



# ATTENDANCE NEWSLETTER

## Ambitious for our North Stars

Thank you for everything you do to support your child in achieving excellent attendance.

Our whole-school attendance target is 97%. We have chosen this ambitious target because we want the very best for all of our North Stars, and research consistently shows a strong link between:

- High attendance and future earnings.
- High attendance and better academic grades.
- High attendance and positive mental health and wellbeing.

## What does my child's percentage attendance mean?

Every week, we share each student's attendance percentage with them. This is always done in a positive and sensitive way. You can also view your child's attendance on Class Charts at any time.

Below is a guide showing approximately how many lessons a student may have missed at different attendance percentages. These figures are calculated from the start of the school year to the current moment in time.

| Attendance % | Number of school days missed | Lessons missed |
|--------------|------------------------------|----------------|
| 96%          | Around 4 days                | 20 lessons     |
| 95%          | Around 5 days                | 25 lessons     |
| 94%          | Around 6 days                | 30 lessons     |
| 93%          | Around 7 days                | 35 lessons     |
| 92%          | Around 8 days                | 40 lessons     |
| 91%          | Around 9 days                | 45 lessons     |

## Supporting your child if they are finding it difficult to come into school

We understand that some students feel anxious or under the weather and the thought of coming into school—especially on a Sunday evening or Monday morning—can feel overwhelming.

To help with this, we've put together some helpful phrases you can use when encouraging your child to attend school:

These gentle, supportive messages can really help build resilience and confidence.



**HIGHAM LANE**  
NORTH ACADEMY

## Phrases to Support Your Child to Attend School

Use these phrases to encourage your child when they are having a difficult Sunday night or Monday morning:

**"Go in and try your best today.**  
I'll speak to your House Champion/ Miss Rounce / Miss Charles so they know you're not feeling great and can help.

**"You don't have to be perfect today, just try.** Your teachers are there to support you.

**"I'll let the office know** how you're feeling so you can have some quiet time if you need it.

**"Let's take it one step at a time – just getting through the door is a big achievement.**

**"You are safe at school** and there are adults there who care about you and want to help.

**"I'll let the office know** how you're feeling so you can have some quiet time if you need it.

**"Go in and see how the morning goes.** If it's still hard, your teacher will help you.

**"It's okay to feel nervous or tired.** Those feelings won't last forever, and we can get through them together.

**"I'll send you in with your medicine** and let the office know, so you can take it and have a rest if needed.

**"You've managed this before,** even when it felt really difficult, and I'm proud of you for trying.

**"Just do your best today – that is always good enough."**



## Ways we will support your child if they feel unwell or anxious.

1) Give them somewhere quiet where they can have time out

7) Work outside of the classroom in a quiet space .



2) A supportive check in with their house champion.

8) If they get worse over the course of the day we will call you straight away.

3) Give them a drink and some time to relax.

9) Allowing them to arrive at school and not come to line up to have quiet time.

4) Let them leave medicine at the office and take it as needed.

10) Short movement or fresh air breaks.

5) Change the seating plan for some lessons so they are next to a supportive peer.

11) Break or lunch time in North Bridge.

6) A wellbeing chat with Miss Charles, Miss Rounce or a TA.

12) Access to school counselling.

## What if My Child Is Unwell or Anxious and I Send Them Into School?

Compassion is at the heart of everything we do at Higham Lane North Academy. We would never expect a child who feels unwell or anxious to simply "carry on" without support. However, in many cases, students are still able to give school a go, and this brings huge benefits as; it helps them build resilience and creates positive future habits.

If your child is feeling unwell or anxious please let the school office know. We can offer a wide range of support during the day.

Please rest assured: if your child deteriorates at any point during the day, we will always call you. Your child's wellbeing is our highest priority.

# Common Misconceptions Around Attendance

The move from primary to secondary school can sometimes cause confusion about attendance expectations.

## 1. "If my child has been sick or had diarrhoea, they must stay home for a long time."

If your child is no longer being sick and no longer has diarrhoea, they can usually return the next day.

## 2. "Missing one day isn't a big deal."

One day can matter—especially if it happens often. Regular routines help children keep up academically and socially.

## 3. "If my child is tired or a little unwell, they shouldn't go."

Mild symptoms don't always require a day off. We can support them at school if they need quieter moments or short breaks.

## 4. "Attendance only matters for grades."

Attendance supports friendships, wellbeing, confidence, and the development of essential life skills.

## 5. "My child can catch up later."

While homework helps, it can't replace the interaction and explanation that happen in lessons.

## 6. "If my child is anxious, keeping them home is better."

Avoidance can worsen anxiety. Supportive strategies in school are more effective in helping them feel safe.

## 7. "Only full-day absences matter."

Lateness and early pick-ups also lead to lost learning and missed social connection.

## 8. "Attendance only matters in older years."

Good habits start early. Regular attendance builds the foundations for long-term success.

### Celebrating Attendance at Higham Lane North Academy

We love celebrating our North Stars!

Recently, students may have come home with:

- 100% attendance badges
- 98% Club badges

For students working hard to improve, we offer a 10-Day Attendance Challenge, where successful students can choose prizes such as:

- A goody bag
- A VIP lunch pass

During January, every student who attends every day of that week receives a raffle ticket and can choose which prize draw to enter. Prizes include:

- A Just Eat voucher
- A Love to Shop gift card

A huge well done to every North Star who has earned attendance rewards so far!

And remember—each month brings new opportunities for rewards and recognition.

