

What if my child is sick?



Many parents have a hard time deciding if their children are well enough to go to school. After all, what well-intentioned parent hasn't sent a child off with tissues in hand, only to get that mid-morning "come get your child" phone call?

Remember, complaints such as a stomach ache or headache can be a sign of anxiety and not a reason to stay home. Once your child is at school these symptoms often disappear only to re surface at the same time the next day. For more information see our information page on School Anxiety.

When deciding whether to send your child to school or not, ask yourself:

“Can my child still participate in school activities?”

Having a sore throat, cough, or mild congestion does not necessarily mean a child can't be active and participate in school activities.

Trust your instincts. If your child has the sniffles but hasn't slowed down at home, chances are they are well enough for the classroom. On the other hand, if they've been coughing all night and needs to be woken up in the morning (if they typically wake up on their own), they may need to take it easy at home.

Of course, never send a child to school who has a fever, is nauseated, vomiting, or has diarrhoea. Children who lose their appetite, are clingy or lethargic, complain of pain, or who just don't seem to be acting "themselves" should also take a sick day. And, as always if you have any concerns don't hesitate to seek medical advice.



Always inform the school if your child is absent due to illness. If they are anxious about going to school talk to your child's teacher.

Please keep the school office up to date with current phone numbers so you or an alternate contact can be reached if your child becomes ill or injured at school.