Ready for Year 9

Helping your child thrive through attendance, confidence and belonging.

Why Year 9 Matters

Year 9 marks the beginning of your child's GCSE journey. It is a fresh start and an opportunity to build positive habits. Students who attend school regularly are more likely to achieve their potential and feel prepared for the challenges and opportunities ahead.

EVERY DAY MATTERS

EVERY DAY IN SCHOOL WILL HELP YOUR CHILD TO BUILD CONFIDENCE, STRENGTHEN FRIENDSHIPS AND ACHIEVE THEIR PERSONAL BEST.

Supporting Your Child At Home

- Encourage good routines.
- Get organised the night before.
- Talk about worries they may have early.
- Celebrate regular attendance.
- Daily check-ins.

Practical Support

Supporting Excellent Attendance

Good Routines

Sleep, organisation, punctuality and preparation.

Consistent routines help students feel prepared, reduce stress, support wellbeing and start the day positively.

Try:

- ✓ Packing bags and checking equipment the night before.
- ✓ Setting alarms rather than relying on your child to wake up.
- ✓ Charging devices overnight away from the bedroom.
- ✓ Encouraging a regular bedtime, even at weekends.
- ✓ Leaving enough time in the morning to avoid rushing.

Feeling Connected

Friendships, clubs and belonging.

Students who feel connected to school are more likely to enjoy their school experience and attend regularly.

Try:

- ✓ Encouraging your child to join a club, team or enrichment activity.
- ✓ Asking about friendships and social experiences regularly.
- ✓ Celebrating achievements, no matter how small.
- ✓ Encouraging involvement in school events and opportunities.
- ✓ Helping your child identify a trusted adult in school.

Supporting School Worries

It is normal for your child to feel worried sometimes. Many young people experience worries about friendships, learning or change. Most worries become easier to manage when school and home work together. Contact us early if any concerns arise. **Try:**

- Talking openly about any concerns.
- Contacting your child's tutor or Head of Year if something doesn't seem right.
- Encouraging your child to speak to a trusted adult in school.
- Letting us know about changes at home that may affect your child.
- Asking for support before attendance begins to decline.

We're here to help

Head of Year
carl.cockburn@whitleybayhighschool.org

Attendance Team
nina. livings@whitleybayhighschool.org

SEND Team
james.mackenzie@whitleybayhighschool.org
sarah.jones@whitleybayhighschool.org

Your child's tutor

Further Support

NHS – Is My Child Too Ill for School?
Information and guidance for parents.

Kooth – Free Online Mental Wellbeing Support
Safe, anonymous and free support for young people

Department for Education – Attendance Advice for Parents Video
Watch helpful advice and guidance