Attendance
Every school day *counts!*

Winterhill School

What students can do to help - 10 Top Tips

✓ You must attend school every day if possible

✓ Always attend school and lessons on time

✓ Use an alarm clock - set it for a reasonable time

✓ Go to bed at a sensible time on school nights

✓ Stop working/watching TV/ play computer games etc. at least half a hour before going to bed

✓ Never let any issues you may have affect your attendance - you must talk to someone

✓ Turn off your mobile so it will not disturb you during the night

✓ Eat well - stay healthy

✓ If you have a sniffle, are feeling a bit tired, got a headache - take the relevant medication and come to school

✓ Take part in some form of physical activity after school or at the weekend. Adrenaline produces endorphins which in turn will make you happy and relaxed