

**TIPS FOR GOOD ATTENDANCE AND PUNCTUALITY:**

**Children should go to bed early enough:**

* Tired children are hard to wake up and find it difficult to learn. Going to bed at a reasonable time makes things easier for them and you.

**Be in school regularly an on time:**

* It is settling for children and helps them get into a routine. The more regularly they are in school and on time the more they get used to it.

**Get up early enough:**

* Avoid rushing and feeling stressed. Get up early enough and give yourself enough time to get ready.

**Limit TV or game time in the morning:**

* Avoid arguments and lateness by limiting how long they are permitted to watch TV or play games in the morning. If it regularly causes problems think about banning it completely in the mornings.

**Get things ready the night before:**

* If uniforms, packed lunches, etc. are ready the night before it saves a lot of time in the mornings.

**Make time for breakfast – or come to Breakfast Club at school.**

* Making time for breakfast can help to keep things calm in the morning and saves time rather than having to stop at the shops on the way to school. Alternatively, come to our school Breakfast Club where children have time to eat, play and get ready for the school day. The club opens at 8.00am.