

## **Simple steps can help your child to be organised so that mornings are not stressful.**

### **Here are some tips:**

- Parents can help by packing schoolbags the night before and keeping an eye on homework progress.
- Tired children aren't punctual and find it hard to learn so ensure children have a sensible bedtime.
- Children can become unsettled if they have to go into school late and without their friends. Getting children to school in time to meet friends in the yard prevents this.
- Make time for breakfast so there is no stopping at shops where children can get side-tracked on the way to school.
- Have a notice board or calendar at home for special trips or activities. This will help you and your children to be prepared.

### **To help your child get the best out of school**

- Be aware of the impact of regular absences – missing school is missing out.
- Try to avoid taking family holidays in term time.
- Try to make non-urgent medical and dental appointments out of school time.
- If your child recovers from illness before the end of the week, send them back to school even if it's only for one day - every day counts.

**Good qualifications, understanding responsibility, making friends and the chance to grow as an individual are all important ingredients in a child's educational experience. For this to occur, children need to attend school regularly.**

**Get up, Get in, Get on**