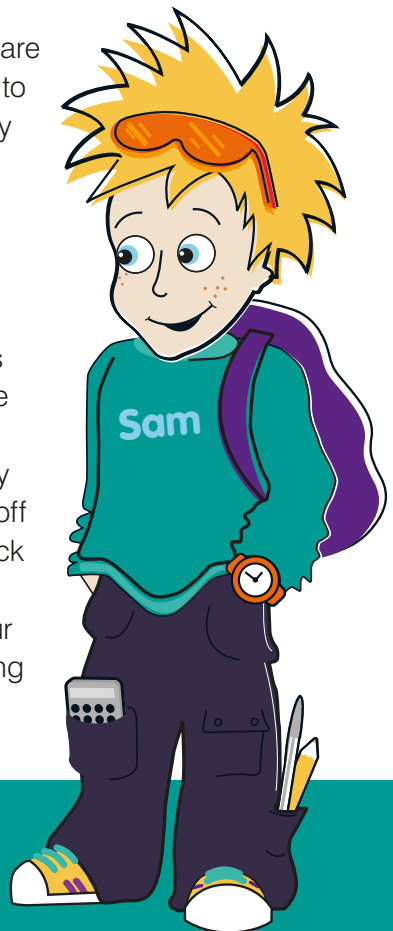
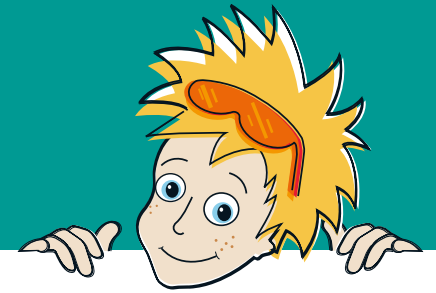


# A-Z guide of hints and tips for parents and carers

- A Appointments**—Nearly all surgeries are open late and at weekends. Try to arrange appointments after school.
- B Being Bullied?**—Don't keep your child off school. There are many people that are trained and want to help. Check out [www.childline.org.uk](http://www.childline.org.uk) for more information.
- C Casual Absence**—This means that children are being kept off school when they don't need to be. For example, to go shopping for birthday treats, or pretend sickness.
- D Dinner Money**—Prepare this on Sunday evenings. It will save time the following morning.
- E Encourage**—Encourage your child to take part in out of school hours activities such as breakfast clubs. It allows them to experience new activities and meet new friends.
- F Friendships**—Friendships at school can stay with your child for the rest of their life. Days off school make it harder for your child to fit back into friendship groups.
- G Good Attendance**—This is the secret to your child's success. Good attendance is anything above 95%.





- H Happy Times**—School days can be the best time of your child's life. Don't let them miss out.
- I INSET Days**—These are teacher training days. Your child is not at school these days so please find out when they are. Be aware that different schools have different INSET days so don't assume these will be the same for children at different schools.
- J Jump for Joy!**—Celebrate your child's attendance achievements when they are rewarded for good attendance at school.
- K Keep Fit**—A healthy lifestyle means a healthy mind. A nutritious breakfast will give your child the energy they need for the rest of the day. Drinking plenty of water helps concentration too!
- L Lateness**—Being late disrupts teaching plans and worries your child's friends. But if you are genuinely late please don't keep your child off for the rest of the day. Being in late and in school is better than being absent and missing out!
- M Missed Minutes**—As little as 15 minutes late every day is equal to two weeks of lost learning per year!

- N New Starters**—It is important to get children into good patterns of attendance from an early age so these can be carried through into later life.
- O Opportunities**—It's not all maths, English and science. School is about learning how to be good citizens and treating others with respect. Children can also be part of many trips, clubs, groups and teams.
- P Praise**—Always look for the 'positives' in testing situations rather than the 'negatives'. Have a system at home to reward and praise good behaviour.
- Q Question**—Ask your child about rewards they may receive from Every School day Counts for good school attendance.
- R Ring In!**—Ring school as soon as you know your child is going to be absent or late. It stops teachers and friends worrying.
- S SATs**—These are very important tests that your child will sit in Year 2 and 6. Absence leading up to or during this time puts your child at a significant disadvantage.

- T Term Time Holidays**—Children are out of school 175 days of the year so there are plenty days to take holidays. Holidays taken during term time can cause your child to fall behind with work.
- U Unauthorised Absence**—This means that the school won't endorse the time your child has been away from school. For example significant lateness, holidays taken during term time or absences with no explanation.
- V Volunteer**—Volunteer your help to nearby parents should they be struggling to get their child into school on time.
- W Website**—Check out [www.everyschooldaycounts.com](http://www.everyschooldaycounts.com) for useful information on holidays, school opening and closing times, hints and tips on school attendance, fun and games and competitions.
- X XXX**—Show your child love and encouragement by asking them about their school day.
- Y You**—You are legally responsible for ensuring your child attends school. Your child will thank you one day for encouraging them to attend and achieve good results.
- Z Zzzz**—Early bedtimes make for early mornings and a better start to the school day.

