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NURSERIES  
LYNGFORD PARK

# **Sickness & Illness Policy**

Signed By:

Nick Arnold Headteacher

Date January 2026

Faye Forsyth Chair of Governors

Date January 2026

## **Sickness and Illness**

At Lyngford Park Primary School & Nursery we promote the good health of all children attending. To help keep children healthy and minimise infection, we do not expect children to attend the setting if they are unwell. If a child is unwell it is in their best interest to be in a home environment with adults they know well rather than with their peers.

### **Our procedures**

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the school day, we contact their parent(s) and ask them to pick up their child as soon as possible. During this time we care for the child in a quiet, calm area with a member of staff, wherever possible.
- We follow the guidance published by Public Health England (Health Protection in Schools and other childcare facilities) and advice from our local health protection unit on exclusion times for specific illnesses, e.g. sickness and diarrhoea, measles and chicken pox, to protect other children in the setting<sup>1</sup>.
- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to Nursery or School until they have been clear for at least 48 hours.
- We inform all parents if there is a contagious infection identified in their classroom, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection.
- We notify the relevant authorities, such as PHE, as soon as is reasonably practical, but in any event within 14 days of the incident of any food poisoning affecting two or more children cared for on the premises.
- We ask parents to keep children on antibiotics at home for the first 48 hours of the course (unless this is part of an ongoing care plan to treat individual medical conditions e.g. asthma and the child is not unwell). This is because it is important that children are not subjected to the rigours of the school day, which requires socialising with other children and being part of a group setting, when they have first become ill and require a course of antibiotics.
- We have the right to refuse admission to a child who is unwell. This decision will be taken by the Headteacher and is non-negotiable.
- We make information/posters about head lice readily available and all parents are requested to regularly check their children's hair. If a parent finds that their child has head lice we would be grateful if they could inform the office so that other parents can be alerted to check their child's hair.

### **Meningitis procedure**

If a parent informs us that their child has meningitis, the Headteacher will contact the Local Area Infection Control (IC) Nurse. The IC Nurse will give guidance and support in each individual case. If parents do not inform the setting, we may be contacted directly by the IC Nurse and the appropriate support given. We will follow all guidance given and notify any of the appropriate authorities including Ofsted where necessary.

### **We will follow the transporting children to hospital procedure in any cases where children may need hospital treatment.**

The first aider/staff member must:

- Inform a member of the Senior Leadership Team immediately.
  - Call 999 for an ambulance immediately if the illness is severe. DO NOT attempt to transport the unwell child in your own vehicle.
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- Follow the instructions from the 999 call handler.
- Whilst waiting for the ambulance, a member of staff must contact the parent(s) and arrange to meet them at the hospital.
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together.
- Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as data capture forms, relevant medication sheets, medication and emergency contact details.
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

### **Infection Control**

At Lyngford Park Primary School & Nursery we promote the good health of all children attending through maintaining high hygiene standards and reducing the chances of infection being spread. We follow the health protection in schools and other childcare facilities guidance<sup>2</sup> which sets out when and how long children need to be excluded from settings, when treatment/medication is required and where to get further advice from.

Viruses and infections can be easily passed from person to person by breathing in air containing the virus which is produced when an infected person talks, coughs or sneezes. It can also spread through hand/face contact after touching a person or surface contaminated with viruses.

We follow the guidance below to prevent a virus or infection from spreading around the nursery. Our staff:

- Encourage all children to use tissues when coughing and sneezing to catch germs.
- Ensure all tissues are disposed of in a hygienic way and all children and staff wash their hands once the tissue is disposed of.
- Develop children's understanding of the above and the need for good hygiene procedures in helping them to stay healthy.
- Wear the appropriate Personal Protective Equipment (PPE) when changing nappies, toileting children and dealing with any other bodily fluids. Staff are requested to dispose of these in the appropriate manner and wash hands immediately.
- Clean and sterilise all potties and changing mats before and after each use.
- Clean toilets at least daily and check them throughout the day.
- Remind children to wash their hands before eating, after visiting the toilet, playing outside or being in contact with any animal and explain the reasons for this.
- Clean all toys, equipment and resources on a regular basis by following a comprehensive cleaning rota and using antibacterial cleanser, or through washing in the washing machine.
- Wash or clean all equipment used by children as and when needed, including when the children have placed it in their mouth.
- Ask parents and visitors to remove all outdoor footwear, or use shoe covers, when entering rooms where children may be crawling or sitting on the floor.

In addition:

- The Headteacher retains the right of refusal of all children, parents, staff and visitors who are deemed contagious and may impact on the welfare of the rest of the setting.

- Parents will be made aware of the need for these procedures in order for them to follow these guidelines whilst in the Nursery or School.
- Periodically each room in the setting will be deep cleaned including carpets and soft furnishings to ensure the spread of infection is limited. This will be implemented earlier if the need arises.
- In the event of an infection outbreak the classroom / area will, where appropriate, undertake a deep clean to ensure the spread of infection is contained.
- We will follow Government health guidance, as well as seeking legal advice and information from our insurers, on any national outbreak of a virus/pandemic and keep parents informed of any course of action. Each specific circumstance will differ and to ensure we take the most appropriate action, we will treat each case on an individual basis.
- In addition, where contagious outbreaks occur, we will adopt Government guidance for all visitors to minimise the risk of further spreading of the infection.
- The School will ensure stocks of tissues, hand washing equipment, cleaning materials and sterilising fluid are maintained at all times. These will be increased during the winter months, or when flu and cold germs are circulating.

### **Immunisation**

At Lyngford Park Primary School & Nursery we expect that children are vaccinated in accordance with the Government's health policy and their age. We ask that parents inform us if their children are not vaccinated so that we can manage any risks to their own child or other children/staff/parents in the best way possible. The Headteacher must be aware of any children who are not vaccinated within the setting in accordance with their age.

We make all parents aware that some children in the nursery may not be vaccinated, due to their age, medical reasons or parental choice. We do not discriminate against children who have not received their immunisations and will not disclose individual details to other parents.

### **Staff vaccinations policy**

It is the responsibility of all staff to ensure they keep up-to-date with their vaccinations, as recommended by the NHS vaccination schedule.

If a member of staff is unsure as to whether they are up-to-date, then we recommend that they visit their GP or practice nurse for their own good health.

### **Emergency information**

We keep emergency information for every child and update it every six months with regular reminders to parents.

### **Allergies and Allergic Reactions**

At Lyngford Park Primary School & Nursery we are aware that children may have or develop an allergy resulting in an allergic reaction. Our aims are to ensure allergic reactions are minimised or, where possible, prevented and that staff are fully aware of how to support a child who may be having an allergic reaction.

### **Our procedures**

- Our staff are made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways to the lungs, wheezing and anaphylaxis.

- We ask parents to share all information about allergic reactions and allergies on child's data capture form and to inform staff of any allergies discovered after registration.
- We share all information with all staff and keep an allergy register in the main office.
- Where a child has a known allergy, the Headteacher or SENCo will carry out a full Allergy Risk Assessment Procedure with the parent prior to the child starting the setting and share this assessment with all staff.
- All food prepared for a child with a specific allergy is prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type, e.g. nuts.
- Seating will be monitored for children with allergies. Where deemed appropriate, staff will sit with children who have allergies and where age/stage appropriate staff will discuss food allergies and the potential risks.
- If a child has an allergic reaction to food, a bee or wasp sting, plant etc. a first-aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. We will inform parents and record the information in the incident book.
- If an allergic reaction requires specialist treatment, e.g. an EpiPen, then at least two members of staff will receive specific medical training to be able to administer the treatment to each individual child.

#### Food Information Regulations 2014

From 13 December 2014, we will incorporate additional procedures in line with the Food Information Regulations 2014 (FIR).

- We will share our weekly menus on MCAS and will identify when the 14 allergens are used as ingredients in any of our dishes.

#### When should my child return to school?

The infographic is titled "When should my child return to school?" and features the NHS logo. It lists 14 conditions with their respective return-to-school guidelines:

Condition	Return to School
Chicken Pox	When all spots have crusted over
Conjunctivitis	None*
Diarrhoea & Vomiting	48 hours from last episode
Glandular Fever	None*
Hand, foot & mouth	None*
Impetigo	When lesions are crusted & healed or 48 Hours after commencing antibiotics
Measles or German Measles	4 days from onset of rash
Mumps	5 days from onset of swelling
Scabies	After first treatment
Scarlet Fever	24 hours after commencing antibiotics
Slapped Cheek	None*
Whooping Cough	48 Hours after commencing antibiotics
Flu	Until recovered
Head Lice	None*
Threadworms	None*
Tonsillitis	None*

\* No need to stay off but the Nursery / School should be informed.

[Health protection in children and young people settings, including education - GOV.UK](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/270202/Health_protection_in_children_and_young_people_settings_including_education.pdf)