

Getting to school and staying at school

Information for parents and caregivers

What is School Refusal?

School Refusal is a complex issue which can become a source of enormous stress for the whole family. That's why schools want to work with you to come up with a plan to support you and your child.

- Many children and adolescents are reluctant to go to school at some point, but some find it so difficult that they refuse to go.
- The term School Refusal is often used when not going is related to a worry or an anxiety.
- School Refusal can happen at any age, but seems to happen more during major changes in children's lives like beginning kindergarten or the transition from primary to high school.
- There is no single cause for School Refusal, and reasons will differ from child to child.

What might I see?

If your child has missed school twice over two weeks, especially with some of the behaviours below, this may be a pattern of School Refusal.

- Tearfulness before school or repeated pleas to stay at home.
- Tantrums, clinginess, dawdling or running away before school or during drop off.
- Frequent complaints of illness before or during school, like stomach aches, headaches, dizziness or tiredness.
- Difficulty going to school after weekends, holidays, school camps or sports days.
- Long periods spent in sick bay or otherwise out of class.

What are the impacts?

School Refusal is a serious issue and needs to be managed early. Long absences mean that children miss out on both learning and friendships.

- The pattern can very quickly become a habit and very hard to change for children and their families.
- Missing one day of school each week means 2 full months' worth of learning lost over a year. This adds up very fast.
- Missing out on education can impact a child's lifelong learning and their social and emotional development in many ways.

It is important to respond

- School Refusal can also be a sign of an emerging mental health difficulty, so it's important to respond.
- That stomach ache might not be due to a bug, but a real symptom of your child's worry about going to school.
- Research shows that every day absent in high school has an impact on numeracy.
- Frequent absences might also jeopardise your child's relationships with their friends.
- Acting early is the best way forward. Seek help as soon as you are concerned.

Find support

You might find support for you and your child through your family doctor, the school counsellor, a family friend, a community-based support worker, an Elder, or a religious or spiritual leader.

Is your child refusing to attend school?

We really understand that this isn't easy!

Talking with your child's teacher is the best place to start

You might also find it helpful to seek support for yourself



Every minute counts, every day!

What can I do at home?

- Really listen to your child's concerns and fears about going to school - issues can be addressed if they're understood.
- If your child is 'feeling sick', check it out with your family doctor.
- If you're worried about their mental health, then your GP or school counsellor can be a great place to start.
- Being firm and kind in getting your child to school regularly and on time will help, including not prolonging the goodbyes.
- Praise your child's positive behaviours to reinforce their success.
- Keep up family and other activities for your child and the whole family wherever you can.
- Seek professional help for yourself and your child.

Where else can I go for help?

At school:

- Try the class teacher or year advisor, the school counsellor/school psychologist, or the school leadership team.
- If you feel you haven't yet got the support you need, don't give up - try approaching someone else at the school.

In the community:

- Your GP/family doctor, a community-based support worker, an Elder, a religious or spiritual leader, a friend or relative, are all possible options.

Useful links for families

Family Connect & Support www.familyconnectsupport.dcj.nsw.gov.au

Parent Line NSW www.parentline.org.au 1300 1300 52

Kids Help Line (5-25 years) www.kidshelp.com.au 1800 55 1800

NSW Mental Health Line 1800 011 511

headspace (12-25 years) www.headspace.org.au

Raising children Network www.raisingchildren.net.au

Well Mob www.wellmob.org.au

A local contact for support is:

EVERY MINUTE COUNTS!



Your child has arrived in time to settle well and has the best start possible.



Your child has probably arrived just after most children as the school day starts at 9:00am.



Your child is late and has missed the beginning of the school day. Being late often unsettles children.



15 minutes late = 8 days lost a year



20 minutes late = 11 days lost a year



25 minutes late = 14 days lost a year

It's not just the full days off, either - Every Minute Counts!

Sometimes just a few minutes late of a morning can set your child back for the whole day - it's all lost time which they can't get back.

Sometimes children worry about their parents when not with them. Reassure your child that you'll be safe while they're at school.

If they do stay home, don't make it more fun than school. Video games, TV, toys, snacks and parental attention are all high reward items for kids.

This isn't easy for parents and you might find yourself becoming pretty frustrated. Remember, it will take patience and time to resolve this. Be open to getting support, and know that occasionally you might have to change your approach to find what will work for you and your family.