



Moorside High School

Enriching Lives, Inspiring Ambitions

September 2025

Dear Parents and Carers,

Guidance on When to Keep Your Child Off School Due to Illness

As we head into the colder months, we know that coughs, colds, and seasonal bugs become more common. It's natural to be cautious when your child feels under the weather, and we appreciate the care you take in deciding whether they're well enough for school. We also understand that there can be some confusion around when children should stay home, and we want to offer clear, supportive guidance to help you make those decisions confidently.

With so many different symptoms and conditions, it's not always easy to know what's best. We want to reassure you that we are here to help, and we're keen to work together to support positive attendance while ensuring the wellbeing of all children.

To support you in making informed decisions, we'd like to share key guidance from the NHS on common childhood illnesses and school attendance.

Please consider the following:

- High Temperature: Children should stay home until their temperature returns to normal.
- Vomiting or Diarrhoea: Keep your child off school for at least 48 hours after the last episode.
- Chickenpox: Children should remain at home until all spots have crusted over (usually about 5 days).
- Impetigo: Children should stay off school until sores have healed or for 48 hours after starting antibiotics.
- Measles, Scarlet Fever, and Other Contagious Illnesses: Follow GP advice and keep children home for the recommended period.
- COVID-19: If your child has a high temperature or is feeling particularly unwell, it's usually best for them to rest at home until they're feeling better. If they happen to test positive for COVID-19, it's helpful to reduce contact with others for a few days where possible, just to minimise the spread

Children do not need to stay home for the following conditions if they feel well enough:

- Cold sores
- Conjunctivitis
- Head lice
- Threadworms
- Slapped cheek syndrome (once the rash appears)
- Mild coughs, colds, sore throats (without a high temperature)
- Hand, foot and mouth disease

If your child is feeling anxious or worried, please speak with us. Avoiding school can sometimes make anxiety worse, and we are here to support their wellbeing.

Please remember to inform the school on the first day of absence, including the reason your child is off.

For more detailed guidance, you can visit the NHS website: [Is my child too ill for school?](#)

Thank you for helping us maintain a healthy and supportive school environment. Together, we can ensure that children attend school regularly and thrive both academically and emotionally.

Kind Regards

Mrs H E Ryles-Dean
Principal



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