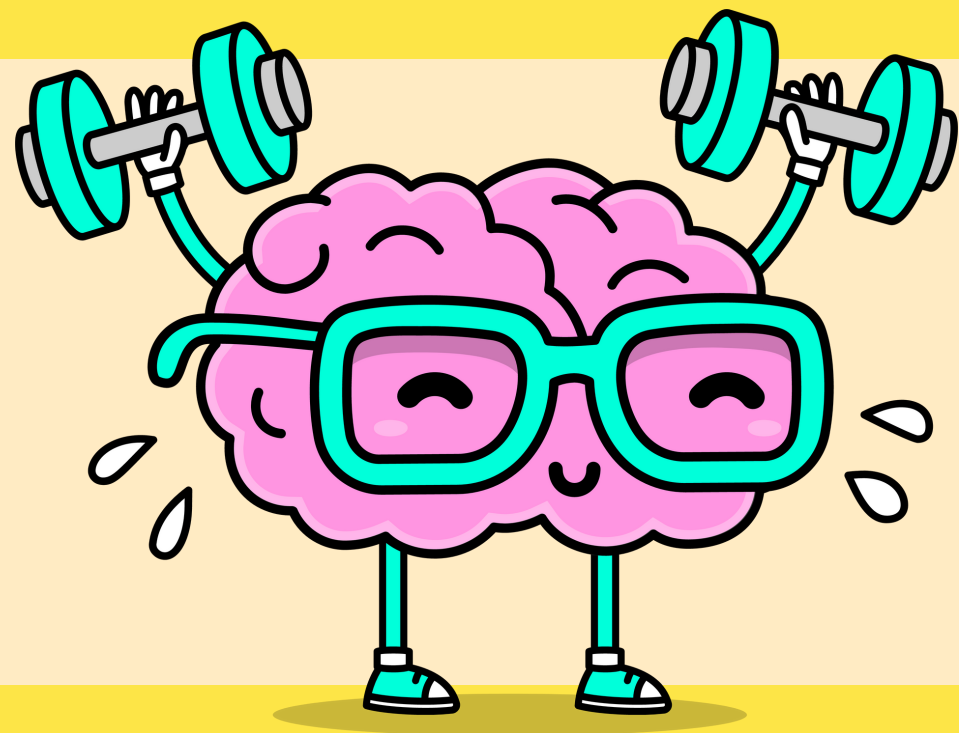




YOUR CHILD'S ATTENDANCE MATTERS



IS YOUR CHILD MISSING SCHOOL DUE TO ANXIETY?

If your child is suffering from anxiety, you are not alone. The good news is that in most situations, anxiety is normal and temporary. Anxiety becomes a concern if it persists - it can affect relationships with family, peers and teachers, contribute to academic challenges, and lead to school avoidance. Addressing anxiety is important for a child's overall well-being, not just attendance.

WHAT ARE THE SYMPTOMS OF ANXIETY?

Persistent anxiety can persist in many ways, making it difficult to recognise. Symptoms may vary depending on the age of the child, and some children keep worries to themselves or have difficulty explaining their feelings making it hard to identify symptoms. Anxiety symptoms can include, but aren't limited to, the following:

- Feeling tired, irritable or easily tearful
- Having trouble separating from parents
- Having trouble getting out of bed or dressed for school
- Lacking appetite
- Having difficulty concentrating, which may lead to difficulties starting tasks, problems with home learning and falling behind in school
- Experiencing physical symptoms, including stomachaches and headaches
- Having negative or continuous thoughts that something bad is going to happen



WORKING TOGETHER TO IMPROVE YOUR CHILD'S WELL-BEING AND ATTENDANCE

TAKE ADVANTAGE OF OUR SCHOOL RESOURCES

Working through your child's anxiety issues can be difficult and you don't have to do it alone. Take advantage of our resources:

- Talk to your child's Pastoral Leader, Head of Key Stage or Tutor
- Request a referral for Place2Be counselling or another counselling service
- Request a referral to the School Nursing services, who can help with medical needs as well as mental well-being
- Request a referral for Early Help who can work with families and individuals with returning to school
- Speak with the Attendance Team to discuss how we can support your child's attendance to school

WHAT CAN FAMILIES DO?

Here are some tips that you can use to help your child get through these challenges, by intervening as quickly as possible, and return to school:

- If possible, avoid letting your child stay at home. though staying at home from school may provide short-term relief to your child, continued absence from school will lead to the feeling of being disconnected from peers and teachers, cause your child to fall behind academically making it harder to return.
- Speak to your child. Try to understand what's bothering them and why they are avoiding school.
- Make it clear that you are there to help your child and that you believe they can face their fears and get through this problem.