




# Everyday matters because you matter

*Banks Road Attendance Newsletter*




## Arranging Appointments


We understand that your child may sometimes need to attend medical or other appointments, and we fully support these important commitments.

Wherever possible, please try to arrange appointments **outside of school hours** so your child doesn't miss valuable learning time .

If an appointment during the school day is unavoidable:

- Children should **attend school before the appointment**
- Children should **return to school afterwards wherever possible**

Every moment in school counts. Attending before and after appointments makes a **real difference to attendance, learning and progress** .



At Banks Road, we are here to support every child . By working together and keeping communication open, we can ensure children feel supported, stay safe and continue to thrive.



## Prioritising Punctuality

Arriving on time each day plays an important role in setting your child up for success.

Being on time helps children:

- Settle calmly into learning 
- Feel prepared and confident 

- Start the day alongside their friends 🧑🧑

Those first few minutes of the day — greeting friends, hearing important messages and beginning routines — really matter.

It is important to remember how quickly lateness adds up:

- Just **5–10 minutes late each day** can lead to **hours — even days — of lost learning over the year** ⌚

We know mornings can be busy, and we appreciate the effort families make every day 🙏. Simple steps like preparing bags and uniform the night before can really help.



## Supporting Illness 🤒

We understand that children will sometimes feel unwell, and it can be difficult to decide whether to send them to school.

At Banks Road:

- Children with **mild symptoms** (e.g. runny nose or feeling tired) can often still attend ✅
- Staff will **check in regularly** if a child feels unwell ❤️
- Families will be **contacted promptly** if a child needs to go home 📞
- We help children **catch up on any missed learning** 📚

Often, being in school, keeping busy and seeing friends can help children feel better as the day goes on.

If you are unsure, please contact us — we are always happy to help 🗨️.

## Understanding Our Children 💙

### Emotional Based School Avoidance (EBSA)

Some children may find it difficult to attend school due to emotional factors such as anxiety, low mood or feeling overwhelmed. This is known as

### Emotionally Based School Avoidance (EBSA).

This is not about behaviour or choice — it is about understanding the emotional barriers that can make attending school feel genuinely challenging.

Children experiencing this may show:

- Worries about coming to school
- Physical symptoms such as headaches or tummy aches
- Anxiety linked to routines, friendships or learning

At Banks Road, we work closely with families to support children. This can include:

- Gradual return to school 🏠
- Regular check-ins with a trusted adult 🗨️
- Adjustments to the school day where needed
- Support with routines and transitions 🔄

Early communication is key. By working together, we can put the right support in place quickly and help children feel safe, confident and ready to attend.



## Support for Families 🇬🇧

If you would like further guidance, the following organisations offer helpful advice:

- NHS guidance on children's emotional wellbeing
- YoungMinds parent support
- EBSA and attendance guidance resources

If you have any concerns about your child's attendance or wellbeing, please contact the school.

**Working together early gives us the best chance of supporting every child successfully.**



Thank You 🙏

Every day your child attends school, they are:

Learning 📖 – Building friendships 👫 – Growing in confidence 😊 – Developing habits for life 🌱

Thank you for your continued support and partnership.

Together, we can do it! 🤝 ❤️