



Every School Day Matters Every School Day Counts

[A guide for parents and carers](#)



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Useful Facts

90% attendance = 19 days absence a year.

15 minutes late every day = 10 days of school lost a year.

There are 175 days to spend on family time, visits, holidays and appointments.

The “Every Lesson Counts” aims to raise awareness of the importance of regular attendance, helping schools, parents and children to implement simple working practices to reduce absenteeism.

If your child is missing lessons, this could affect their learning in the following ways:

- Affects pupil’s attainment.
- Pupils suffer a break in the continuity of their learning or miss important topics.
- Pupils lack confidence due to the fact that they have missed mid-topic information and are unable to understand or catch up – much of the work missed is never made up, which puts pupils at a disadvantage at exam time.
- Your child’s results and progress suffers when they are not in school
- Disruption to your child’s learning, friendships and social development.

Why Every Lesson Counts

You can help your child into good habits from an early age

When your child attends school punctually and on a regular basis, they take an important step towards reaching their full potential, and are given the greatest opportunity to learn new things and develop their skills. Regular attenders usually leave school with more qualifications and access to greater employment opportunities.

When pupils apply for college placements or apply for employment, the school will be asked for a reference which includes a history of pupil’s attendance and punctuality, if poor this could affect their ability to find employment or a college placement. Please note that the increase in participation age means pupils must stay in education or training until their 18th Birthday.



Contact Us

If you have any questions regarding this factsheet, please contact the Attendance Team by emailing attendance@brighton-hove.gov.uk or by calling 01273 291378.

The more time they spend around other children, whether in the classroom or as part of a school team or club, the more chance they have of making lots of friends and feeling included, boosting social skills, confidence and Self-esteem.

If a child is absent just one day a week, over the course of their school career they will miss two years of schooling.

Helping your child into good habits from an early age can help these carry through to adult and working life.

A few small changes can make a difference

Routine is the key to success

At home, routine is the key to making simple changes for success and here is a six point plan to try with the family:

- Going to school unprepared can be a major worry for children - help by checking schoolbags the night before, packing P.E. bags and keeping an eye on homework progress.
- Tired children aren't punctual and find it hard to learn, so ensure your child has a sensible bedtime.
- Help your children get into a regular routine and set the alarm at the same time every morning.
- Make time for breakfast so there are no shop stops where children can get side-tracked on the way to school. A nutritious breakfast also fuels more effective learning.
- Children can become unsettled if they have to go into school late and without their friends - getting children to school in time to meet friends in the yard prevents this.
- Have a memory board at home for special trips or activities - the board will help your children remember to tell you and help you remember to prepare them for it.

School absence, which might at first be relatively infrequent, can rapidly build up. Try to clamp down even on occasional absence; show your child that attending school is a priority, and is key to their future success.

Get to know your child's teacher and head teacher – communicating problems is the first step to solving them.