

Illness and Attendance

At Park Aspire, we follow the advice given by NHS England about when children are able to return to school after illness. This is summarised in the table below, but if you need any more information please visit the NHS England website or contact Aisha in our school office.

Is My Child Too Ill for School?

It can be tricky deciding whether or not to keep your child off school when they're unwell. These guidelines summarise NHS and UK government advice on when children should stay home and when they can attend.

When to Keep Your Child Off School:

Condition	Stay at Home?	When They Can Return
Coughs & colds	No (if mild); Yes (if fever/unwell)	When fever has gone
Chickenpox	Yes	When all spots have crusted (≈5 days after first spots)
Cold sores	No	Can attend; avoid kissing/sharing items
Conjunctivitis	No (unless very unwell)	When feeling better
COVID-19	Yes (if fever or too unwell)	3 days after positive test, if tested
Ear infection	Yes (if high temp or severe pain)	When feeling better
Hand, foot & mouth	No (if well)	When feeling well enough
Head lice/nits	No	Once treatment starts

Impetigo	Yes	Until sores crusted/healed or 48h after antibiotics start
Measles	Yes	4 days after rash appears
Ringworm	No (once treatment started)	When treatment has begun
Scarlet fever	Yes	24 hours after starting antibiotics
Slapped cheek syndrome	No (once rash appears)	When feeling well
Sore throat / tonsillitis	No (if mild); Yes (if fever/unwell)	When fever is gone
Threadworms	No	Once treatment has started
Vomiting / diarrhoea	Yes	48 hours after last episode

Other Notes

- Always call or text the school on the first day of absence.
- If your child has an infection but feels well enough to attend (e.g. head lice, cold sore), let the office know.
- For anxiety or emotional worries, encourage open conversation and speak to the pastoral team, who will be able to support your child.