

Looking After Your Children in School – Medicines in School

We take great care to ensure that your child is looked after, listened to and supported with any specific needs throughout the day. That's such an important part of our school ethos.

Part of this commitment to you and your child is to help them make a positive return to school when they have been ill. We would like to reassure you that our Medicines Policy enables us to continue to support you and your child by administering paracetamol-based and prescribed medicines on their return to school. Unless it is deemed essential for their condition your child is not allowed to carry their own medication. It is the parent/carer's responsibility to ensure that medication is handed into the main office. The medication should remain in school and not be returned home at the end of the day. Medication should be in date, it is not the school's responsibility to notify parents/carers if medication has gone out of date. Parents/carers will also be responsible for ensuring there is an adequate supply of medication for their child whilst at school. Any out of date medication should be collected by parents. Our Medicines Policy can be read on our website.

If your child has medicine at school as part of their Individual Health Care Plan (IHCP) e.g. Ventolin inhalers or Epi-pens, it is parent/carer's responsibility to ensure that the medicine is within its expiry date and that a suitable amount remains at school. If you would like to discuss your child's IHCP or something has changed with regard to your child's medical needs, please do contact the school. You can view the East Riding's Parent Information leaflet on Medical appointments and illness in the Key Documents and Policies section of our website [here](#).

Sickness and/or Diarrhoea – National Guidance

It's really important for schools that cases of sickness and/or diarrhoea are managed. As parents/carers you can make a really valuable contribution to this management by being vigilant when it comes to sickness and/or diarrhoea. With this in mind if your child has been sick or has had diarrhoea at home or at school they must remain at home according to the following:

As per Public Health England's guidance, Children with these symptoms should be kept at home for 48 hours after the last incident of sickness or diarrhoea. If symptoms persist or reoccur medical advice should be sought.

We also urge that parents/carers give a clear reason for absence, particularly specifying if sickness and/or diarrhoea are involved.

Please do not send your child into school if they're showing these signs of a sickness or diarrhoea bug. Thank you for supporting school in managing children's health.



Flu Immunisations – National Guidance

There are two types of flu vaccine available for children in 2019/20. The 'live' nasal spray vaccine and the inactivated injected flu vaccine. All children ages 11 to 18 are in the 'at-risk' group and therefore are recommended by the NHS to have the nasal spray vaccine.

FAQs for parents

If you'd like to find out a bit more about the vaccine please visit the NHS website [here](#).

Handwashing: an easy way to protect yourself and your child from winter bugs!

Washing your hands is one of the easiest way to protect yourself and others from illnesses such as sickness and flu. It is recommended by the NHS for the amount of time it takes to sing "Happy Birthday" twice (approximately 20 seconds).

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and other objects.

[World Health Organisation Hand Washing Guide](#)

Other useful websites:

[Integrated Specialist Public Health Nursing](#)

www.facebook.com/EastRidingISPHNS/

[Family Information Service Hub \(FISH\)](#)

[Children's Centres in the East Riding](#)

[NHS: Handwashing Guide](#)

[Public Health England](#)

[CAMHS UK](#)