

KEEP YOUR CHILD AT HOME:

Fever:

Keep your child at home if they have a fever. If the fever does not go away after 2-3 days consult a GP.

Diarrhoea:

If your child seems ill, has a fever or is vomiting, keep them at home.

Vomiting:

If your child has vomited twice or more in 24 hours, keep your child at home until the vomiting has stopped for 24 hours.

Coughing:

If your child has severe, rapid coughing or wheezing keep your child home and contact a GP.

Conjunctivitis (Pink Eye):

The white of the eye is pink with a thick discharge. Contact GP for medication/treatment before sending the child to school.

Rash With Fever:

If a rash spreads quickly or is not healing keep your child at home and contact your GP.

Covid-19

Follow public health guidance

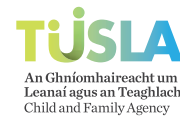


Emotionally Based School Avoidance (School Refusal) A Guide for Parents

Scan the QR code to see the Wicklow School Refusal Pack and a list of support services in the Wicklow area that may be able to help



We are here
to help



An Roinn Leanaí, Comhionannais,
Michumais, Lánpháirtíochta agus Oige
Department of Children, Equality,
Disability, Integration and Youth



Every School Day Counts
www.tusla.ie/tess

What is emotionally based school avoidance?

When a child/ young person finds it hard to attend or stay in school, despite the best efforts of the family and school.

When can it happen?

It can happen at any age but normally in children who are 5-7 years or 11-14 years

What does it look like?

- Signs of distress on Sunday nights/Monday mornings or after a school break
- Asking the teacher to ring their parents as they want to go home or the young person contacting their parents directly
- Saying they feel sick
- Difficult behaviour about going to school or in the mornings before school
- Worried about mixing with other children (e.g., parties, after school sports etc.)
- Pre-occupied with being organised for school

Where can I turn to for help ?

- Class teacher, Tutor or Year Head
- School Principal
- Home School Community Liaison or School Completion Programme (in DEIS schools)
- Local General Practitioner
- Primary Care Psychology (for mild to moderate mental health needs)
- Child and Adolescent Mental Health Services (CAMHS) & Lucena Clinic (for moderate to severe mental health needs)
- National Educational Psychological Service (NEPS)
- Tusla Education Support Service (TESS)
- Jigsaw

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SEND YOUR CHILD TO SCHOOL

Parent/Guardian is Sick or in Hospital:

Plan ahead where you can. Ask a friend or family to take your child to and from school

Child Refuses to go to School:

Talk to your child, they may be experiencing bullying, be behind in schoolwork, or not getting along with others.

Chronic Disease or Illness:

Speak with your school about your child's condition and agree a plan. School can help both you and your child.

Strains, Sprains and Pains:

If your child can walk, talk and eat he or she should be in school. If pain is severe or ongoing, consult a GP.

Menstrual Issues:

Most of the time menstrual issues should not be a problem. If they are severe consult a GP.

Head Lice:

If your child has lice (intense itching), they can return to school after an initial treatment

“ Remember you are not alone, it's not your fault and help is available. ”

