



A Summer Term not to be missed at HLNA



Dear Parents and Carers,

As the warmer weather arrives, it's clear that summer is upon us. We know that this can sometimes lead to the perception that the final weeks of term are less important, and that taking students out of school won't have an impact. However, this is simply not the case at Higham Lane North.

We have just completed the first week of our Assessment Fortnight, and the coming weeks are crucial. During this time, students will receive detailed feedback on their work—celebrating what they have done well and identifying areas for development. This feedback is vital, as it directly supports students' progress and helps them improve in future assessments. Missing these lessons means missing essential guidance that cannot easily be replicated.

In addition to important curriculum learning, the summer term is full of exciting opportunities, including:

- Culture Day
- Sports Day
- Rewards Events
- Our School Team-Building Rewards Day
- "Year 8 ready" Induction sessions

All of these experiences contribute to students' personal development, sense of belonging, and enjoyment of school life.

We therefore ask for your support in ensuring that students attend school every day and that holidays are not taken during term time. We would hate for any student to miss out on these valuable learning opportunities and memorable experiences.

Thank you for working in partnership with us to support your child's success.

Miss R Charles



Need Attendance Support or Have Feedback?

Your child's attendance is a partnership, and we are here to help!

If you have any concerns regarding your child's attendance, feel your family would benefit from additional support, or if you simply want to provide general feedback on attendance matters, please don't hesitate to contact us.

We are ready to listen and work together.

TOP TIPS FOR FAMILY CONVERSATIONS

1 NAME IT AND FRAME IT

When your child says, "I can't go to school, I feel too nervous/sick," respond with:

"I hear you, you're feeling nervous. That's a sign your brain and body are getting ready to face something new and important. Feeling nervous is okay."



2 UNDERSTAND THE HURDLE

"Yes, exams/tough lessons are hard. It's tough, but you are tougher. Let's make a plan to just show up and give it a try. The hardest part is often just getting through the door."



3 RECOGNISE THEIR STRENGTH

"Every time you face something scary and come out okay on the other side, you're building a mental muscle. Showing up today makes you stronger for tomorrow. I believe in you."



As a reminder:

- Our expectation is 97% attendance or higher for every pupil
- Term-time holidays will not be authorised under any circumstances
- Any unauthorised absence of 5 days (10 sessions) in a 10-week period may lead to a Fixed Penalty Notice
- Persistent lateness, including arrival after 8:35am, will result in a same-day detention
- Pupils with attendance below 90% may be classed as Persistently Absent and referred for external support or legal intervention



What you can do as families to avoid some absences.

Here are some practical strategies you can implement at home to help ensure your child's regular attendance:

Set clear expectations: Make it clear that attending school every day is the norm. Framing attendance as non-negotiable (unless unwell) helps build positive habits.

Avoid "occasional days off": Try not to allow days off for minor reasons (e.g. feeling tired, minor worries). These can quickly become patterns and make returning to school harder.

Have a routine – A consistent bedtime and wake up routine, even on weekends helps regulate your child's body clock. This makes it easier for them to get up on time and feel ready for sleep each morning. Consider setting a "wind-down" period before bed, free from screens to promote better sleep.

Prioritise sleep: Young people need between 8 and 10 hours of sleep per night. Ensure their bedroom is conducive to sleep-dark, quiet and cool. Limiting screen time before bed is also crucial, as the blue light emitted from devices can interfere with sleep patterns.

Prepare the night before– Get school bags, uniforms and any other things requires ready the evening before. This eliminates the morning rush, making it easier to get out the door on time.

Plan appointments outside school hours: Where possible, schedule dental check-ups doctor's appointments and other non-urgent appointments outside of school hours. If an appointment during school hours is unavoidable, please provide the school with evidence of the appointment.

Talk about school: Regularly talk to your child about their school day, what they are learning and any challenges they might be facing. Showing genuine interest can increase their engagement and motivation to attend. If they express concerns about school, please let us know so we can work together to address them.

Celebrate Attendance: Acknowledge and praise your child's consistent attendance. Positive reinforcement is a powerful motivator.

Encourage participation in school life: Students are more motivated to attend when they feel connected. Encourage involvement in clubs, teams, and school events where possible.