of staff if there is a significant bump to the head or injury and you will be asked to collect your child and seek medical advice.

° Allergies - Welfare staff are trained in understanding severe allergies and how to administer adrenaline pens. Please can we ask you to respect our 'nut free' zone at Kenmore Park Junior School.

° We do have children with serious food allergies that may require administration of adrenaline in cases of an incident.

° A no food sharing policy - This means that all children, not just with allergy, only eat their own snacks and must not share their snacks with other children. The teachers will give gentle reminders to all the children about this rule.

° Asthma Medication in School - the school takes its responsibility to children with asthma very seriously. We require signed parental consent to administer a child's inhaler

° Conjunctivitis. - Children with conjunctivitis need to be kept off school until antibiotic eye ointment has been applied for 24 hours.

° Impetigo. - Children with impetigo need to be kept off school until there is no more blistering or crusting, or until 48 hours after antibiotic treatment has been started.

° Head Lice - This is an occasional problem that can affect anyone and can be caught anywhere. Please check your child at least once a week for any detection of lice. If your child has head lice, or if siblings are found to have these 'little visitors', please notify a member of staff immediately as we like to inform all parents and ask them to be extra vigilant. (No names of children affected are given out). If 'live' head lice are found on your child's head they must remain at home until they have had lice shampoo treatment. If live lice are found on your child's head whilst they are at school we will ask you to take them home and commence treatment.