

EVERY DAY COUNTS: SCHOOL ATTENDANCE

Attending school every day is essential for learning.
It means your child can:

- **Make progress in reading, writing, maths, and other skills**
- **Feel confident in the classroom**
- **Make friends and build social skills**
- **Build good habits for life**

When children are regularly absent from school they miss out on important learning. They may get behind in their schoolwork, find it difficult to maintain friendships, and could become unsettled and anxious about coming to school.

How parents can support good attendance:

- **Have a good routine in the morning and evening so your child is organised and prepared for school**
- **Switch off devices in the evening and remove from bedrooms to encourage a good night's sleep**
- **Arrange medical and other appointments after school where possible**
- **Keep family holidays and trips away in school holiday times**
- **Talk with your child regularly about their learning and celebrate their progress**
- **Talk to your child's teacher if you're having difficulty getting your child to school or have any concerns or worries.**



1 day absent each fortnight
= 4 weeks per year...

...which is nearly 1.5 years
over 13 years of schooling



1 day absent each week
= 8 weeks per year...

...which is 2.5 + years over
13 years of schooling



2 days absent each week
= 16 weeks per year...

...which is 5 + years over 13
years of schooling

In New Zealand, children are legally required to attend school every day between the ages of 6 and 16.

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BEING ON TIME FOR SCHOOL

Being on time for school is essential for learning. It means your child can:

- **Be organised for class**
- **Meet up with friends**
- **Know what's happening for the day**
- **Be ready to learn key skills**

When children are late to school regularly they miss out on important learning, and may feel unsettled and anxious about coming to school.

Tips for getting to school on time:

- **Time how long it takes your child to get ready in the morning, and set an alarm with enough time for their morning routine**
- **Get things ready the night before - e.g. pack schoolbags, make lunches, choose clothes**
- **Switch off devices early in the evening and set a regular bedtime routine to help everyone have a good sleep**
- **Try to keep a positive attitude - use rewards to encourage getting to school on time each day and give positive feedback**
- **Avoid using devices in the morning before school**
- **Identify problems that happen regularly (e.g. bad traffic) and find solutions**
- **Talk to your child's teacher if you're having difficulty getting your child to school or if they are often upset in the morning**

WHEN GOING TO SCHOOL IS DIFFICULT

Many children go through times where they don't want to go to school. This can be really stressful and upsetting for parents and children. The sooner this is addressed, the easier it will be to help your child settle back into school successfully.

Talk to your child's teacher or school principal if you are having difficulty getting your child to school. We can help, and can introduce you to support people who can assist you and your child.

WHO CAN HELP?

Talk to your child's classroom teacher or school leadership
See your GP if you are worried about your child's physical or mental health

Public Health Nurse - contact school office

Attendance Service (Otago Youth Wellness Trust) - 03 474 9547

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