

# If your child has an unexplained absence

We understand that family life can be unpredictable.

We're here to help. If there are challenges making regular school difficult, here are some simple steps you can take.



## Talk to Your Child

Take time to ask your child why they don't feel able to go to school.

What to ask:

- ✓ Is there anything at school that's feeling hard right now?
- ✓ What would make school feel easier?
- ✓ What would make mornings feel less difficult?

What to avoid:

- ✗ Why don't you want to go to school?
- ✗ What's wrong with school?
- ✗ You have to go... what's the problem?

Check with the school to confirm details.

Understanding the reason helps us put the right support in place.

## Let Us Know as Soon as Possible

If we do not hear from home about a child's absence, the school will follow up to make sure everything is OK even if:

- It was a misunderstanding.
- You forgot to report the absence.
- You're not sure how to explain it.

Open communication helps us support your child quickly.

## Work Together on Next Steps

If there is an ongoing reason for absence, we can help you work on a support plan.

- Talk through worries such as bullying, anxiety or concerns your child may have.
- Adjust routines, such as sleep or getting ready for school.
- Talk about the importance of being in school regularly to help them understand learning is a shared commitment.

Children do their best when families and schools work together.

## ● Support from School

We are always happy to help and encourage families to ask for support. We may be able to offer:

- Attendance support plans
- Pastoral or counselling care
- Mentoring or other tailored support



Please talk to us – we would always rather you ask than struggle alone.



## ● Talk to your child about the value of coming to school

Regular attendance helps children:

- Keep up with learning
- Build friendships
- Feel safe, settled and confident
- Develop good habits for the future

We encourage families to speak positively about school and praise their child's efforts to attend regularly.

## ● Staying in Touch

- Keep a track of your child's time in school. This can help if your child is finding school tricky.
- Celebrate improvements, even small steps.
- Let us know if worries continue or change.

If your child is missing school regularly:

- We may invite you in for a supportive meeting.
- We may visit to check that your child is safe and to offer any support needed.
- In some cases, ongoing absence may need support from external services, such as the local authority, police or education welfare team.



Our aim is always to help children feel supported, learn and succeed.

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