



**THE BLUE SKY**  
FEDERATION



# ATTENDANCE MATTERS!

October 2025

## ATTENDANCE SUPPORT

As a Federation we place great emphasis on good attendance for everyone—children and staff. We believe that if children are not in school, they are **disadvantaged**.

We want the best for all the children at both schools. As such, we will do whatever we can to support good attendance.

If you are struggling to get your child into school, please reach out to us. Your child's class teacher is always the first place you should go.

If you feel you need more help, please contact the school office and ask for me to ring you. I will do whatever I can to support you and your child achieve the best attendance they can. *Mrs Stuart (Behaviour and Attendance Lead)*

### SUMMERFIELD attendance up to 30th September was 96.2%.

Squirrels — 87.4%

Butterflies — 97.2%

Bees — 99%

Ants — 96.6%

Fireflies — 98.3%

Penguins — 95.1%

Polar bears — 94.5%

Lions — 98.6%

Tigers — 97.6%

Badgers — 98.2%

Otters — 93.5%

Eagles — 96.3%

Owls — 95.4%

Sharks — 97.6%

Dolphins — 93.1%

**WELL DONE, BEES!**

### HEELANDS attendance up to 30th September was 88.3%

Ash— 86.7%

Maple— 82%

Oak— 95.6%

**You can do better than this Heelands! WELL DONE, OAK!**

### IMPORTANT: Attendance Policy Change

Having completed attendance analysis, it has been noted that the weeks that are either side of a half term or end of term break have the worst attendance.

As a result, subject to governor approval, the policy will change. The changes mean that only illnesses with medical evidence will be authorised in the week before or after a break.

Evidence can be in the form of:

- Proof of consultation with a chemist
- An appointment letter or text message confirming an appointment with the doctor or nurse
- Show the office medication prescribed

Without evidence, the absence will be **UNAUTHORISED**.

Please be aware that If your child accrues 10 unauthorised sessions within **any** 10 school weeks, the attendance policy will be followed which may result in a **Penalty Notice being issued**.



# SLEEP HYGIENE TIPS FOR PRIMARY PUPILS

Help You Sleep Better, Focus More and Feel Great!

## RECOMMENDED SLEEP BY AGE

- 3–6 years: 10 – 12 hours/night
- 7–12 years: 10–11 hours/night

Ideal Bedtimes (Based on a 7am Wake-Up)

- 3–6 years: Asleep by 8:00pm
- 7–12 years: Asleep by 9:00pm



## LIMIT SCREENS BEFORE BED

- Turn off phones, tablets and TV at least 1 hour before bedtime.
- Use “Night Mode” or blue light filters in the evening.
- Keep devices out of the bedroom overnight when possible.



## WIND DOWN ROUTINE (start 30-60 mins before bed)

- Read a book (paper, not screen!)
- Take a warm bath or shower
- Listen to calm music or a sleep podcast
- Try light stretches or breathing exercises



## DAYTIME HABITS THAT HELP

- Get outside in natural light during the day
- Be physically active (sports, walks, etc)
- Avoid naps longer than 30 minutes after school
- Avoid caffeine after 2pm (tea, energy drinks, fizzy drinks)



## BONUS TIP: CONSISTENCY IS KEY

Try to keep your bedtime and wake-up time within 1 hour on weekends compared to school nights

[Sleep and tiredness - NHS](#)

[Children and Sleep | Sleep Foundation](#)

[Encouraging Good Sleep Habits - Child Mind Institute](#)

