

How Can Parents Ensure Good Time Keeping?

- **Organisation.** Prepare as much the night before as you can; Sandwiches/lunch money, Uniform/PE kits, Books and homework.
- **Sleep.** A good bedtime routine is vital for children regardless of their age! (Beware of children watching TV or playing computer games in their bedroom beyond their bedtime!) Many children do not get enough sleep so are tired on a morning.
- **TV.** Limit access to the television before school. This is a distraction for all.
- **Time.** Ensure that you get your child up early, allowing time for them to be washed and dressed without rushing. Ensure breakfast is eaten to kick start their metabolism and give them energy for the day ahead. Encourage independence but monitor progress!
- **Early** - Leave for school earlier than necessary. Arriving early is less stressful for all. Children have the time to socialise and parents are more relaxed. Try parking away from the school and walking part way. Walking has proven to help with concentration in school.
- **Consistency.** Keep a good routine during the school holidays and weekends. This makes returning to school easier for everyone.

REMEMBER. Organisation Skills coupled with Good Punctuality and Attendance is a Vital Life Skill that everyone needs!

The Law

Once a child is registered in a school, it is the parent(s) or carer(s) legal responsibility to ensure their **regular** and **punctual** attendance.

Late Facts

*	5 minutes lateness per day	=	up to 1 whole DAY missed every TERM.
*	15 minutes lateness per day	=	2 whole WEEKS missed every YEAR.
*	50 minutes late <i>once</i> a week (9.40 am) =		1 whole DAY missed EVERY HALF Term
*	50 minutes late ONCE a week	=	1 whole WEEK missed every YEAR.
*	50 minutes late every week	=	90% attendance over a year.
*	90% attendance during primary school =		nearly a full year missed. (130 days missed)

PROBLEMS WITH ROUTINES AND BEHAVIOUR AT HOME?

If you are having problems with your child's behaviour and need parenting support then the school are able to signpost/refer you to parenting groups that run in the local area. Please speak to class teacher or office.