



Attendance at school is integral to ensuring that your child or young person can learn the social and academic skills to make progress. We recognise that for many of our young people, regular school attendance is a real struggle. However, in our experience, when students become used to the routine of attending school, this becomes much easier.

It is important therefore, to only keep them off school if absolutely necessary. We can manage lots of minor ailments and illnesses at school. We are lucky enough to have the capacity to allow our children and young people to have a break from the classroom if they need it. We appreciate it is sometimes difficult to decide whether to keep a child off school. Are they poorly enough? If you know that your child is prone to anxiety, are the symptoms they are presenting with anxiety related? For example, vomiting, tummy ache or headache can all be symptoms of anxiety. In the first instance, please contact the school to discuss. We can help you decide what to do.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

There is a legal requirement for parents to ensure their child is receiving a full time education. For further information about the responsibilities you have and how absences are recorded, please see the link below.

<https://www.norfolk.gov.uk/education-and-learning/schools/behaviour-and-attendance/attendance>

If you know your child has school related anxiety and is refusing to attend school, again, please speak to the school in the first instance. We can work together to devise a plan to help the child or young person attend school. Below is a link for parents whose child is exhibiting signs of school anxiety.

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

Other useful links:

Somerset Council have a fantastic webpage explaining what Emotional Based School Avoidance is and strategies to manage this:

<https://www.supportservicesforeducation.co.uk/Page/19956>