



Parents' Guides

Getting to school on time

We all need a little support and advice, from time to time.

Here are some helpful starting points for parents of adopted and previously in care children.

This guide is not manual for all children, they are there as a starting point to help and assist with some common challenges.

Please seek more specialist support and advice if you have any concerns.



www.hants.gov.uk/educationandlearning/virtual-school

www.iow.gov.uk/virtualschool



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&
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Getting to School on Time Ten Top Tips



Routine

1. Establish a good bedtime routine – see Top Tips for a Good Bedtime leaflet. You and your child need to have good night's sleep to function effectively in the morning.



Plan

2. Try to get as much done as possible the night before; get your child to pack their school bag, find their water bottle, and put things that don't need refrigeration in their lunch boxes and leave in a sensible place ready to pick up in the morning.



Prepare

3. Keep a list in a prominent place for each child and what equipment they need every day. Encourage them to check it for themselves.

Organise

4. Keep a filing box, or tray for all school letters so that all reply slips can be easily found. Take a photo on your phone for quick reference point. A ready stack of envelopes also helps.



Timing

5. Some children need time to wake up slowly (just like adults). Try setting a radio alarm clock, to come on 30 - 20 mins before you want them to get up. Set another alarm to go off at 5/10 minute intervals. Gradually increase the light levels in the bedroom to aid a more natural waking up process. Or set their favourite music to come on!



Uniform

6. Try keeping uniform all in one place, a box or a drawer so it can always be found. Put clothes on the radiator so it's more appealing to get up on cold mornings. Lay everything out for younger children.

Choice

7. Allow some negotiation, or limited choice, of what is to be eaten for breakfast; this will reduce the time spent arguing instead of eating. Have these discussions at a time when you are not in a rush.



Check list

8. Have a check list, include some pictures, of everything that needs to be done before leaving for school. Try to list in order so that they can progress through it. Give stickers or small incentives for success.



Goals

9. Set realistic goals that have a reward to speed up the process e.g. get dressed before you have breakfast, no TV until breakfast is eaten etc. No electronics until everyone is ready.

Ready

10. Be realistic as to how long it takes to travel to school and allow time for this. Allow extra time for defrosting the car or walking on an icy pavement.



Things to consider...

Above all keep in mind that a calm start to the day will allow everyone to get to work and school in a better frame of mind. Children hate being late for school. Staff tend to announce the overview for the day in the first ten minutes and if they miss this they will miss key information for their day.

