

- Praise your child when they are ready on time
- Reward yourselves when you all get it together and all are on time
- Arrange a meeting to talk with the teacher or principal when your child's worries or anxiety need following up
- Work on joint strategies between home and school if your child is consistently late
- Remember Murphys Law— if you are running late you won't get a park close to the school — park a short distance away

Walking to school is a step towards greater independence.

See it as a challenge rather than as a stress!

REMEMBER “School is Cool!”

“Attend well to do well”

IMPORTANT REMINDERS

- **Classes begin at 9a.m.**
- **Key learning happens first thing in the day**
- **Repetitive lateness impacts on your child's learning**
- **Lateness can lead to poor school attendance patterns long term**
- **If there is a problem contact the Principal or Class Teacher**

Need Help?

For your Child:

Your School	476 3140
RTLB	476 3882
Public Health Nurse	474 1700
Barnados	471 4330
Mirror Counselling Services	479 2970
Methodist Connect	466 4600

Parenting Support:

Family Works	477 7117
Catholic Social Services	477 3403
Anglican Family Care	477 0801

Family Support

Strengthening Families	(029) 650 0256
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School Attendance

Otago Youth Wellness Trust	474 9547
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Wakari School
150 Helensburgh Road
Wakari
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Website: www.wakari.school.nz

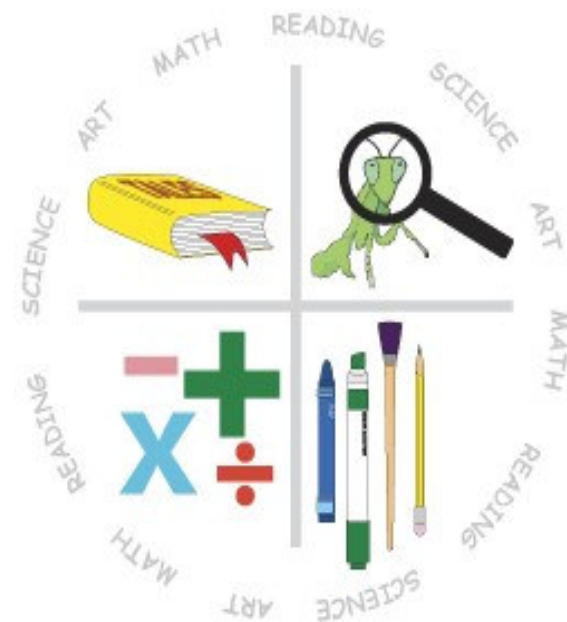
Phone: (03) 476 3140

Fax: (03) 476 3141



Wakari School

READY SET GO!



Working Together

- Setting up and maintaining routines early
- Keeping a positive attitude
- Getting to school on time

Being on time for school is essential for Learning.

It means your child can:

- Be organised for class
- Meet up with friends
- Know what's happening for the day
- Be ready to learn key skills

Organisation - Learning the Routines

As children grow they are able to take more responsibility for getting themselves organised, but they will need to be taught routines around getting to school on time.

Develop routines

e.g.

1. Food/afternoon tea after school
2. Fixed Homework Time
3. Packing school bag after homework or before going to bed
4. Sports gear packed
5. Regular bedtime
6. Lunch made at night
7. A time to get up and a Time for leaving for school.



Factor in the "morning time" for you and your child

Work out the time your child needs to leave home to be at school on time (10-15 minutes before classes start) and establish that as a regular deadline for leaving home. Different

children take different times to get themselves ready. Some children will be ready in 10 to 15 minutes. Others can take up to 1½+ hours!

Time how long it takes your child (or children) to get through their morning routines:

1. Waking up
2. Getting out of bed
3. Having a shower and using the bathroom
4. Getting dressed
5. Eating breakfast
6. Brushing their teeth
7. Packing up and ready to go out the door by the deadline.

It is that amount of time you need to allow, with a few minutes extra, when you decide what time you need to get up in the morning.

As soon as you can, give your child an alarm clock and encourage them to get themselves up when the alarm goes off.



Sleep - Ensure your child has enough sleep

If your child can go to bed, fall asleep easily, wake up easily, and not be tired during the day, then they are getting enough sleep. School-aged children still need somewhere between 9 and 12 hours of sleep at night.

*If your child complains about a bedtime that's earlier than their friends' bedtimes, saying that everyone else gets to stay up later, let them know that every child is different and that this is **their** bedtime. Tell your child that you're keeping their bedtime at the right time for them because it's healthy. They'll feel better during the day if they sleep well at night. Sleep is important for growth, helping keep bodies healthy (like petrol in the tank). Sleep re-energises.*



Keeping a Positive Attitude - Remember you are a team!

Getting off to school in the morning can be stressful for everyone. Remember it's a team effort and we don't always get it right. Keep in mind the big picture that being on time for school means your child can start the school day ready to learn and know what is planned for the day. Some ways to try and keep it positive are:

- Make a checklist of the morning routine
- Use a reward chart
- Identify what causes problems and work out solutions
- Delegate when you can and it works
- Talk positively about what will be happening at school that day
- Have some breakfast - it helps the blood sugar!
- Turn off the TV it slows you down—listen to the radio instead