



## A Parents' Guide to Attendance



## 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?

|        |                         |
|--------|-------------------------|
| Age 6  | 10 hours and 45 minutes |
| Age 7  | 10 hours and 30 minutes |
| Age 8  | 10 hours and 15 minutes |
| Age 9  | 10 hours                |
| Age 10 | 9 hours and 45 minutes  |
| Age 11 | 9 hours and 30 minutes  |

\*According to NHS guidelines

Many children are tired in school because of a lack of sleep. "Smartphones and tablets disrupt kids' sleep more than TV". Sleep is just as important as a healthy diet and exercise for children's development.

Take a look at this article which has some helpful and important tips.

[www.nhs.uk/livewell/childrensleep/pages/childrensleephome.aspx](http://www.nhs.uk/livewell/childrensleep/pages/childrensleephome.aspx)

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

Sarah has 90% attendance – That sounds quite good doesn't it?



***But is it?***

90% attendance = ½ day missed EVERY WEEK!

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

**EVERY  
SCHOOL DAY  
COUNTS**

Not being in school seriously damages a child's learning.  
Children miss key lessons and topics and fall behind with their  
learning.

## Important statistics

- Going to school regularly is important to your child's future. Children who frequently miss school fall behind in their work and do less well in exams.
- There are 39 weeks in a school year – that's 75% of the year. If we take out weekends, that falls to 53%.
- If 2 weeks are missed in a school year, the child's attendance will not be 95%.
- **Missing 3 days per half term every year from Nursery to Year 9 is the same as missing one whole year of school!**

## Days off add up to lost learning

|                 |                                      |                                |
|-----------------|--------------------------------------|--------------------------------|
| 100% Attendance | 0 weeks of learning missed           | <b>Best chance of success.</b> |
| 95% Attendance  | 1 week, 4 ½ days of learning missed  |                                |
| 90% Attendance  | 3 weeks, 4 days of learning missed   | <b>Poor attendance</b>         |
| 85% Attendance  | 5 weeks, 3 ½ days of learning missed |                                |
| 80% Attendance  | 7 weeks, 3 days of learning missed   | <b>Very poor attendance</b>    |
| 75% Attendance  | 9 weeks, 2 ½ days of learning missed |                                |

If you need any further guidance or support, please do not hesitate to contact Mrs Eastwood.