

Emotionally based school non attendance – EBSNA

At Saint Benedict CVA. we know that good attendance will help to enable your child to achieve their potential. Our school strives to provide a welcoming, caring environment, where each member of the school community is treated with unconditional positive regard and knows that they belong here. **We want your child to achieve and thrive in school.**

There is a clear link between attendance and achievement, which can have a great impact on a student’s future prospects – Please see diagram below;

Days off school add up to lost learning

| 175 NON SCHOOL DAYS A YEAR 175 days to spend on family time, visits, holidays, shopping, household jobs and other appointments | | | | | |
|---|--|--|---|--|--|
| 190 SCHOOL DAYS IN EACH YEAR 190 days for your child's education | 10 days absence 180 Days of Education | 19 days absence 171 Days of Education | 29 days absence A term missed 161 Days of Education | 38 days absence 152 Days of Education | 47 days absence 143 Days of Education |
| 100% | 95% | 90% | 85% | 80% | 75% |
| Good Best chance of success. Gets your child off to a flying start | | Worrying Less chance of success. Makes it harder to make progress | | Serious Concern Not fair on your child. (Court action!) | |

19 missed school days is classed as Persistent absence

Missing lessons can make it difficult for a child to stay on top of their work; they may start to feel ‘behind’ and struggle to catch up. This can then have an impact on both their progress and their emotional wellbeing.

Emotionally based school non attendance

Emotionally Based School Non-Attendance (EBSNA) is a term used to describe the difficulty children and young people experience in attending school due to emotional reasons, such as stress, anxiety and/ or feeling overwhelmed. This can be caused by various factors in school or at home.

Although EBSNA is a complex issue, positive outcomes are very achievable by working together to support the child. It is important to identify the reasons why (barriers) that are making preventing your child from wanting to go to school so that these can be addressed

What should you do if your child does not want to go to school?

It is important to ensure school is kept up to date and informed of any absences. Speak to the year office or safeguarding team and explain what is going on so that a plan can be put in place.

- Try to stay calm and support your child through this stressful time
- Speak to school at the earliest opportunity (the sooner the better) and a plan can be put in place
- Seek help from GP if needed, you don't have to manage this on your own
- Ask if the school can consider staggered start times or a reduced timetable to help your child to build their confidence back up
- It can help to keep a record of all correspondence with your child's school, as well as details of any GP visits, requests for help or assessments made.
- Ensure your child's absence is being reported as an illness if they are struggling with their mental or physical health

Young Minds parents support pages;

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/#:~:text=Even%20though%20this%20situation%20can%20be%20really%20stressful%20for%20you,or%20force%20them%20into%20school.>

Please see below for ways that school and help to support you and your child.

Ways we can work together

| | |
|---|--|
| <p>School Issues</p> | <p>How school can help</p> <ul style="list-style-type: none"> • Loaning school uniform and equipment so students can access lessons fully • ‘Beyond the classroom’ provision of extra curricular opportunities to get involved in • Support from pastoral teams and form tutors – trusted adult to speak to • School counsellor so students have got someone to speak to about significant issues • Experienced safeguarding team who can support students who are experiencing problems |
| | <p>How parents can help</p> <ul style="list-style-type: none"> • Maintaining a good bedtime and morning routine, which is consistent ensuring that the child gets enough sleep and breakfast, if possible. • Encourage students to wear correct uniform and are prepared for school - Send students with a note for any uniform irregularities • Communicate with school as soon as possible EBSNA issues arise and keep school informed. • Check reports and communications on a regular basis |
| <p>Health & Medical concerns</p> | <p>How school can help</p> <ul style="list-style-type: none"> • School Nurse available • Working with external agencies • SEND support |
| | <p>How parents can help</p> <ul style="list-style-type: none"> • Contact medical professionals when issues arise • Keep evidence from GP, Specialist or Hospital appointments • Keep school informed of any conditions or issues identified • Encourage students to speak to staff about concerns/ issues |
| <p>Wellbeing & Mental Health</p> | <p>How school can help</p> <ul style="list-style-type: none"> • School counsellor drop in sessions available • Signposting to support on school website • Wellbeing online portal for parents for advice • Referral to external agencies • Home visits |
| | <p>How parents can help</p> <ul style="list-style-type: none"> • Always encourage to come to school, wherever possible • Visit GP or A&E where there are serious concerns about the child • Use services signposted |

Places for support

<https://educationhub.blog.gov.uk/2024/01/03/improving-school-attendance/> - How to improve your child's school attendance and where to get support

<https://www.publicfirst.co.uk/wp-content/uploads/2023/09/ATTENDANCE-REPORT-V02.pdf> - Listening to, and learning from, parents in the attendance crisis

<https://assets.childrenscommissioner.gov.uk/wpuploads/2022/12/aaa-guide-for-parents-on-school-attendance.pdf> - parents guide on attendance

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> - NHS website to explain more about symptoms