

Language is important

From the earliest years use language that makes clear attendance at school is a non-negotiable.

Attendance at school is not a choice open to them, and to suggest that it is may undermine your authority later.

Routines

Make sure your child understands the routines of the morning

- What time to get up
- Where their uniform is
- Collect lunch/money
- Picking up their bag
- Transport—what time and where?

Get it done

After a day at school it is tempting to leave the homework.

Try:

- A timetabled slot when homework will be completed
- Attend Homework Club at school
- Be available to support if needed

Electronic devices

We don't need to tell you how absorbed our pupils can become in their devices or the TV.

Avoid using any of these devices in the morning before school, they sap attention and can lead to last minute panics to get things sorted and ready to leave.

They also promote reluctance to leave for school in order to finish levels.

Recognise emotions

There are lots of ups and downs in school life. Falling out with friends, difficulty of work, homework being a few.

Remember:

- These things pass, what seems like a crisis today will not be tomorrow
- There is nothing that can't be sorted if we work together.

Tell school about it

If there is a specific issue then let us know:

This could be:

- Friendship fallout
- Difficulties at home
- Homework issues
- Bullying

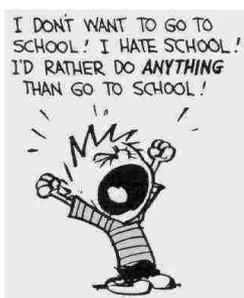
If there is a problem, keep in daily contact.

10

ways to good attendance

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If you are finding it difficult to get your child into school in the mornings, here are 10 tips to help....



Be organised

To avoid rushing in the morning (that can raise the level of stress), spend some time the evening before getting organised.

What they need:

- Is their uniform ready?
- Is their bag organised?
- PE kit/equipment correct for their day?

Diet

Healthy diet and exercise helps our bodies to stay and feel healthy.

A good diet helps reduce lethargy and produce enough energy to keep going through the day.

Remember:

Energy and high sugar drinks should not be consumed in school.

Sleep

Getting adequate sleep is important in helping pupils feel refreshed and able to manage the day at school.

If this is a problem, please see our leaflet 10 ways to encourage sleep



Commitments

If your child does not attend school, please consider the message you are sending if you allow them to attend evening/ weekend activities.

There is no motivation for a child who is reluctant to attend school to change their habits, if there is no inconvenience to things they want to do at other times.

For more information about attendance and the law,
visit: <https://www.gov.uk/school-attendance-absence>

Other leaflets available

- Loss ● Anger ● Anxiety ● Sleep ● Bullying ● Managing Behaviour ● Coping with parents breaking up (leaflets for parents as well) ● Lockdown
 - Self-harming ● Attendance ● Dyslexia ● Dyscalculia ● ASD
 - ADHD ● Depression ● Workload ● Work stress ● Confidence
- Building Confidence

If you would like to receive a copy of any of these 10 Ways To leaflets, please email wellbeing@purbeck.dorset.sch.uk and we will send them to you

To contact the Pastoral team at The Purbeck
School email;

wellbeing@purbeck.dorset.sch.uk