

# GET A



**Most parents do.  
No excuse for missing school**

[eastsussex.gov.uk/getagrip](https://eastsussex.gov.uk/getagrip)

**MISS 5% OF  
SCHOOL AND  
YOUR CHILD  
MAY NOT PASS  
THEIR EXAMS**

Regular poor attendance harms  
your child's education and life chances

# What happens when a child misses a day at school?

They miss vital hours of learning and struggle to catch up. Evidence shows that this will have a serious impact on their performance in exams.

## And, it impacts on other children too.

A teacher who is having to spend time helping others to catch up will spend less time teaching the whole class. This has a serious effect on everyone in the class.

## However, it's not too late to change.

Attendance	Days absent	Weeks absent	Lessons missed
<b>95%</b>	<b>9 DAYS</b>	<b>2 WEEKS</b>	<b>45 LESSONS</b>
3 in 10 pupils will leave without five good GCSE passes			

<b>90%</b>	<b>19 DAYS</b>	<b>4 WEEKS</b>	<b>95 LESSONS</b>
5 in 10 pupils will leave without five good GCSE passes			

<b>85%</b>	<b>29 DAYS</b>	<b>6 WEEKS</b>	<b>145 LESSONS</b>
6 in 10 pupils will leave without five good GCSE passes			

**100% ATTENDANCE?**

**WHY SETTLE FOR  
ANYTHING LESS?**

# Good reasons for missing school?

With the exception of serious illness, there are very few good reasons to miss school. Any absence will need to be authorised by your school's head teacher.

## Holidays

Schools will not authorise absence for holidays. Parents can expect to receive a penalty notice – £60 per child per parent.

## Appointments

Help your child by making appointments (doctor, dentist, optician) after school hours wherever possible.

## Feeling unwell

If your child has a cold, headache or other minor illness which isn't contagious, send them in to school. Please notify the school if your child has a serious illness where authorised absence may need to be taken.

## Feeling tired

If a child is tired they are still capable of going to school. Getting into a good bedtime routine without electronic devices will help.

## Reluctance

If your child is reluctant to attend:

- speak to your child, it's important they understand that going to school every day isn't optional
- if you think bullying, anxiety or social exclusion is the reason your child doesn't want to go to school, please speak to the school – they will be able to help
- in some instances, a child could be referred to the East Sussex Behaviour and Attendance Service

**EVEN 95%  
ATTENDANCE  
IS NOT  
GOOD ENOUGH**