

BEING ON TIME FOR SCHOOL

Being on time for school is essential for learning.
It means your child can:

- **Be organised for class**
- **Meet up with friends**
- **Know what's happening for the day**
- **Be ready to learn key skills**

When children are late to school regularly they miss out on important learning, and may feel unsettled and anxious about coming to school.

Tips for getting to school on time:

- **Time how long it takes your child to get ready in the morning, and set an alarm with enough time for their morning routine**
- **Get things ready the night before - e.g. pack schoolbags, make lunches, choose clothes**
- **Switch off devices early in the evening and set a regular bedtime routine to help everyone have a good sleep**
- **Try to keep a positive attitude - use rewards to encourage getting to school on time each day and give positive feedback**
- **Avoid using devices in the morning before school**
- **Identify problems that happen regularly (e.g. bad traffic) and find solutions**
- **Talk to your child's teacher if you're having difficulty getting your child to school or if they are often upset in the morning**

WHEN GOING TO SCHOOL IS DIFFICULT

Many children go through times where they don't want to go to school. This can be really stressful and upsetting for parents and children. The sooner this is addressed, the easier it will be to help your child settle back into school successfully.

Talk to your child's teacher or school principal if you are having difficulty getting your child to school. We can help, and can introduce you to support people who can assist you and your child.

WHO CAN HELP?

Talk to your child's classroom teacher or school leadership
See your GP if you are worried about your child's physical or mental health

Public Health Nurse - contact school office

Attendance Service (Otago Youth Wellness Trust) - 03 474 9547