

# School Attendance

## A guide for young people



### EDUCATION

The purpose of education is to prepare people for life, equipping them with the knowledge and skills to contribute to a thriving society.

Education provides stability in life, and it's something that no one can ever take away from you. Children who attend everyday make more progress in school and achieve better. By being well-educated, it increases your chances for better career opportunities.



### WHAT THE LAW SAYS

Young people must now be in education or training until at least the age of 16. In England, they must then do one of the following until they are 18:

- Stay in full-time education - e.g., Sixth Form or College
- Start an Apprenticeship / Traineeship
- Be in employment that includes training.



### ABSENCES

There are two types of absences:

- **Authorised absences** where the Headteacher of the school can give you permission to be absent from school; there are only a small number of circumstances where missing a school day is permitted - e.g., illness
- **Unauthorised absences** are those which the Headteacher of the school will not authorise. These may include family holidays, non-urgent medical treatment, truancy (e.g., not wanting to attend), late arrival (more than 30 minutes after the school day has started)



## TIPS TO ALWAYS BE ON TIME

- **Make sure uniform is ready the night before...** It leaves you with a feeling of ease knowing that your morning routine should run smoothly
- **Set an alarm...** Using an alarm clock can help keep your schedule consistent and normalize your sleep patterns
- **Breakfast...** 'Studies show that eating breakfast positively affects school performance. They have better concentration and more energy.' (Healthychildren.org, July 2023)
- **Check transport times...** Ensure you arrive before school day starts.



## MENTAL HEALTH RESOURCES

*Feel worried or anxious about going to school?*

*Talk to an adult or friend that you trust and see what support the school can offer you.*

**Kooth** offers emotional and mental health support for children and young people. Counsellors are online to provide young people using the service with online counselling through chat-based messaging and drop-in or booked sessions. More details available at

[www.kooth.com](http://www.kooth.com)



**kooth**

**Good Thinking** is an online service that supports Londoners to look after their mental health and well-being in a way that works for them. More details available at [www.good-thinking.uk](http://www.good-thinking.uk)



**Off The Record, OTR** is a mental health social movement by and for young people aged 11-25 contact for confidential counselling. Contact them on **020 3984 4004**.



[Off the Record Youth Counselling \(talkofftherecord.org\)](http://talkofftherecord.org)