



Well Child Policy

Statement of Intent

The Oak Montessori strives to maintain a healthy environment in which to learn. To ensure that children are learning in a healthy environment, we ask that all children come to school without a temperature, fit and well.

A Well Child

As recommended by the NHS any staff member or child with diarrhoea and/or vomiting symptoms must stay away from an early years setting until they have been free of symptoms for 48 hours (the '48 hour rule') and feel **well**. This means 48 hours since the last bout of sickness and/or vomiting. This curbs the spread of illness and allows for a safe and healthier environment for learning in which illness does not spread unnecessarily.

Other Illnesses

NHS Health Guidelines

As a parent you may at times need guidance when it comes to your child's health and capacity to learn effectively. As a British educational EYFS setting we encourage parents to follow the NHS guidance to make judgements. We have selected some of the main illnesses below:

- **Cough and cold:** a child with a minor cough or cold may attend school. If the cold is accompanied by a raised temperature, shivers or drowsiness, the child should stay off school, visit the GP and return to school 24 hours after they start to feel better. If your child has a more severe and long-lasting cough, consult your GP. They can give guidance on whether the child should stay off school.
- **Raised temperature:** if your child has a raised temperature, they shouldn't attend school. They can return 24 hours after they start to feel better. Learn more in Feverish illness in children.
- **Rash:** rashes can be the first sign of many infectious illnesses, such as chickenpox and measles. Children with these conditions shouldn't attend school. If your child has a rash, check with your GP or practice nurse before sending them to school.
- **Headache:** A child with a minor headache doesn't usually need to be kept off school. If the headache is more severe or is accompanied by other symptoms, such as raised temperature or drowsiness, then keep the child off school and consult your GP.
- **Vomiting and diarrhoea:** children with these conditions should be kept off school. They can return 48 hours after their symptoms disappear. Most cases of vomiting or diarrhoea get better without treatment, but if symptoms persist, consult your GP.



- **Sore throat:** a child who complains of a slight sore throat and has no other symptoms is fit to go to school. A sore throat with a high temperature is an indication that the child should stay at home
- **Conjunctivitis:** guidance from Public Health England (PHE) (the Health Protection Agency) states that it is not necessary to exclude a child from school or from childcare if they have infective conjunctivitis, unless there is an outbreak of several cases.
- **Tonsillitis:** Guidance from Public Health England (PHE) (the Health Protection Agency) states that it is not necessary to exclude a child from school or from childcare. There are many causes, but most cases are due to viruses and do not need an antibiotic.
- **Head Lice:** Guidance from Public Health England (PHE) (the Health Protection Agency) states that it is not necessary to exclude a child from school, however, treatment is recommended where live lice have been seen to prevent an outbreak in school.
- **Impetigo:** Your child cannot attend school until lesions are crusted and healed, or 48 hours after starting antibiotic treatment. Antibiotic treatment speeds healing and reduces the infectious period
- **Other:** please check the link in the footer for further guidance or speak with the Nursery Manager (Natasha Rawdon-Rego).

NHS Physical Activity Guidelines

For Early Years children |(Under 5) who are capable of walking:

- Children of preschool age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. Most UK pre-school children currently spend 120–150 minutes a day in physical activity, so achieving this guideline would mean adding another 30–60 minutes per day.
- All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).
- Individual physical and mental capabilities should be considered when interpreting the guidelines.



Examples of physical activity that meet the guidelines:

Physical activity is likely to occur mainly through unstructured active play but may also include more structured activities. Activities can be of any intensity (light or more energetic) and may include:

- activities which involve movements of all the major muscle groups, i.e. the legs, buttocks, shoulders and arms, and movement of the trunk from one place to another
- energetic play, e.g. climbing frame or riding a bike
- more energetic bouts of activity, e.g. running and chasing games
- walking/skipping to shops, a friend's home, a park or to and from a school

What are the benefits of being active for at least 180 minutes each day?

- improves cardiovascular health
- contributes to a healthy weight
- improves bone health
- supports learning of social skills
- develops movement and coordination

Useful links:

<https://swlondon-healthytogether.nhs.uk>

Policy Written in July 2019:
Charlotte Wheeler

Review and updated in September 2025
Natasha Rawdon-Rego