

## What can you do?

**Sickness**- There will always be times when your child needs to miss school when they are very ill. It is vital that they're only away on the days when they are genuinely sick. Setting good sleep patterns, eating well and exercising regularly can make a big difference. If you are unsure whether an illness warrants a day off, send your child into school (unless the condition is contagious) and if they are truly ill, we will call you.

**"Day Off"**- Think twice before letting your child have a 'day off' as they could fall behind their classmates and miss key pieces of learning.

**Holidays**- It is vital that holidays are not planned during school time. Holidays are an unauthorised leave of absence and may result in a Fixed Penalty Notice being served by the Local Authority.

**Medical**- All non-urgent medical appointments should be made outside the school day where possible. If not, please aim to book them after 2pm.

## Anxiety about going to school

It is normal that at some stage, your child may feel anxious about going to school. Anxiety becomes a problem when it is persistent and prevents them from enjoying normal life experiences for a long period of time.

### What you do?

It is important not to dismiss your child's anxiety, but help them see the situations they are worried about may not be as bad as they think.

- Listen and encourage them to tell you about their feelings and fears
- Avoid telling your child to 'get over it' Your child may perceive this as you not understanding or not caring about their concerns

## MALPAS ALPORT PRIMARY SCHOOL Guide to improving attendance for your child



### Everyday Counts

We know that attending school every day gives your child the best start to their school life, but also creates the foundations and habits that are needed as children move into the world beyond school.

It is vital to establish good attendance even in the early years of primary school. Attendance patterns are established early-a child who regularly misses days of school, will often continue to miss school in later years and potentially fall behind their peers.

### Attending school every day means:

- Learning new skills
- Making friends
- Building positive, lasting relationships
- Having fun
- Developing confidence
- Developing resilience

Further advice can be found on the school website under attendance and mental health

## Helping your child to come to school on time

- Get everything ready the night before
- Have the same early bedtime routines at night (including no technology in the bedroom and after an agreed time)
- Get up early every morning
- Eat a good breakfast
- Allow plenty of time to get to school

### Arriving on time means that your child:

- Is greeted personally
- Can say hello to their friends
- Has time to sort out their belongings
- Take part in the early morning activities
- Does not miss any important instructions or lesson input
- Feels happy, relaxed and settled, ready to start learning

### DID YOU KNOW?...

A child who is absent a day of school per week, misses an equivalent of two years of their school life.

90% attendance is equivalent to missing over 100 hour long lessons!

90% of young people with absence rates below 85% fail to achieve five or more good grades at GCSE and around one third achieve no GCSEs at all..

A child who is absent for one day per fortnight will have missed one year of school (190) days by the time they leave secondary education.