



**Dear Parents and Carers,**

### **Winter Attendance and Keeping Well**

As we move into the winter months, we know that cold/flu viruses are affecting everyone. We want to remind all our families about the importance of regular school attendance and share some helpful NHS guidance on managing winter illnesses when your child does become unwell.

### **Why Attendance Matters**

Good attendance is vital for your child's learning, progress, and wellbeing. When children miss school, they can find it harder to keep up with their lessons and routines, and it can affect their confidence and friendships.

Even in the colder months, attending school whenever possible helps your child make the most of their education and supports a settled, happy school life.

### **Managing Winter Illnesses**

We understand that winter brings coughs, colds and other seasonal viruses. The NHS advises that most mild illnesses can be managed at home, and children can still attend school if they:

- Have a cough, runny nose, or sore throat.
- Feel well enough to take part in school activities.

It is important to remember that we can adapt things in school to help them attend if you speak to the class teacher or attendance team such as not taking part in PE or going outside.

You can give your child paracetamol or ibuprofen if needed, and encourage rest, fluids, and good hand hygiene.

### **Advice from a pharmacist**

Pharmacists can offer advice on a range of illnesses, such as coughs, colds, sore throats, ear infections and aches and pains.

They can also give advice about medicines. This includes how to use your medicine; worries about side effects or any other questions you have.

If they cannot help you themselves, they can refer you to a GP or other health professional.

### **Treatment from a pharmacist**

Pharmacists can suggest treatments that do not need a prescription for a range of conditions.

We do understand sometimes children are too unwell to attend but it is important to get them back as soon as they are able to. If you're unsure, just telephone the school for advice .

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