

SETTING A ROUTINE

Setting a simple routine for children can make coming to school much easier. We encourage all children to be independent and suggest, from the appropriate age, you ask your children to make sure they have their book bag, uniform and shoes ready for the morning.

When it comes to bed time, routines can also help.

Start 'wind-down' time at least 30 minutes before bedtime. This means turning off technology that stimulates the brain and not eating or drinking anything more as this can result in the need for the toilet during the night.

Bedrooms should be dimly lit and quiet. It's great if you can make time to share a book with your child at the end of every night and then allow them to settle down to sleep.

GETTING A GOOD NIGHT'S SLEEP

A lack of sleep, or not getting enough good quality sleep, makes it harder to think, concentrate, manage your feelings and be your best.

Try to set a sensible bedtime and stick to it.

It is recommended that 3-5 year old have 10-13hrs of sleep, while 6-12 year olds need 9-12hrs of unbroken sleep.

We know this is not always easy to achieve, however we also can see the benefits children get from being fully rested the night before school.



I NEED SUPPORT



If you have any concerns about anything in this leaflet, please contact us and we will do our best to help or secure further support.

BE AN ATTENDANCE HERO ALL YEAR ROUND!



Advice on
ILLNESS
CLOTHING
FOOD
ROUTINE
SLEEP



GOLD - RIGHTS RESPECTING

Children have the right to an education under the United Nations Convention on the Rights of the Child.

Respecting children's rights is one of Grendon's Goals.

To meet their right and our goal, children need to be in school every day – it is their right.

IS MY CHILD TOO ILL FOR SCHOOL?

It is fine to send your children to school with most minor illnesses. We encourage you to read the NHS guidance about common illnesses: www.nhs.uk/live-well/is-my-child-too-ill-for-school



We can administer prescribed medicines in school if needed. We will normally administer Calpol on your behalf for general illnesses that are not serious enough for your child to miss school. Please complete a medical form at the school office.

We also recognise the importance of children's mental health and understand that some children miss school due to feelings of worry or anxiety.

Being in school can often alleviate feelings of worry and most children will quickly settle and enjoy being around their friends and taking part in exciting lessons.

However, we want to know if your child needs help, information can be found on the school website. You can contact the class teacher who may refer you to our Pastoral Team.

www.grendon.bham.sch.uk

My child is always getting ill!

Some children are more prone to illnesses, but there are a number of tips that can reduce the need for them to miss school.

We also encourage children to be resilient, even if they're not feeling 100%, and know that children often feel better when they can be distracted by school and their friends!

Our School nurse will also offer support, please let us know if you'd like to arrange an appointment to see her.



DRESS APPROPRIATELY

Dressing appropriately helps children to stay well.

Make sure you bring a hat, scarf, gloves and a warm, waterproof coat in the winter.

It's a good idea to wear trousers or tights in the winter too, as well as making sure you have sensible school shoes to wear that keep your feet warm.

In the summer, bring a hat and sunscreen.

We welcome any donations of uniform, including coats.



EAT WELL

A healthy diet will help your child stay well. We teach all children about the benefits of healthy eating as part of our curriculum and they are always happy to share what they know. Check out this link for more advice:

www.nhs.uk/live-well/eat-well

Family meal times are also a good time to catch up and share news. Why not try turning off the tech and giving it go!



Drinking water is the healthiest option, so remember to bring your water bottle to school every day!