

Make every day count: what can you do to help?

- Think about the impact of regular absences - missing school is missing learning and play.
- Try to arrange non-urgent dental and medical appointments outside school hours and if an appointment must be made within school hours, try to ensure your child is back at school as soon as possible.
- Establish routines at the start and end of the day so your child is prepared for the school day ahead; building up habits of punctuality and attendance. Your child's school may have a breakfast club which will support you.
- Talk to your child's school - ask questions and have regular discussions which support you and your child.
- Discuss any problems or difficulties with the school: staff are there to help and will be supportive. You have support from school staff, the Head Teacher and Cluster Integration and Improvement Lead (CIIL) for the cluster.
- Let the school know if your child is absent due to illness or other reason. This can be a call or text.



What should I do if my child is anxious or worried about going to school?

Your child has a right to an education and to be safe and happy at school. But sometimes children and young people can be anxious or worried about going to school due to many possible reasons.

You may think letting your child stay off school when they feel this way is the best option, however experience tells us it is better to talk to the school about this as soon as you can. Longer absences makes it harder for your child to return.

Your child's school staff are there to help. Your first point of contact should be the school. Staff in your child's school and the CIIL are keen to help and support you.

If you are unsure who to talk to in the school, ask to speak to the Head Teacher.

However there are also a number of agencies and services that can provide you with professional help and advice.

(Contact details can be found on the following page).

Support, information and advice

ParentLine Scotland

At some time all parents find that parenting can be difficult or stressful. ParentLine Scotland is the free, confidential, telephone helpline for anyone caring for a child in Scotland. You can call about any problem, however big or small. Phone: **0808 800 2222**

On line at: www.children1st.org.uk/parentline-scotland

Parentzone

Parentzone provides information for parents and cares about how you can support your child's education. On line at: www.educationscotland.gov.scot/parentzone

Childline

Children and young people can get confidential help about any question, concern or worry. Phone: **0800 1111**

On line at: www.childline.org.uk

Citizen Advice Bureau

Your local CAB can provide information and support about rights and responsibilities when it comes to schools and education. Information and advice on lots of areas at: www.adviceguide.org.uk where you can also find your local CAB.

Enquire

Enquire is the Scottish advice service for additional support for learning and operates a helpline for parents, carers and practitioners.

An interpreter can be arranged upon request.

Telephone helpline: **0845 123 2303**

E-mail: info@enquire.org.uk

On line at: www.enquire.org.uk

ABEL

ABEL is a voluntary organisation that developed out of the strong desire of parents to do something for themselves to overcome the devastating effects that bullying can have on children, their families and their community. ABEL offers information and support to the young person being bullied and their family and the young person displaying the bullying behaviour and their family.

Contact them through their website at: www.antibullyingeastlothian.org.uk

National Parent Forum of Scotland

Provides parents with information and advice on understanding the new curriculum and supporting their child's education.

On line at: www.parentforumsotland.org



ATTENDANCE MATTERS

SUPPORT FOR PARENTS AND CARERS



EMPOWERING OUR CLUSTERS | **LEARN HERE**

Why is school attendance so important?

We want all our children and young people to realise their full potential.

Excellent attendance at school is important to allow your child to fulfil their potential and for them to have the best start and brighter future.

Below are just some of the key reasons why it is so important children attend school:

- To have fun and opportunities to experience new things
- To develop new skills for learning, skills for work and skills for life
- To understand responsibility
- To make new friends and build positive relationships
- To develop awareness of other cultures, religions, ethnicity, and gender difference
- To celebrate achievements with friends and peers
- To attain in curricular pathways
- To build confidence, self-esteem and resilience
- To grow as individuals

Every school day counts

When you have a conversation with your child's school they will give you attendance in a percentage. This can be confusing!

Have you considered the following:

100% attendance	0 Days missed	Gives your child the best opportunities in their learning and achievement
95% attendance	9 days of absence 1 week and 4 days of learning missed.	
90% attendance	19 days of absence 3 weeks and 4 days of learning missed.	
85% Attendance	27 days of absence 5 weeks and 3 days of learning missed. This is almost a half term.	
80% Attendance	36 days of absence 7 weeks and 3 days of learning missed. This is a half term.	
75% Attendance	45 days of absence 9 weeks and 1 day of learning missed. Almost a whole term.	

MISS SCHOOL MISS OUT

Did you know...?

There are **190 days** in each school year

That means there are **175 non school days** for holidays, haircuts and appointments!

90% attendance may sound good but = **19 days missed** each year

2 school days missed each month during your school life adds up to **1 whole year** of school lost

15 mins late every day = **2 weeks** of lost learning each year.

In Primary School there are **25 hours** of learning each week. **4 weeks** missed = **100 hours** of learning missed.

Some Children and Teens find it hard to come to school. Tell the school as soon as you can if there is a problem.

Don't worry.. You are not on your own. We are here to help and to work with you and your family.

Working Together we can do it and make sure your child does not **MISS OUT**

LEARN HERE

Is it ever alright for my child to be off school?

Your child can be off school if:

- They are ill
- They are attending a doctor or hospital appointment
- They are going to a meeting about a Children's Hearing or court, or if they are going to a Children's Hearing, case review or court
- If they are involved in an activity and the school agrees in advance
- Someone close to your child has died
- There is a crisis or serious difficulty at home or in your family
- They are going to a religious ceremony or a wedding of someone very close to them
- You are a Gypsy/Traveller family and while you go travelling you keep in touch with your child's teacher
- Your family is returning to a country of origin for cultural reasons or to care for a relative.



As long as you have informed the school of the reason why your child is off, and the school is satisfied that this is a valid reason, these would be called authorised absences.

However this is still recorded as an absence for your child.

Top tips it's good to talk!

Any child currently avoiding school is likely to become nervous when they are asked about their worries or returning to school.

These questions can help to start the conversation about feelings and fears.

- What are the three best things about school?
- Would you prefer to text, draw or write about it?
- What three things are you most worried about?

