

**EMPOWERING
OUR CLUSTERS** | **LEARN HERE**

MY CHILD IS STRUGGLING TO ATTEND SCHOOL



**SUPPORT INFORMATION
FOR
PARENTS AND CARERS**



**LIVE
LEARN
WORK
INVEST
VISIT**

NON-ATTENDANCE IS COMPLEX

THE REASONS VARY

SCHOOL

- Bullying
- Transitions between schools
- Difficulties in subjects
- Fear of performing in front of others
- Lack of safe spaces at interval/lunchtime
- Conflict with certain teachers



FAMILY

- Significant change - moving house
- Divorce/separation or bereavement
- Parental anxiety
- Parents stressed by child's protests
- Practical difficulties getting to school
- Family history of non-attendance



CHILD

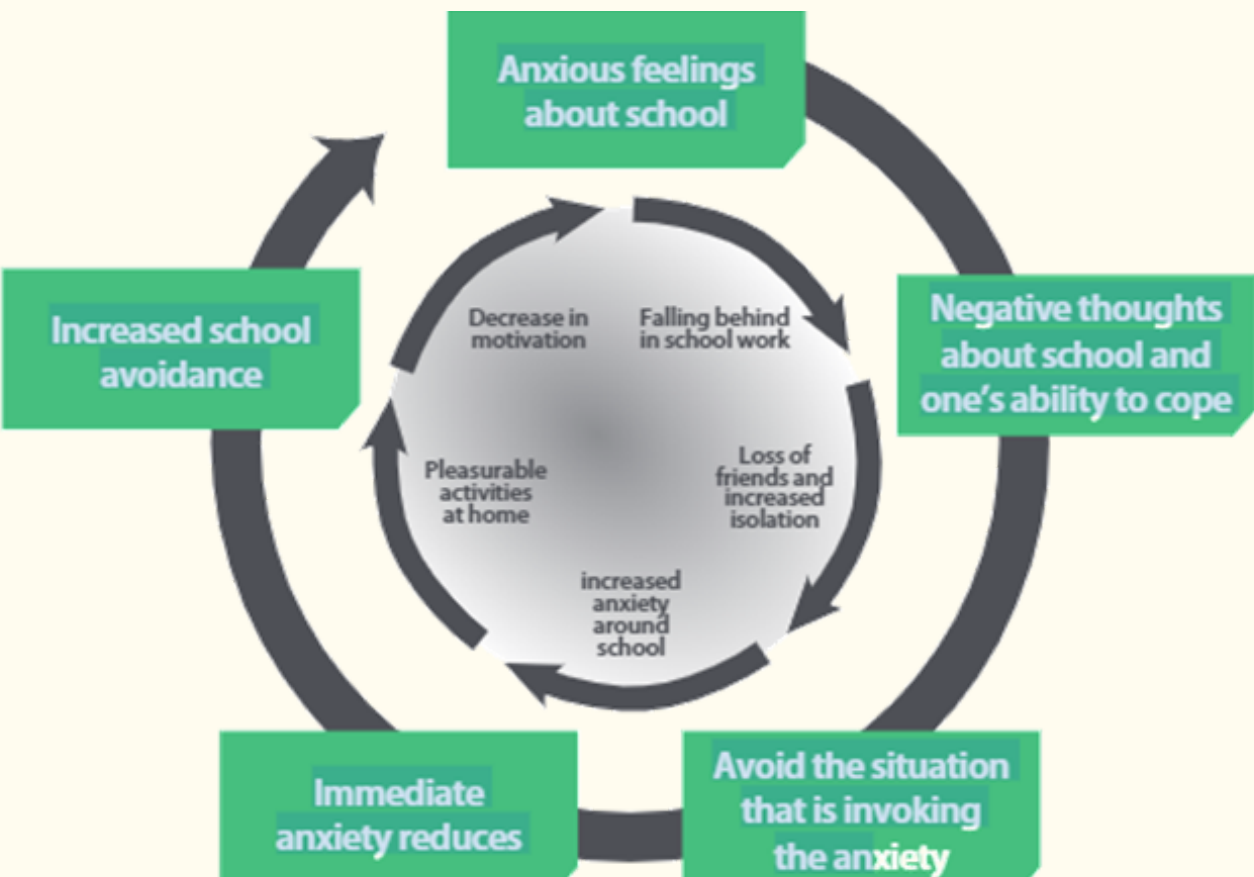
- Fear of failure
- Learning issues
- Bullying
- Ill health
- Low self-confidence





ANXIETY

Anxiety is a normal feeling that we all experience from time to time. It can become a problem when it stops people doing what they want/need to do.



This diagram shows how a child's worries can lead to difficulties attending school.

SHARE ANY CONCERNS WITH YOUR CHILD'S NAMED PERSON



IT'S GOOD TO TALK!



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



TOP TIPS



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



What 3 things are you most worried about?

What are the 3 best things about school?

Would you prefer to text, draw or write about it?



LISTEN

Being actively interested in your child can be a powerful way to help them feel listened to and understood.

Give your full attention.

Try to put yourself in their position .

Be aware of your own stress.



Emphasise you are always available to talk.

Don't downplay or dismiss.

Ask yourself, "Is this the right time to talk?"

IF YOU ARE WORRIED, TALK TO THE NAMED PERSON IN THE SCHOOL.





SUPPORT

What support can you expect from your school?

If concerns remain the school should discuss with the CIL.

Listen and accept the challenges faced.

Plans made for your child's arrival at school.

Maintain close contact.

Wider support may be required from other sectors.

Work in partnership.

The plan should respond to identified needs.

Organise a wellbeing planning meeting.



LET'S WORK TOGETHER TO MAKE SCHOOL A HAPPIER PLACE FOR YOUR CHILD.

DID YOU KNOW?



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

USEFUL WEBSITES



**NLC FREE SCHOOL MEAL &
CLOTHING GRANT FORM**



NLC TACKLING POVERTY TEAM



**NLC FUSION APP - PAY FOR
SCHOOL MEALS**



**CHILD AND ADOLESCENT MENTAL
HEALTH SERVICE**



MENTAL WELLBEING COMMUNITY



YOUNG SCOT CARD

