

### Why children should be on time for school:

- Your child will be in class for registration – they will not miss important announcements or morning routines.
- They will not miss the start of a lesson.
- They will be given the best possible opportunity to succeed.
- It is an important life skill.
- Along with an early night and a good sleep, they will have a calm and settled start to the morning.

### **How much sleep does a child need:**

<b>Age</b>	<b>Hours of Sleep</b>
3-5 years	10-13 hours
5-9 years	9-12 hours

\*According to NHS guidance

Sleep is important for growth and physical health as well as concentration, memory and mood. The term 'sleep hygiene' means the habits that help infants and children to sleep well at all ages. Many children become tired in school because of a lack of sleep. It is recognised that Smartphones and tablets disrupt children's sleep more than television. Sleep is just as important as a healthy diet and exercise for children's development.

The following NHS article which has some helpful and important tips regarding children's sleep:

[Sleep \(young children\) - Newcastle Hospitals NHS Foundation Trust \(newcastle-hospitals.nhs.uk\)](https://www.newcastle-hospitals.nhs.uk/young-children/sleep/)

### **Is it really important for children to be in school every day?**

Say your child has 90% attendance – That sounds quite good doesn't it?



*But is it?*

90% attendance = ½ day missed EVERY WEEK!

90% attendance = **4 weeks of lessons missed each year!**

**Over their school career of 13 academic years, this is the equivalent to over 1 year of lost education!**



**Below are just some of the reasons why it is important that children attend school:**

- To learn.
- To have fun and make new friends.
- To understand responsibility.
- To experience new things.
- To develop awareness of other cultures, religions, ethnicity, and gender differences.
- To achieve.
- To gain qualifications.
- To develop new skills.
- To build confidence & self-esteem.
- To grow as individuals.

**Poor attendance does not just impact learning:**

Not being in school seriously damages a child's learning. Children miss key lessons and topics and fall behind with their learning. However, children who miss school without good reason are more likely to become isolated from their friends, underachieve and/or become involved in anti-social behaviour.

### **Holidays & Sporting Events:**

Please think carefully before taking your child out of school during term time.

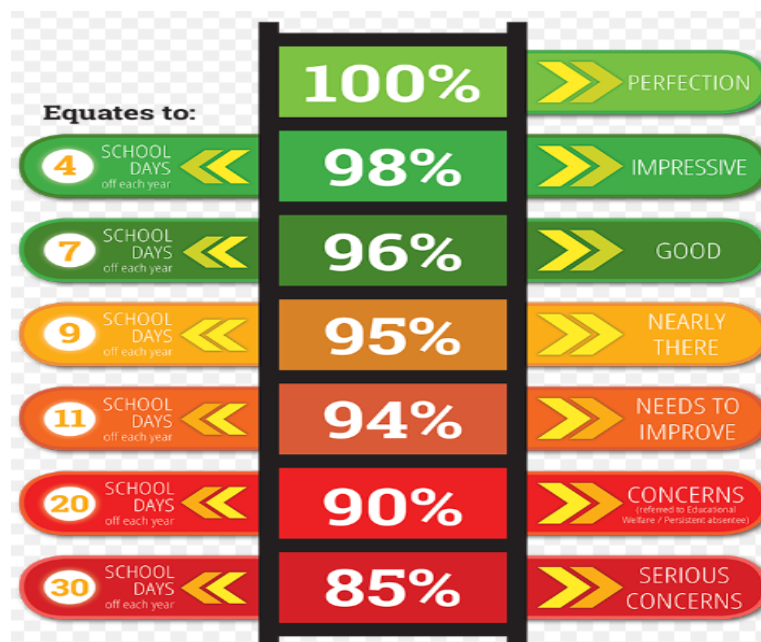
In law, you must ask permission for your child to miss school. Holidays in term time will not be authorised unless the Headteacher feels there are exceptional circumstances. Any absences for external events which are held during the school day, but not as part of the school's curriculum, will be recorded as unauthorised absence.

**There are 190 statutory school days in one academic year. That means there are 175 days (weekends & school holidays) available to use for holidays.**

**Any period taken without agreement from the school will be classed as unauthorised and may attract a penalty notice.**

### **Days off add up to lost learning and social interactions:**

**Our target is 96% and above for pupil attendance.**



**Please help us to help your child by encouraging regular school attendance. Regular attendance helps children to develop confidence and to make lasting friendships.**

