

**Headteacher: Nicola Cryer**  
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E Mail:

9<sup>th</sup> December 2025

Dear Parents and Carers,

As part of our efforts to safeguard the health of all pupils and staff, we ask for your support in helping prevent the spread of illness in our school. We know that children sometimes get mild colds, but if they are unwell, it is important that they stay at home until they are well again.

### ☑ **How to decide whether to keep your child at home**

According to the guidance from UK Health Security Agency (UKHSA) and NHS:

- A **runny nose, slight cough or sore throat** alone does *not necessarily* mean your child must stay off school, *unless* they also have a high temperature or are feeling generally unwell.
- If your child has a **high temperature (fever)** — or is too unwell to take part in normal school activities for example falling asleep in class, please keep them home until the fever has gone and they feel better.
- For **vomiting and/or diarrhoea**, children should remain at home until **48 hours after the last episode** and once they are well.

Additionally, for some infectious illnesses, there are specific exclusion periods, for example:

- **Impetigo** — until sores are crusted/healed, or 48 hours after starting antibiotic treatment.

### ☑ **How you can help**

- Please **only send your child to school when they are well enough**, with temperature or other worrying symptoms resolved.
- Let us know immediately on the first day your child is unwell and absent from school. Please call **01977 613423 and press 1**.
- Encourage good hygiene habits at home — handwashing, covering coughs/sneezes, using tissues and disposing of them appropriately.
- If your child develops symptoms while at school, we may contact you to collect them to avoid spreading illness to others.

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Thank you for helping us keep our school community healthy. If you have any questions or need support, please do not hesitate to get in touch.

Kind regards,

Yours faithfully



Nicola Cryer  
Headteacher

<https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/children-and-young-people-settings-tools-and-resources#exclusion-table>