



# Wellbeing and Attendance

Monday 25th April 2022

Mrs Counter - Designated Wellbeing Lead

Chris Colcomb – Life Skills Hub

Ms Graham - Assistant Head Teacher



# Introductions...



Hi! I'm Mrs Counter your Designated Wellbeing Lead and I am based in room 1-32 - "The Wellbeing Retreat".





# Introducing the team...



I'm Chris Colcomb  
and I'm a specialist  
wellbeing  
practitioner from Life  
Skills Hub.

LIFE SKILLS  
HUB



# Introductions...



Hi! I'm Ms Graham. I am an English Teacher and Assistant Head teacher with responsibility for SEN and Inclusion (including attendance).



## What can parents do when attendance starts to fall?

1

# Act Fast!

The longer kids stay away from school, the more they become comfortable with it. Their place of safety becomes home, and their place of danger becomes school. Try and negotiate a return back to school before this happens.



## What can parents do when attendance starts to fall?

2

# Believe your kids

It is really easy to say “we didn’t have anxiety when we went to school”. Kids hear this as “my parents don’t believe me.”

Try to always believe them – unless you have really good reason not to.

To believe them, you have to really listen to them. We will think more about this later on....



What can parents do when attendance starts to fall?

3

## Always be Supportive

Your children should be able to tell you **ANYTHING** and **EVERYTHING**. Create the environment at home where they can tell you their worse case scenarios. Give them dedicated time to support their wellbeing.

Consider : What are they **NOT** telling you?

*"I cry myself to sleep at night."*



What can parents do when attendance starts to fall?

3

## Always be Supportive

Anger or  
shouting rarely  
helps!



Getting angry or yelling at  
our teens for making mistakes  
doesn't teach them *not* to  
make mistakes.

It just teaches them to  
*hide* their mistakes...

~ inspired by Alan Sunners



## What can parents do when attendance starts to fall?



# Do what works!

We are not here to tell you how to parent.

You will get a sense of which approaches work with your child. Do more of what works, and less of what doesn't.

If you do choose to use sanctions, try to do this sensitively, supportively, and consider the bigger picture.

A black-outlined smartphone frame containing text on its screen. At the bottom of the frame are four icons: a home button, a menu button, a back button, and a search button.

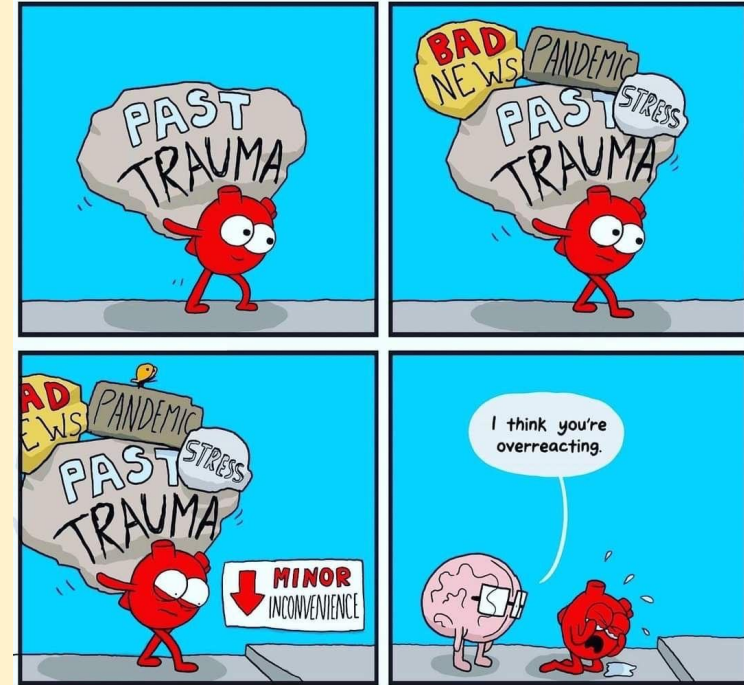
*Taking away a phone may disconnect your child from their friends at just the time when they might need them.....*

## What can parents do when attendance starts to fall?

5

# Be Trauma Informed

If there is past trauma in your child's life, take this into account.





## What can parents do when attendance starts to fall?

# 6

## Anxiety IS a thing

Coronavirus has hastened a boom in childhood anxiety.

We hear it every day from parents and children alike.

Discover some strategies together with your child that work for *them*. There are plenty of online videos, articles as well as physical books that might help.





# Take some time to Talk

Please chat amongst yourselves or feel free to ask any questions about what we have covered so far...



Self-care is essential.

*Put your own  
oxygen mask  
on first.*

[bonepower.com](https://www.bonepower.com)

Take some time to think about how you are. You are important too!



# Attendance – the legal bit...

The Government have a close interest in attendance following the pandemic.

I'm going to share some factual information with you.

This is not a criticism. The aim is to provide you with the full picture surrounding a school's responsibility for attendance and actions around attendance.



# Why is attendance so important?

Year Attendance	% Chance of a GCSE Grade 4	% Chance of a GCSE Grade 5
Your Figure	Your Chance	Your Chance
75 - 80%	20%	0%
80 - 85%	58%	8%
85 - 90%	74%	44%
90 - 95%	80%	46%
95 - 100%	90%	70%

Absence	Equates to...	
0 days	100%	Perfection
2 days	99%	Excellent
5 days	97%	Good
10 days	95%	Slight Concern
20 days	90%	Concerned
30 days	85%	Very Concerned



# Why is attendance so important?

It's not all about exams. Regularly attending school also helps to develop:

Friendships

Social skills

Team values

Life skills

Cultural awareness

Career pathways



# Legal requirements

All schools must record details of pupils' attendance and absence at school. They do this at the beginning of morning and afternoon sessions meaning that each day your child receives two half day marks as well as marks for each lesson.

If a reason for absence has not been provided, you will receive a text.

If a reason for absence is still not provided, the Attendance Team will try and ring.

If this is not successful, a letter will be sent and the absence changed to 'unauthorised'.

As part of our safeguarding procedures, you will be contacted for every unexplained absence.





# Legal requirements

The DfE School Guidance document states that the Government expect every parent to “perform their legal duty by ensuring their children of compulsory school age who are registered at school attend regularly.”

The target for attendance is 96%

A pupil is classed as a Persistent Absentee if they miss 10% or more of possible sessions.

At the moment, we are legally bound to report daily attendance figures to the DfE.

# Legal requirements – The Local Authority

The LA issue Penalty Notices (PN) for holidays taken in term time and unauthorised absences.

A PN can be issued when the pupil has had 20 or more unauthorised sessions in a term or over 12 weeks.

Before a PN for unauthorised absence can be issued, a warning letter must be sent.



## Attendance – our aim

Prosecution is ALWAYS the last option we will take.

Our goal is SUPPORT students, parents and families.



# Take some time to Talk

Please chat amongst yourselves or feel free to ask any questions about what we have covered so far...



Self-care is essential.

*Put your own  
oxygen mask  
on first.*

[bonepower.com](https://www.bonepower.com)

Take some time to think about how you are. You are important too!



# Some thoughts on effective listening.....



What is effective listening?

Do you listen to understand or to reply?

## HEAR vs. LISTEN


 **HEAR** (no effort)

*A sound/noise comes into your ear without you making an effort.*

- You do not make conscious decision to hear.
- You physically experience the sense of sound.
- Sometimes the sound you hear is sudden or unexpected like a noise, an alarm or an explosion.

**Examples:**

- Did you hear that noise? 
- I can't hear anything because of the loud music. 
- I've heard that song before.

 **LISTEN** (effort)

*When you pay attention and try to listen to sounds*

- You make decision to listen
- You deliberately pay attention to the sound.
- Listen + to + object(something)

**Examples:**

- Are you listening to me? 
- I love listening to music.
- I tried to listen but I couldn't hear anything. 

**Compare:** You can **hear** somebody talking but you need to **listen** to them to understand what they are saying.



## Some thoughts on effective listening.....

What is the LAFF method and how do I use it?

How often do we fully listen to our kids when they speak?

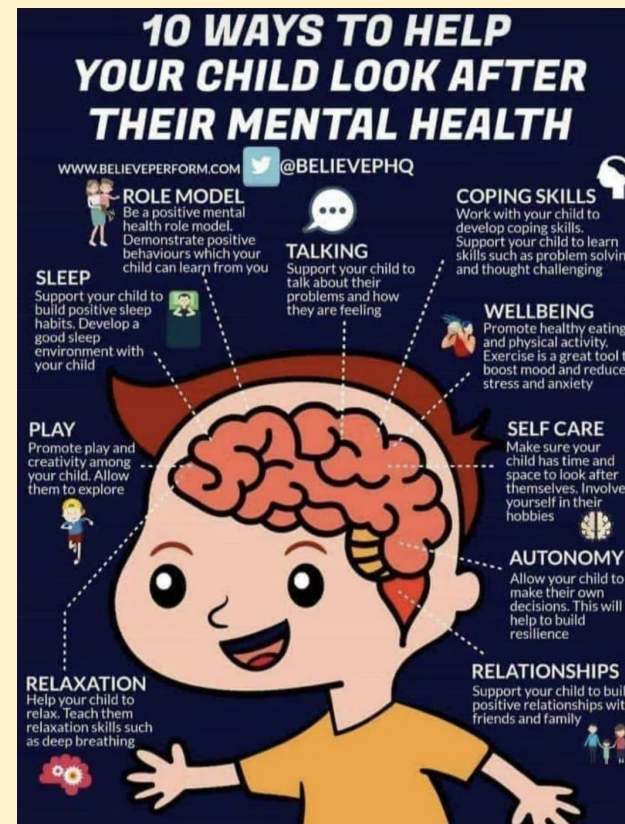




Put mental health first

Speak to the school for advice

Consider external independent support





# Further support is available at...

<https://www.youngminds.org.uk/parent/a-z-guide/school-anxiety-and-refusal/>

YOUNGMiNDS



**Remember, we are  
always here to help you!**

