

Every minute counts...

Attendance at school every day matters!



Give yourself enough time

All that rushing around can create anxiety and stress for you and your child.



Create a routine

It can be easier when everyone knows what they need to do in the morning - or even better - get some things done the night before!



Be on time, every day.

They say it takes two months for our brains to create a new habit. So just take it a day at a time and aim to be consistent.



Set some technology boundaries.

Its important for your child to have a brain break and just switch off from their technology.



Get a good night's sleep.

It's amazing what a good bit of shut-eye can do to help your child learn and stay engaged with school.



Know when to get help

If your child is refusing to go to school it can be very worrying. Your school is here to help you re-engage your child in their learning

For more information talk to your school and go to: <https://anything.tas.gov.au/>