

Dear people who come to school when they're sick,  
'Cough, cough, cough, I'm fine, really, I don't need to go home, I'm not sick, it's just hay fever.'  
Sound familiar? If you're fine, why do you sound like you're dying? Why have you gone through a whole box of tissues in the last 15 minutes? Why do you look like you were just run over by a bus? Why are you coughing like a dodgy lawn mower as someone tries to start it up? Everyone gets sick sometimes, you're not special just stay home.

'Achooo! It's just a head cold, I'm ok, I'm not tired, really, I had some Panadol this morning.' Why would you come to school and drag yourself through the day when you can lie on the couch at home and watch Netflix all day? When you're sick, the best thing you can do for your body is to rest and let it heal itself.

'I'b fibe, by bose is jusb a libble buffy thab's aub.' Still, you'd rather turn up at school and sniffle your way through the day, ok, but what about the person you coughed all over in Maths, or the kid you sneezed on five times in the canteen line? It's not just about you, when you come to school while sick, you make everyone else sick, why would you do that to someone? How can you do that to other people.

'Zzzz...I'm not sick, I just had a late night last nig..\*cough noise\*..ht, that's all, I'm perfectly hea..\*cough noise\*..lthy.' Ok, so you don't care that you've made 15 more people sick, but then there's the kids who have health conditions that mean that they get more sick than everyone else, there are many conditions, Cystic Fibrosis, Diabetes, Crohns Disease and many more. Children with these diseases are a lot more likely to get sick, and get really sick when they do. Coming to school when you're sick, exposes these poor kids to more viruses than necessary. If you're sick, just stay home.

So the next time you get an itchy throat and a runny nose, just stay home, missing one day of school will not make you fail your HSC and it'll protect others from catching whatever you've got. I mean, who would pass up the opportunity to sit and watch Netflix all day?

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