

Daily routines that support learning

Every day in school counts.

When children attend regularly, they learn more, build friendships, and feel confident. Each school day builds on the last, so being present supports steady progress. Here's how you can help.



● Talk Positively About School

- Show interest in what your child is learning and who their friends are.
- Explain why education matters for their future.
- Celebrate every achievement—big or small.

● Stick to a Routine

- Set regular bedtimes so your child gets enough sleep.
- Get bags, uniform, and lunch ready the night before.
- Keep mornings calm and stress-free.

● Keep an Eye on Attendance

- Know how many days your child has missed.
- Book appointments outside school hours when possible.
- If your child seems unhappy about school, let us know — we're here to help.

● Stay Connected with School

- Come to parents' evenings and events.
- Keep in touch with teachers.
- Update us if your contact details change.

● Remove Barriers

- If transport is a problem, ask us for advice.
- If your child feels anxious or struggles socially, talk to us — we have support available.
- For health issues, keep us informed.

● Support Learning at Home

- Create a quiet space for homework.
- Ask about what they're learning.
- Encourage reading and curiosity.

● Be a Role Model

- Show that being on time and reliable matters.
- Avoid booking holidays during term time.

● Build Healthy Habits

- Make sure your child eats well and stays active.
- Support their mental health — listen and reduce stress where you can.

Every school day matters. Together, we can help your child succeed.