



October 01, 2026

Greetings from The Spanish School of Abu Dhabi!

Hope you and family are keeping safe and healthy.

Please read and follow the instructions for your child's health and wellbeing in the school.

Prevention of various infections.

Whenever children are together, there is a chance of spreading infections. It is especially important to follow good hygiene practices to reduce the chances of catching these infections. Try the following tips to help protect your children, and yourself, from these illnesses.

1. Show your children how to properly wash their hands and explain why this is important.
2. Practice hygienic routines at home from an early age.
3. Communicate with school staff and share your concerns to prevent outbreaks.
4. Avoid unnecessary contact with a lot of people, especially sick people.
5. Teach your children 'cough etiquette'. Teach children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow if they don't have a tissue, instead of simply coughing or sneezing onto their hands, which will then spread their germs onto everything they touch.
6. Routinely clean, with soap and water, and disinfect surfaces, toys, and objects that younger children may put in their mouths.
7. **Stay at Home when ill: Keep your children home and do not send them school if they are sick and seek medical attention.**

Minimum Exclusion Period For illness Policy.

The exclusion periods are enforced to control the spread of vaccine preventable and other infectious disease in our school.

If your child is diagnosed with fever and other infectious diseases, the school nurse will contact the parents and sent home with a notice to keep the child at home till he/she recovers completely after consulting with the specialist physician. It is important that the parents and the guardians are aware of the period and related procedures.

Please refer and follow the below mentioned exclusion period for diseases and keep the child at home till he/she recovers completely.

DISEASE / ILLNESS	MINIMUM EXCLUSION PERIOD
Fever	24 hours at home
When on Antibiotics	48 hours at home
Vomiting	48 hours at home



Chickenpox	7 days from appearance of the rash
Conjunctivitis	24 hours at home with prescribed medication
Diarrhea	48 hours at home
Gastroenteritis	Until authorized from community Doctor
Hand, Foot, and Mouth	3-5 days from appearance of the blisters
Impetigo	Until skin healed
Infective Hepatitis	7 days from onset of jaundice
Head Lice	Until appropriate treatment has been given
Measles	7 days from appearance of the rash
Meningitis C	Until recovered from illness
Mumps	Unless swelling has subsided, 7 days from start of treatment
Plantar Warts	No exclusion but should be treated and covered
Poliomyelitis	Until authorized by community Doctor
Rubella	4 days from appearance of the rash
Ringworm of Scalp	Until cured
Ringworm of the body	No exclusion provided treatment is given
Scabies	No exclusion provided treatment is given
Scarlet Fever	No less than 3 days from start of treatment
Tuberculosis	Until authorized by community Doctor
Typhoid Fever	Until authorized by community Doctor

Prevention of head lice.

As you may know, head lice are a recurring problem among school children. They are not dangerous and do not transmit disease, but they are contagious. Please check your child's hair as per directions in this website link:

<http://www.nhs.uk/Conditions/Head-lice/Pages/Diagnosis.aspx>

If you do detect head lice or nits(eggs) during this period please use an appropriate removal treatment (chemical treatment, or wet combing method using a fine-toothed comb and hair conditioner). Fine toothcombs and chemical treatments are available from most pharmacies, for nit and louse removal. Please use chemical treatment to get rid of head lice only if you see live head -lice. If these treatments are used "just in case", it may result in the head- lice becoming immune to the treatments and the treatments not working in the future. Should you find lice please inform the school nurse and the homeroom teacher.

It is advisable that all parents should be checking their child's hair on a weekly basis, even when there is not a reported case of head lice.





Bag Weight Policy.

Kindly refer the table attached according to the ADEK-bag weight policy and ensure to follow it for your child's safety.

Kindly avoid Trolley bag as it adds weight to bag pack and cause accidents and injuries to the children.

The following table depicts the maximum weight of backpack which a child can carry according to the grade they study.

Grade / Year	Max.Backpack Weight (KG)
KG1	2.2
KG2	2.4
Gr 1	2.6
Gr 2	3.0
Gr 3	3.4
Gr 4	3.8
Gr 5	4.1
Gr 6	4.5
Gr 7	5.0
Gr 8	5.8
Gr 9	6.5
Gr 10	7.3

Source: Maximum school bags weight was calculated based on WHO Child Growth Chart



Thanking you for your continued support and cooperation as always.

Warm regards,



Lorraine Eiffert
School nurse