



West Hatch High School

Guidance for pupils with Hay Fever

Dear Parent / Carer

As you are aware we take pupil attendance seriously but are aware that sometimes being absent due to illness is unavoidable. However, as uncomfortable as Hay Fever can be, we class being absent with Hay Fever as an unauthorised absence. To help alleviate the symptoms during the school day we recommend the following:

- REMIND YOUR CHILD TO MEDICATE FIRST THING IN THE MORNING BEFORE LEAVING FOR SCHOOL.
- ENCOURAGE YOU CHILD TO BRING THEIR HAYFEVER MEDICATION TO SCHOOL.
- THEY MAY SELF-MEDICATE AT BREAK (10.45) AND LUNCHTIME (12.05/12.35) ONLY.
- HAVE PLENTY OF TISSUES.
- HAVE A RE-FILLABLE WATER BOTTLE.

Please remind your son/daughter that sharing of medicine is dangerous and should not occur in any circumstances.

Acceptable medications: HAY FEVER RELIEF TABLETS (ANY BRAND), EYE DROPS, NASAL SPRAY, THROAT SWEETS.

Unacceptable medications: LIQUID MEDICINES i.e Calpol / Nurofen

Your co-operation is greatly appreciated in this matter. Please don't hesitate to contact the school should you need further information.

Yours Sincerely

Mrs Nikola Bendall

Attendance Manager