

Little Ilford School's Attendance  
Spring 1 2026 - Issue 3



Newsletter

# ATTENDANCE

**COURAGE  
COMMITMENT  
COMPASSION**

**EVERY MINUTE COUNTS**  
Success starts with attendance



# ACHIEVING OUR 97% GOAL: EVERY MINUTE COUNTS!

## Ramadan: Maintaining Excellence

**Ramadan Mubarak to all our families observing the holy month.**

Ramadan is a time of self-discipline and character-building. We expect our students to reflect these values by maintaining **excellent attendance and punctuality**.

While we understand that changes to sleep and eating habits can be challenging and many of our staff are sharing this experience - we encourage students to approach their studies with a positive and resilient mindset.

## Tips for Success & Wellbeing

To help your child balance their religious observances with their education, we recommend the following:

- **Rest:** Encourage a nap after Fajr (morning prayer) and another short rest after school - as some of you will be having late nights, taking the nap after school will help with this.
- **Energy:** Focus on oats, dates, and protein-rich foods during Suhoor for long-lasting energy.
- **Hydration:** Use coconut water or add a tiny pinch of sea salt to water to help the body retain hydration throughout the day.

Kind regards,

Mr Burke, Assistant Headteacher



# FORM GROUPS WITH THE HIGHEST ATTENDANCE

January 2026 - February 2026

## YEAR 7

 **7.7** - 95.7%

 **7.6** - 95.5%

 **7.5** - 95.4%

## YEAR 8

 **8.4** - 96%

 **8.12** - 95.8%

 **8.1** - 95.6%

## YEAR 9

 **9.3** - 97.4%

 **9.1** - 95.7%

 **9.5** - 95.3%

## YEAR 10

 **10.2** - 94.5%

 **10.3** - 93.4%

 **10.8** - 93.4%

## YEAR 11

 **11.4** - 94.7%

 **11.8** - 94.4%

 **11.7** - 94.4%

EVERY MINUTE COUNTS



# NUMBER OF STUDENTS WITH 100% ATTENDANCE

January 2026 - February 2026

YEAR GROUP	NO. OF STUDENTS
Y7	67
Y8	53
Y9	73
Y10	35
Y11	43



# PARENTAL HINTS, TIPS AND LINKS

When a student complains of being ill—particularly at this time of year—it can be difficult to distinguish between a genuine physical ailment and the “somatic (body) symptoms” (stomach aches, headaches, fatigue) often associated with **Emotionally Based School Avoidance (EBSA)**.

We hear students say they have had a ‘bad tummy’ in the morning. Getting the child up early so that their body can wake up and their mind can settle down gives a good start to the day.

Here are 5 top tips for parents to navigate those “I feel sick” mornings:

---

## 1. The “Low-Stimulation” Home Check

If a student stays home, the environment should be restful but not “rewarding.”

- **The Tip:** If they are too unwell for school, they are too unwell for screens, gaming, or social media. Keep the day quiet, tech-free, and focused on recovery.
- **The Strategy:** This helps determine if the illness is physical or a “functional” avoidance. If the “sickness” miraculously disappears once the school bus has left, it is likely an anxiety-based response rather than a virus.

## 2. Check for “Somatic (body)” vs. “Viral” Symptoms

Anxiety is often felt physically in the gut or the head because of the “fight or flight” response.

- **The Tip:** Look for the “Big Three” of EBSA: stomach aches, headaches, and nausea without a fever.
- **The Strategy:** If there is no fever or visible symptom (like a rash or vomiting), encourage them to “try for one hour.” Use the NHS “Is my child too ill for school?” guidance as a neutral third-party authority to take the heat out of the argument.



# PARENTAL HINTS, TIPS AND LINKS

## 3. Use the “Connection Before Direction” Script

Validation reduces the physiological spike of anxiety that makes a student feel physically ill.

- **The Tip:** Instead of saying “You’re fine, get up,” try: “I can see your tummy is really hurting and you feel worried. I believe you. Let’s get some water, and then we are going to head in together.”
- **The Strategy:** By acknowledging the pain is real (even if it’s caused by stress), you lower their defenses, making them more likely to cooperate with the plan to attend.

## 4. Implement a “Check-In” Handover

The fear of being “trapped” at school while feeling unwell can escalate a student’s panic.

- **The Tip:** Tell the student: “I will write a note to your Head of Year/Form Tutor. If you still feel this way by break time, you can go to the medical room and they will check on you.”
- **The Strategy:** This provides a “safety valve.” Knowing there is a plan for support if they truly can’t cope reduces the “trapped” feeling that fuels school refusal.

## 5. Establish a “Morning Grace Period”

Transitions are high-stress moments. A rushed morning can turn a minor headache into a full-blown meltdown.

- **The Tip:** If a student complains of illness, give them 10 minutes of quiet “regulation time” (listening to music or deep breathing) before making the final call on school.
- **The Strategy:** This prevents the morning from becoming a power struggle. Often, once the initial “spike” of morning cortisol settles, the student feels capable of going in.

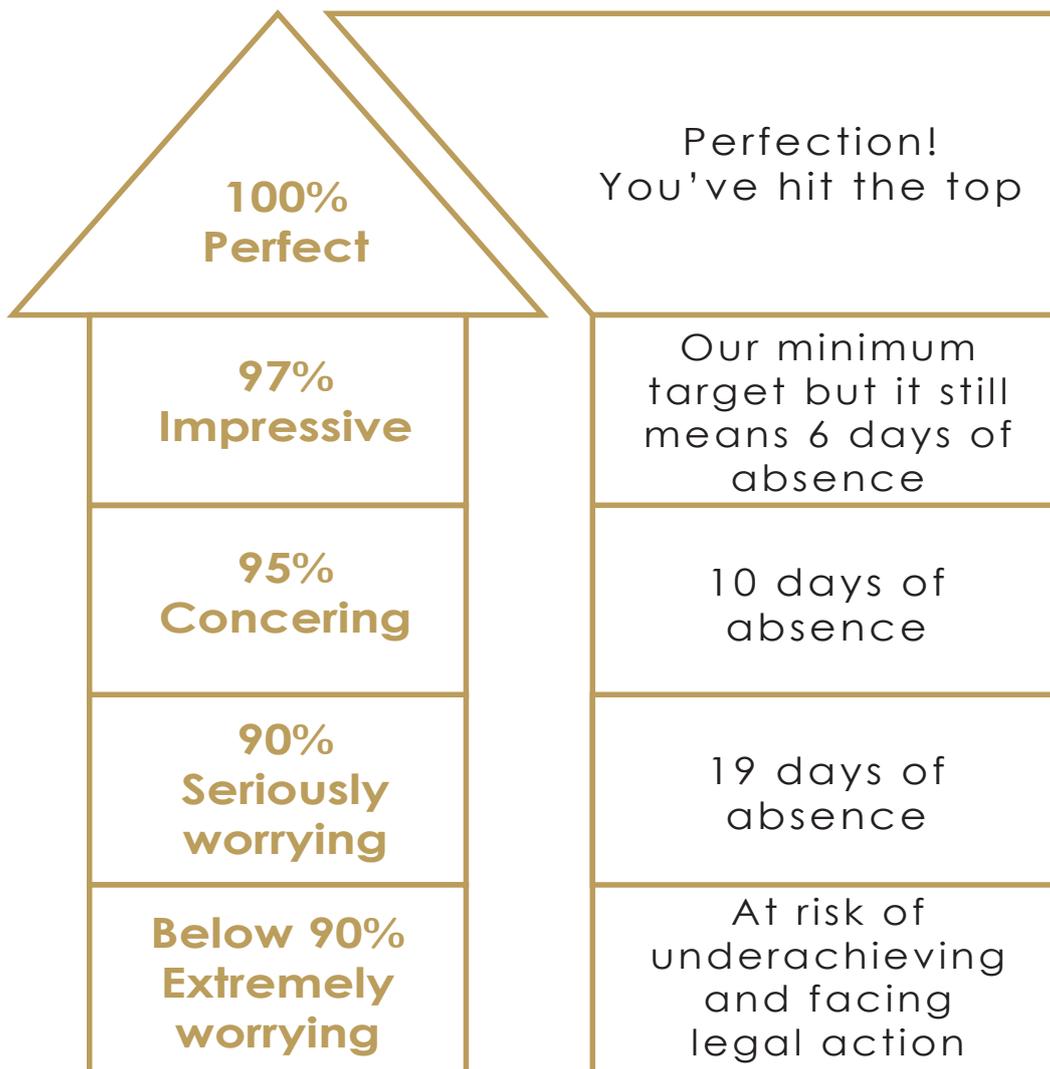


# PARENTAL HINTS, TIPS AND LINKS

We do have high expectations of our students and we will regularly contact you to let you know about your child's attendance. If you have any concerns, please contact the relevant Pastoral Team using **the [info@littleilford.org](mailto:info@littleilford.org)** email or phone number.

## Attendance Targets

- **95%+** = Best chance of academic success and social belonging.
- **93%** = Our current plateau. Help us reach our 95% goal!
- **Below 90%** = "Persistent Absence." This triggers formal support meetings.



EVERY MINUTE COUNTS

**BEING ABSENT = LOST OPPORTUNITIES**

**IF YOUR ATTENDANCE IS...**

**YOU WILL MISS...**

**95%**



**54 lessons**

**90%**



**114 lessons**

**85%**



**174 lessons**

**80%**



**228 lessons**

**75%**



**288 lessons**

**IF YOU ARE LATE EVERYDAY BY...**

**YOU WILL MISS APPROXIMATELY...**

**5 minutes**



**21 lessons**

**10 minutes**



**42 lessons**

**15 minutes**



**60 lessons**

**20 minutes**



**87 lessons**

**30 minutes**



**132 lessons**

**EVERY MINUTE COUNTS**