Dereham Neatherd High School
Norwich Road, Dereham, Norfolk. NR20 3AX
Headteacher: Jaime Mallett

office@neatherd.org
+44 (0)1362 697981
neatherd.org

Monday 3rd November 2025

Dear Parent/Carer,

As we return to school after the half-term break and head towards Christmas, here are a few key messages and reminders.

Attendance and punctuality

We expect pupils to be at school, on time, every day during term time. Every school day really does count. It is important that every pupil feels part of our school community, and that is more challenging if a pupil is not here as often as others. One day off is five hours of missed learning and a lost opportunity to build on relationships with friends, teachers and other adults in school.

At this time of year, mild coughs, colds and other illnesses can become more common. If your child has a medical appointment, please book these outside of school hours where possible. Where this isn't possible, bring your child to school before, and return after, if they are well enough. Pupils can attend appointments in their school uniform.

Our school day begins at 8.35am. Pupils are marked late if they arrive after the second bell for any lesson. Pupils will be placed in a pastoral detention if they receive two or more late marks in a week without a valid reason.

Is my child too ill for school?

It can be tricky to decide whether or not to keep your child off school if they are feeling unwell, so we follow the NHS guidance (available in full here: https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/):

- **High temperature**

If your child has a high temperature, keep them off school until it goes away.

- **Feeling anxious or worried**

It's normal for children to feel a little anxious sometimes. They may get a tummy ache or headache, or have problems eating or sleeping.

Avoiding school can make a child's anxiety about going to school worse. It's good to talk about any worries they may have such as bullying, friendship problems, school work or sensory problems. You can also work with the school to find ways to help them.

If your child is still struggling and it's affecting their everyday life, it might be good to talk to your GP or school nurse. Find information and advice about how to help children with anxiety

- **Coughs and colds**

It's fine to send your child to school with a slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature. But if they have a high temperature, keep them off school until the temperature has gone.

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Encourage your child to throw away any used tissues and to wash their hands regularly.

- **COVID-19**

If your child has mild symptoms, such as a runny nose, sore throat, or slight cough, and feels well enough, they can go to school.

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either have a high temperature, or do not feel well enough to go to school or do their normal activities.

- **Ear infection**

If your child has an ear infection and a high temperature or severe earache, keep them off school until they're feeling better or their high temperature goes away.

- **Scarlet fever**

If your child has scarlet fever, they'll need treatment with antibiotics from a GP. Otherwise, they'll be infectious for 2 to 3 weeks. Your child can go back to school 24 hours after starting antibiotics.

- **Sore throat**

You can still send your child to school if they have a sore throat. But if they also have a high temperature, they should stay at home until it goes away.

A sore throat and a high temperature can be symptoms of tonsillitis.

- **Vomiting and diarrhoea**

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Uniform

As a school community, we are rightly proud of how smart our pupils look. However, we are seeing an increase in the number of girls wearing their skirts too short. If your daughter wears a skirt to school, we would be grateful for your support in ensuring that it is not made from stretchy material, not be too tight-fitting (e.g. if the skirt rides up when pupils are walking), and not worn rolled up at the waist. Skirts must be of an appropriate length, worn closer to the knee than the hip. If a pupil repeatedly wears their skirt too short, we will issue a skirt ban and they will be required to wear trousers instead.

Thank you for your continuing support, and please do contact us at office@neatherd.org if you have any questions regarding these matters.

Yours sincerely,

Ms E Webb
Deputy Headteacher – Pupil Support, Behaviour and Attendance