Partnerships for Success

Attendance at Secondary School

At Eastern Hills, we want your teenager to do their very best. To get the best education, they need to go to school every day. The Teenage years are a time for young people to develop their independence and find their place in the world, including how they take part in their school life. We know that some children may need extra encouragement to attend school regularly. By working together, our school community can address some of the reasons why teenagers may not want to go to school.

Some common problems you may have getting your teenager to school:

- They won't get out of bed in the morning
- They go to be late at night
- They take a long time to get ready in the morning
- They haven't done their homework or are avoiding a test or assignment
- They are watching television or playing video games before school

You may also be worried that your teenager:

- Is being bullied
- May not have friends or is not fitting in
- May be feeling lost at school
- Fears being a failure
- Is not feeling academically challenged
- May have learning difficulties
- May not get along with a teacher

Do you need to let the school know if your teenager will be away from school?

Yes, you need to let the Attendance Desk know the reason why your teenager is going to be or has been absent from school as soon as possible.

Don' feel you need to 'cover up' the reason for absence. This reinforces that you are taking over when things are difficult. Be honest so we can work with you and your teenager to improve their attendance.

Having information about why your teenager is missing school helps us plan for their return, and to work out whether we can provide and further help to you.

What can you do to help?

- Act early. It is important to understand and work on the underlying reasons why your teenager is not going to school.
- On average, teenagers need eight to nine hours sleep a night to be healthy and alert. Maintaining a daily routine helps. This may include monitoring internet, mobile phone and television use at night to ensure sleep is not disturbed.
- Try not to make appointments or take holidays during school time. This can make it difficult to catch up on missed school-work, and cause anxiety about attending school.
- Don't let your teenager stay home unless they are genuinely sick.
- Set a good example- how you meet your commitments impacts on how they will meet theirs. Teach them that 'showing up' to commitments is normal and expected behaviour.
- Have clear expectations about after school jobs. Make sure work does not impact on their ability to get to school each day or interfere with study.
- Encourage extracurricular activities such as sport and creative activities. They can help your teenager develop positive relationships and experience success, helping them feel more motivated.
- Monitor your teenager's attendance and learning at school. Periodically check using ***Connect*** or with their teachers to find out how things are going.
- Avoid taking over or giving your teenager the impression you are fighting their battles for them. Improving attendance requires the school, parent and student to work together.
- If your teenager delays getting ready for school son they are late, encourage them to still go to school.
- As school staff for help if you are struggling to get your teenager to school.

What will staff at Eastern Hills do to help?

- Offer relevant and culturally responsive learning opportunities to engage students.
- Monitor every student's attendance and work with you to overcome problems affecting your teenager's attendance.
- Talk with you about involving support staff such as school psychologist, Chaplain, Nurse and other agencies.
- Talk with you about local services that may also be able to help.