

PUNCTUALITY

Does it really matter if your child is late for school?????

Children who are late for school in the morning, miss getting off to a good start to their day. They miss the social interaction with their friends in the playground. They will often disrupt the teacher from taking the register or miss instructions given out for their learning. They will also miss their morning play time to catch up on the work they missed due to being late.

When late to class, children will often present themselves as flustered, apologetic and embarrassed. This can lead to their peers making fun of them, especially if they are frequently late for school. Often everyone in the class room turns to look at your child, which can make them embarrassed, anxious and sometimes tearful. **Children do not like being late.**

If children arrive to school after the register has been taken they are marked as absent from school. This can affect their attendance figures and for a child who has not missed any days from school, and has been working hard to achieve a 100% Attendance Achievement Certificate; they will be very disappointed and confused to learn they haven't got one because they had been late!

Being frequently late for school adds up to lost learning:

- Arriving 5 minutes late every day adds up to over 3 days lost per year
- Arriving 15 minutes late every day is the same as being absent for 2 weeks per year
- Arriving 30 minutes late each day is the same as being absent for 19 days per year
- **19 days lost a year through being late = 90% attendance**

Just as with poor attendance, the parents/ carers of children who are persistently late may end up being asked to sign a parenting contract with the school/local authority or may even face prosecution!

We know there are many issues that can affect a child's punctuality such as tiredness, attachment issues, stress, illness, mental health or disability, bullying, friendship issues, travelling distance, childcare issues as well as self-esteem and confidence amongst others.

Working in partnership with the school will help support you with any issues you or your child may face. We can do this in a variety of ways including helping to resolve issues in school, planning and implementing routines and boundaries, general parenting advice and support with behaviour problems. An informal discussion can often address the root of the problem and find strategies to resolve it.

THE KEY TO BEING ON TIME IS TO UNDERSTAND WHY YOU ARE LATE!

Here are a few ideas to help you:

Planning is key – having a morning and evening routine is essential. This can be done with the aid of stickers and charts. Most children really enjoy this.

Make sure your child is going to bed and sleep early enough.

About 30-60 mins before bed time, have 'wind down' time. Watching tv or gaming directly before bed can make it difficult to sleep as this stimulates the brain and keeps you awake. Instead, a warm drink and reading a book will help children to wind down and they will sleep better.

Getting clothes out the night before and having school bags packed for the next day will speed things up in the morning.

Set your alarm early enough to make sure you have enough time to do everything. If you are likely to hit the 'snooze' button, move your alarm clock to the other side of the room!

Encourage your children to be independent and get them used to dressing themselves, brushing teeth, hair and having a wash before venturing downstairs/into another room. This will prevent them from getting absorbed in the TV and you from repeating yourself!

Make sure the children have a drink and something to eat before going to school (unless they attend a breakfast club). Hungry, dehydrated children find it difficult to focus and concentrate in class and lack energy and enthusiasm.

Communicate with your child and give lots of positive encouragement and praise. A small reward at the end of the week for completing tasks is advised, such as a trip to the park, or a movie night at home.