



Helping Your Child Get to School

School is always expected. There is help if they are finding it hard. ***Supporting your child through these difficulties is great for building resilience which will serve them well in all aspects of their lives.*** Try these things if your child doesn't want to go, and then get in touch with us for further help if needed.

What If...? (Problem-solving game)

Ask your child "What if...?" and help them think of answers.

For Practice/resilience:

- "What if they don't have your favourite cereal?"
- "What if it rains when we want to go out?"

For School:

- "What if you forget your homework?"
- "What if you don't understand the work?"
- "What if your friend wants to play something else?"

Our school is loving and caring, but there may be some worries that your child is facing. Finding these out and helping them to solve it builds resilience. *Never tell them "it will be ok", as they won't believe you!*

- ✓ **Friendship worries?** – "Who can help you? What could you say?"
- ✓ **Feeling nervous?** – "It's okay to feel this way. What small step could you take?"
- ✓ **Struggling with work?** – "Who could you ask for help?"

Making School More Fun

- 💡 **Talk about good things** – "What are you looking forward to?"
- 💡 **Praise effort** – "You weren't sure this morning, but you did it!"
- 💡 **Keep a morning routine** – "Let's get ready. What's the first step?"

Illness – Should They Go In?

Keep home if they have:

- Fever (38°C or more)
- Vomiting or diarrhoea (stay home for 48 hours after last time)
- Chickenpox or flu

Send in if they have:

- Mild cough or cold (unless very unwell)
- Tiredness or aches (unless very bad)
- Hayfever, headache (give medicine if needed)

Not sure? Call school for advice.

Why Attendance Matters Research says even missing 1 day can affect future jobs and learning! Let's work together!