



Friday 5th September 2025

Dear Grazebrook Families,

Re: Allergies and Sickness

We would like to remind all of our families that, as per our school's health and safety policy and to protect all members of our school community, please ensure your child does not bring into school any foods containing nuts or sesame seeds. This applies to packed lunches and after school club snacks.

We would also like to direct our families to the [NHS guidance for sickness: Is my child too ill for school?](#) which provides guidance about whether to send your child to school when they are unwell.

It is fine to send your child to school with a slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they are otherwise well and do not have a high temperature. However, if they have a high temperature, keep them off school until the temperature has gone. Encourage your child to throw away any used tissues and wash their hands regularly.

If your child has chickenpox, keep them off school until all the spots have crusted over, which is usually about 5 days after the first spots appeared. If your child has measles, they will need to see a GP. Call the GP surgery before you go in, as measles can spread to others easily. You should keep your child off school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system.

There is no need to keep your child off school if they have head lice, however, we ask that you treat your child as soon as you spot any lice. You can treat them by wet combing or using a medicated lotion or spray. As head lice are very common in young children and their families, we advise checking your child's hair for signs of lice or nits on a regular basis and especially if they are scratching their heads. More information and guidance can be found on the [NHS website](#).

Children should remain at home **for 48 hours** after vomiting or diarrhoea . This ensures the safety of all of our pupils at school, including those whose immunity may be vulnerable.

As ever, thank you for your ongoing support in informing the school on the first day of your child's absence of the reason for their absence and in keeping our school community safe and well.

Best wishes

Katie Beecroft
Headteacher