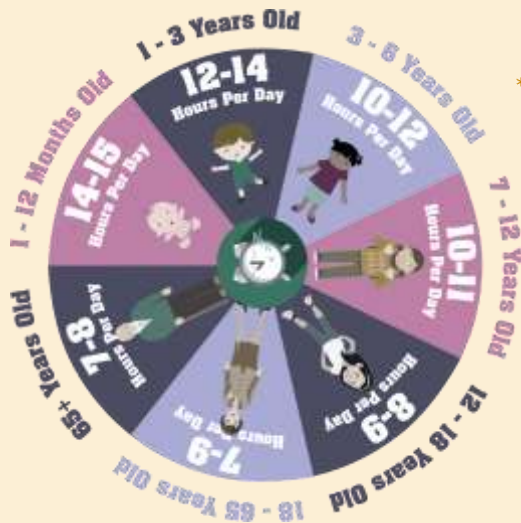


## WHAT ABOUT SLEEP ?

Sleep is important and children require a lot of sleep – even when they don't want to.



\*Figures from the Children's Sleep Charity Survey 2020

## ROUTINES AND TECHNOLOGY



A good sleep routine is essential for young children but it is also important for older children too.

For help and advice on Sleep and routines for children please visit

<https://thesleepcharity.org.uk/>

<https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/how-to-sleep-well-for-teenagers.aspx>

or speak to your child's school.



# Good Attendance Guide for Parents

## EVERY SCHOOL DAY COUNTS

There are **365** days in a calendar year.

**175** days ARE NOT spent in school.

## WHEN PUPILS ATTEND SCHOOL, THEY

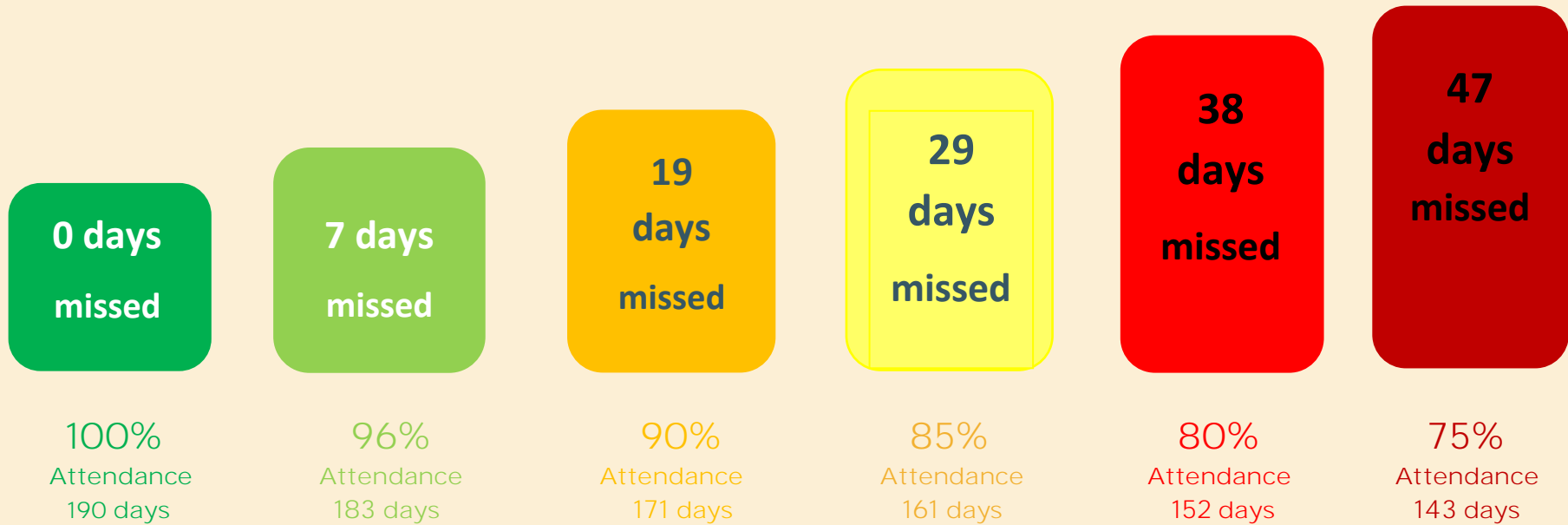
- Can achieve their full potential
- Learn how to look after themselves and be healthy
- Grow in confidence
- Make new friends
- Keep up with work and homework

**ALL OUR SCHOOLS MONITOR ATTENDANCE AND LATENESS BASED ON THE FIGURES BELOW.**

WELL DONE :  
A GOOD ATTENDANCE GIVES YOU THE  
BEST CHANCE OF SUCCESS

WE ARE CONCERNED :  
REDUCED ATTENDANCE GIVES YOU  
LESS CHANCE OF SUCCESS

WE ARE SERIOUSLY WORRIED :  
POOR ATTENDANCE HAS A SERIOUS  
IMPACT AND REDUCES LIFE CHANCES



BEING LATE EVERY DAY ALSO EFFECTS ATTENDANCE OVER THE YEAR

