

READY, SET, SCHOOL!

EVERY DAY COUNTS

A POSITIVE START TO THE NEW SCHOOL YEAR

Small steps now can help your child feel **confident, calm and ready to learn.**

TOP TIPS FOR PARENTS



RESTORE ROUTINES

Start earlier bedtimes and morning routines about a week before term begins.



BUILD EXCITEMENT

Talk about the fun things ahead – friends, learning and experiences.



TALK AND LISTEN

Ask how they're feeling, listen and reassure them.



PRACTISE THE JOURNEY

Walk, drive or talk through the route to school so it feels familiar.



POSITIVE GOODBYES

Keep goodbyes short, warm and reassuring.



TIME TO UNWIND

After school, provide time for a snack, relaxation and connection.



HELP WITH WORRIES

It's normal for children to feel excited or nervous about going back to school.

- ✓ Listen without judgement
- ✓ Acknowledge their feelings
- ✓ Reassure them that their teachers are there to help
- ✓ Focus on what they can do and what will stay the same



If worries feel big or last a long time, please speak to your school.

SCHOOL IS ABOUT MORE THAN LEARNING



MAKE FRIENDS



FEEL A SENSE OF BELONGING



BUILD CONFIDENCE



DEVELOP INDEPENDENCE



BUILD RESILIENCE FOR THE FUTURE



EVERY DAY COUNTS

Going to school every day helps children learn, build friendships and reach their full potential.

GOOD ATTENDANCE =

- ✓ Better learning
- ✓ Stronger friendships
- ✓ More confidence
- ✓ Greater independence
- ✓ Better future opportunities



TOGETHER WE CAN HELP CHILDREN FEEL **HAPPY, CONFIDENT AND READY TO THRIVE.**

Let's make it a great year!