

# Attendance Advice for Parents/Carers



**It is important to establish regular school attendance habits. Regular school attendance helps children develop to their fullest potential and gain important skills that prepare them for the future, increasing their life chances.**

## When can I send my child in?

### **Advice from the NHS is as follows:**

**Cough, sore throat and cold** – children can come to school with a mild cough or cold.

**Feeling anxious or worried** – avoiding school can make anxiety worse. Working with school to find ways to help them is advisable. Anxiety can manifest in symptoms such as stomach ache, headache, problems eating and sleeping.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

## When your child says they are too ill for school you can ask them:

- What lessons do you have today – is there anything you are worried about?
- Is everything OK with your friends?
- How long have you been feeling unwell?

## When your child says they cannot be bothered to go to school...

- What is the reason you cannot be bothered?
- Is there anything at school worrying you?
- What lessons do you have today – are there any you don't enjoy or are worried about?

## If your child is off school they should not be well enough to:

- Play computer games
- Leave the house to go out with their friends or family

## When should I keep my child off school?

The government and NHS have produced a list of infectious diseases where children should be kept off school. The government and NHS have produced a list of infectious diseases where children should be kept off school.

### **These are:**

- Chicken Pox
- Diarrhoea and Vomiting
- Cold and Flu like symptoms when accompanied with a high temperature
- Impetigo
- Measles
- Mumps
- Scabies
- Scarlet Fever
- Whooping Cough

## How to help your child get into good attendance habits

**Preparation** – help your child get everything ready the night before.

**Bedtime routine** – help your child establish a good bedtime routine to ensure they get enough sleep. This can make morning time less of a struggle.

**Travel time** – allowing the correct amount of time to travel to school can ensure children are not rushing, which can increase stress and anxiety of being late. **Have an emergency backup plan for how children will get to school if their usual travel method is unavailable.**

**Help children understand why attending school is important**, as this will help them now and in the future. Encourage them to understand the role they play in improving and maintain their school attendance.

**Take an interest in their education and how their day has been.** Give them space and time to talk to you about any worries or anxieties they might have so that any problems can be sorted out early on.

## Medical Appointments

Please try to arrange medical appointments for either during the morning or afternoon, to allow your child to attend school for at least half a day.

