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Dear Parent,

The department of education has asked us to pass on some information around school attendance, with the emphasis being around illness.

### **DfE**

*We are aware that the COVID-19 pandemic may have caused some parents to feel less confident with assessing whether their child is well enough to be in school so we have laid out some information which we hope you will find helpful.*

*There is wide agreement among health professionals and educational professionals that school attendance is vital to the life chances of children and young people. Being in school improves health, wellbeing and socialisation throughout the life course. The greatest benefits come from children and young people attending school regularly.*

*It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above. [NHS 'Is my child too ill for school?' guidance](#)*

*In addition to respiratory illnesses, we are aware that more children may be absent from school due to symptoms of anxiety than before the pandemic. Worry and mild or moderate anxiety, whilst sometimes difficult emotions, can be a normal part of growing up for many children and young people. Being in school can often help alleviate the underlying issues. A prolonged period of absence is likely to heighten a child's anxiety about attending in the future, rather than reduce it.*

With regards to Covid-19 specifically: [COVID-19 symptoms and what to do - NHS \(www.nhs.uk\)](#)

*The symptoms are very similar to symptoms of other illnesses, such as colds and flu. Try to stay at home and avoid contact with other people if you or your child have symptoms and either:*

- *have a high temperature*
- *do not feel well enough to go to work, school, childcare, or do your normal activities*

***You can go back to your normal activities when you feel better or do not have a high temperature.***

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***If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school or childcare.***

***You are no longer required to do a COVID-19 rapid lateral flow test if you have symptoms.***

*But if you or your child have tested positive for COVID-19:*

- *try to stay at home and avoid contact with other people for 3 days after the day the test was taken if you or your child are under 18 years old – children and young people tend to be infectious to other people for less time than adults*
- *try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over*
- *avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day you took your test*

I hope you find this information and the links useful.

Yours sincerely,

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