

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.

Medical-All non-urgent medical appointments

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
- Please speak to the class teacher so we can support your child in school.

TILSTON PAROCHIAL PRIMARY SCHOOL

Guide to improving attendance for your child



Tilston Parochial
CE Primary School

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

Further advice can be found on the school website.

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?...

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

90% attendance is 1/2 day absence each week. That is 4 weeks in an academic year.

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.

If you take your child on a 2 week term time holiday, annual attendance instantly drops to 95%.