



Don't be late
**THROUGH
THE GATE**



Attendance and Punctuality is vital for your child to succeed at
Park Spring School

The gates open at 8.30am
Class doors open at 8.35am
School Starts at 8.45am

If you arrive after 8.45am you are late and will need to sign in at the office.

**How can you help with getting your child to school
on time?**

When a child arrives late to school it can be unsettling and embarrassing for them. It also disrupts the rest of the class, interrupting the teacher and other pupils who have already begun their morning lessons

**Try these strategies to help you be on
time**

Set your alarm - A fun alarm clock can be your new morning buddy

Uniforms, lunches, homework and bags could be organised the previous evening to save time in the morning.

Walk or scoot to school - If you can, getting some fresh air can make you feel awake and ready

Leave earlier - If you are finding yourself late everyday, wake up 10 minutes earlier and set off earlier so you arrive on time

Eat a good Breakfast - Have a yummy breakfast to give you energy for the day



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Try these strategies to help you be on time

In terms of the recommended hours of sleep for young children, 3-5 year olds should be getting 10-13 hours each night and 6-12 year olds should be getting 9-12 hours each night

Establish morning routines to help children know what to do and in which order. This enables them to become more independent too. Visual prompts can help.

If children are oversleeping or getting up late, try putting them to bed an hour earlier each night for a week. Reduce screen time before bedtime by up to an hour.

Be aware that on rainy days, there will be more traffic on the roads delaying journey times. Consider leaving the house 10-15 minutes earlier on these days.

Why being on time is awesome!

You don't miss a thing!

8.45am is when the teacher explains all the exciting activities ready for the day, if you are late, you'll miss it.

Catch up!

You'll have time to see your friends before the day starts

Feel calm and happy

Rushing makes us worried. When you arrive on time you can feel settled, relaxed and ready to learn.

Show respect to your teachers.

It is polite to be ready when your teacher is ready to start the day.

Be a time-keeping hero!

Learning to be on time is a superpower that will help you in school and when you are older too!