



ATTENDANCE NEWSLETTER

JANUARY 2026

Happy New Year!

We would like to wish you all a Happy New Year and welcome you back to our new school term. Positive attendance levels remains one of our key priorities here at Leigh Academy Ebbsfleet. As a school we are always striving to make positive improvements, working with yourselves as parents/ carers to achieve this.

We would like to take this opportunity to reflect on the improvements we have seen in our attendance levels over the last year and recognise the achievements of our pupils.



Emotional Based School Avoidance

Sometimes anxiety and worries may lead to difficulties attending school. If your child has high levels of anxiety and does not want to attend school, they may be experiencing what is known as Emotionally Based School Avoidance (EBSA).

Anxiety has been identified as a key feature of EBSA. Although a certain level of anxiety is considered a normal and natural part of growing up, some young people may experience heightened levels of anxiety which impact on their day to day and school experiences.

When the anxiety is linked to school avoidance, the child or young person may experience anxious and fearful thoughts around their ability to cope with school.

Supporting your child

School staff can support your child with anxiety when they are at school, but they cannot support them when they return home after the school day or in the morning before school starts. At these times, you can address worries in the home setting. Both school staff and parents / carers have vital roles to play in helping children experiencing EBSA.

Evening and morning plans

If your child attends school but shows signs of EBSA, it can help to have evening and morning routines to get them ready for the school day. The plan could be made with your child so they can give you their thoughts and ideas.

If you would like us to support you and your family, please contact your child's College Team.

What can Parents do to support their child going to school?

We appreciate the effort it takes some of our families to get to school on time and we hope we can continue to work with those families that find this more of a struggle. Below are some tips that you can try with your child.



Communicate
Listen to what your child has to say, talk about their concerns.



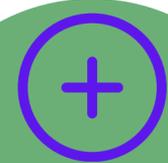
Ask for help
Talk to the school, let us know your concerns.



Encourage and develop
their resilience.



Routine
Introduce regular bedtimes and getting up times.



Be positive
emphasise the positive aspects of school, being with friends and learning.

Would you like to discuss your child's attendance?

Contact our attendance team:

attendance@ebbsfleet.latrust.org.uk