Date

Dear Head teacher

Re: Name and DOB of child

I understand that you have requested a note confirming that name of child has been unwell and was unable to attend school.

GPs do not provide “fit notes” for adults until they have been unable to work for seven days. The “fit note” is “designed to help you provide fitness for work advice to your patients”[[1]](#footnote-1) so is not just a way to evidence that they are ill. These rules should also apply to children who are absent from school. Thus, when a child is absent for less than seven days we should not provide notes. The parents’ disclosure of sickness as a cause for absence is adequate.

Furthermore, if a child is absent from school for longer than seven days, the child may have a condition which may affect their long term ability to attend school, and thus more information may be needed by the school in accordance with the guidance “Supporting pupils at school with medical conditions”[[2]](#footnote-2). In this circumstance it would be advisable for the child, the parents, and the school, to discuss whether a “sick note” will best achieve the aim of supporting the child in returning to regular school attendance.

If more information is required by the school about name of child’s medical conditions, the school should request further information from us, with child and parental consent enclosed.

Yours sincerely

Dr

1. https://www.gov.uk/government/uploads/system/uploads/attachment\_data/file/465918/fit-note-gps-guidance.pdf [↑](#footnote-ref-1)
2. https://www.gov.uk/government/uploads/system/uploads/attachment\_data/file/306952/statutory\_guidance\_on\_supporting\_pupils\_at\_school\_with\_medical\_conditions.pdf

   [↑](#footnote-ref-2)