Being on time for school is essential for Learning.

*It means your child can:*
- Be organised for Class
- Meet up with friends
- Know what's happening for the day
- Be ready to learn key skills

**Organisation - Learning the Routines**

As children grow they are able to take more responsibility for getting themselves organised, but they will need to be taught routines around getting to school on time.

**Develop routines e.g.:**
- Food/afternoon tea after school
- Fixed Homework Time
- Packing school bag after homework or before going to bed
- Sports gear packed
- Regular bedtime
- Lunch made at night
- A Time to get up and a Time for leaving for school

**Factor in the “morning time” for you and your child**

Work out the time your child needs to leave home to be at school on time (10-15 minutes before classes start) and establish that as a regular deadline for leaving home. Different children take different times to get themselves ready. Some children will be ready in 10 to 15 minutes. Others can take up to 1½+ hours!

**Time** how long it takes your child (or children) to get through their morning routines
- Waking up
- Getting out of bed
- Having a shower & or using the bathroom
- Getting dressed
- Eating breakfast
- Doing their teeth
- Packing up and ready to go out the door by the deadline.

It is that amount of time you need to allow, with a few minutes extra, when you decide what time you need to get up in the morning.

As soon as you can, give your child an alarm clock and encourage them to get themselves up when the alarm goes off.
Ready Set Go—Getting your Child to School on Time

Sleep - Ensure your child has enough sleep
- If your child can go to bed, fall asleep easily, wake up easily, and not be tired during the day, then they’re getting enough sleep.
- School-aged children still need somewhere between 9 and 12 hours of sleep at night.

If your child complains about a bedtime that’s earlier than their friends’ bedtimes, saying that everyone else gets to stay up later, let them know that every child is different and that this is their bedtime. Tell your child that you’re keeping their bedtime at the right time for them because it’s healthy. They’ll feel better during the day if they sleep well at night. Sleep is important for growth, helping keep bodies healthy (like petrol in the tank). Sleep re-energises.

Keeping a Positive Attitude - Remember you are a team!

Getting off to school in the morning can be stressful for everyone. Remember it’s a team effort and we don’t always get it right. Keep in mind the big picture that being on time for school means your child can start the school day ready to learn and know what is planned for the day. Some ways to try and keep it positive are:
- Make a checklist of the morning routine
- Use a reward chart
- Identify what causes problems and work out solutions
- Delegate when you can and it works
- Talk positively about what will be happening at school that day
- Have some breakfast - it helps the blood sugar!
- Turn off the TV it slows you down—listen to the radio instead
- Praise your child when they are ready on time
- Reward yourselves when you all get it together and all are on time
- Arrange a meeting to talk with the teacher or principal when your child’s worries or anxiety need follow up
- Work on joint strategies between home and school if your child is consistently late
- Remember Murphy’s Law— if you are running late you won’t get a park close to the school—Park a short distance away
- Walking to school is a step towards greater independence.

See it as a challenge rather than a stress!

REMEMBER “School is Cool!”

“Attend well to do well”

- Classes begin at 9a.m.
- Key Learning happens first thing
- Lateness impacts on your child’s learning
- Lateness can lead to poor school attendance patterns long term
- If there is a problem contact the Principal/Class Teacher or Otago Youth Wellness Trust

Need Help

For your Child:
- Your School: 476 4277
- GP: 474 1700
- Public Health Nurse: 471 4330
- Barnados: 479 2970
- Father: 466 4660
- Parenting Support:
  - Catholic Social Services: 477 3403
  - Anglican Family Care: 477 0801
  - Family Works: 477 7117
- Family Support: Strengthening Families 029 6500256
- School Attendance: Otago Youth Wellness Trust 474 5547