



## Top tips to help prevent absence

- talk to your child about how important it is to attend school
- inspire them to think about what they would like to be when they grow up, and how school can help with that
- ask regularly about how school is going
- ensure they have a good sleep routine, eat healthily and exercise regularly
- help them to get everything they need ready for school the night before
- use the NHS guidance on illness
- book all holidays outside of term time
- book medical and dental appointments outside school hours if possible - and if not possible, ensure your child attends school before and after the appointment
- if your child complains of boredom, contact their class teacher, form teacher or head of year to find out more
- provide a good environment for study at home and ensure they have time set aside for homework
- find out if your child wants to avoid school for a reason that they're frightened to tell you about - perhaps they are being bullied

work with the school to address any attendance issues to ensure they don't miss out

### The importance of school

These messages demonstrate why school is so important for young people. You can use them to shape conversations you may be having with families who have concerns about being in school:

- children seek independence. They need to feel settled and develop a sense of belonging, outside their homes and families.
- children and young people are sociable. They benefit enormously from doing things together as a school group and sharing experiences with their peers.
- children are naturally inquisitive. They seek out adventure and thrive on being active, and interacting with young people. Schools are set up for this and will help your child build friendships and have fun while learning.
- children need structure, routine and consistency. Being at school will give your child the structure they need to thrive and adapt to any new and changing routines at home.

- evidence shows that being in school helps children be more successful in all areas of life, including their home life and into their work life. As well as valuable face-to-face teaching time, pupils have access to extra-curricular opportunities, careers support and peer-to-peer learning.
- being in school is the best way for children and young people to keep on top of their learning, to receive support and guidance from teaching staff and have access to the tools and resources they need to progress.
- the interactive learning opportunities are far greater for children in the classroom. Our teachers have worked hard to develop an engaging curriculum and lesson plans for the new school year, so pupils will be able to take advantage of a wide variety of learning tactics and resources.

## FAQs

We've put together FAQs using some of the concerns raised by families about being in school. Please use these messages (where you feel appropriate) when you have conversations with parents and carers:

### ***I'm worried my child is anxious about going to school.***

- Speak to us about any specific concerns you have. We will listen to your concerns and work with you to make sure you have the information and support you and your child need to feel positive about coming into school.

### ***What support is available to my child at school?***

- If you are worried that your child isn't coping in school, please contact us directly. We will be able to talk about the support the school can offer and how we can help your child.

- ***What is an unauthorised absence?***

Any absence not approved by the head teacher is an unauthorised absence. Unauthorised absence includes time off for shopping, birthdays, holidays, visiting relatives, getting up late and days out.

- ***What is an authorised absence?***

Any term-time absence must be approved by (insert name) the head teacher. This is called authorised absence.

At the head teacher's discretion, absence may be authorised for genuine illness or for reasons of religious belief. Check her (insert link) on the school website to be sure you understand our policy on authorised absence.

- ***What are the consequences of an unauthorised absence?***

Missing school means not only missing out on lessons, but also friendships, clubs, trips and all the other opportunities that school has to offer. Unauthorised absences could potentially lead to a Fixed Penalty Notice.

- ***My child is anxious about going to school***

It's normal for children and young people to feel worried about something that's happening at school – for example, when starting a new school or during exams. Your school can support you and your child through difficult times. If you are worried about your child's attendance make an appointment with the teacher who will be able to support you and give you guidance on where to seek help.