



**THE BULWELL
ACADEMY**
*Creative
Education
Trust*

29 September 2026

Dear parents and carers

As we move through the school year, we know that coughs, colds and other minor illnesses can be common among children.

We want to reassure families that a mild illness does not always mean your child needs to stay at home. If your child is well enough to take part in the normal school day, they should generally attend school.

For example, children can usually attend school with:

- A cough or runny nose
- A sore throat
- A cold

Minor illnesses where they are well enough to participate fully in school activities

Please only keep your child at home if they have an illness where public health guidance recommends staying away from school.

We understand that deciding whether your child is well enough to attend can sometimes be difficult. A useful question to ask is:

"Is my child well enough to take part in a normal school day?"

If the answer is yes, and there is no specific reason for them to remain at home, we encourage you to send them into school.

If your child is feeling under the weather but you believe they are still able to attend, please contact us in the morning. We can often put additional support in place to help them manage their day, including:

- Heat packs for stomach cramps
- A temporary toilet pass where appropriate
- A pass allowing them to drink water during lessons to remain hydrated
- Access to a smaller learning environment, if needed

As a school, we will also be placing an increased focus on encouraging students to **regularly sanitise their hands throughout the school day, including at the start of lessons**, helping to promote good hygiene and reduce the spread of minor illnesses.



Medication in School

If your child requires medication during the school day, including prescribed antibiotics, this can be administered by trained school staff provided a completed and signed parental consent form has been received.

If your child requires medication throughout the day, please visit school reception and ask for **Sarah Bearder**, who will be able to complete the necessary paperwork with you. Alternatively, you can contact Sarah via email at sarah.bearder@bulwellacademy.org.uk to arrange a convenient time to come into school and complete the medication consent form.

Please note that all medication must be supplied in its original packaging and clearly labelled with dosage instructions.

The administration of non-prescribed medication, such as paracetamol, is subject to the school's medication policy and may only be given where appropriate parental consent has been obtained. Please contact Sarah to discuss any medication requirements and complete the relevant documentation.

Working Together to Improve Attendance

Regular school attendance is vital for children's learning, wellbeing, social development and future success. Missing even a small amount of school can have an impact on progress, friendships and confidence.

We greatly appreciate your support in ensuring that your child attends school whenever they are well enough to do so. By working together, we can help every student benefit from the opportunities school provides.

If you are ever unsure whether your child should attend school, please do not hesitate to contact us for advice or seek appropriate medical guidance.

Thank you for your continued support.

Yours sincerely

E Worker-Simpson

Emma Worker-Simpson
Assistant Principal