

Won't go to school



**Easy
Read**



MindEd

e-learning to support young healthy minds

Contents

	Page
Why children and young people won't go to school	3
- Anxiety	3
- Bullying	4
- Too much work	5
- Family Problems	5
- problems with sleeping	6
- Depression	7
What if my child won't go to school?	8
For more information	12

Why children and young people won't go to school

► Anxiety



Anxiety is a type of worrying in which a person thinks that something bad will happen and that they won't cope.



It might be a reason that children won't go to school.

People who worry a lot find it difficult to deal with new situations.



People who worry often do not want to go to places they are afraid of.

Parents might think that the answer is to keep the child off school. But this will make it worse.

► Bullying



Bullying can make children feel unsafe at school.



Bullying on **social media** sites is a worry.



Social media are websites where people can leave messages or photos for other people to see - like Facebook.



Children and young people don't always speak out because they are frightened about what might happen.



It may be important to ask your child about any problems they are having with other children.

▶ Too much work



Ask if your child is having a difficulty with:-

- ▶ The work.
- ▶ Someone - maybe a teacher.

Could your child have a learning difficulty?

▶ Family problems



School can be hard when something difficult happens at home. Maybe someone has died, or parents are splitting up.



It can help to keep going to school even during difficult times.



Children who have to start caring for a ill parent may worry about attending school.



They worry about how their family member will cope without their support.



Problems with sleeping



Not enough sleep can be a reason for not going to school.



Many young people spend time on the computer in the evening and into the night.

This might mean that they are not getting enough sleep.



It is important to have rules about when your child can be on their computer.

▶ Depression



Some young people do not want to attend school because they are feeling **depressed**.

Depression might be:-



▶ Feeling low.

▶ Being angry all the time.



▶ Losing their temper a lot.

▶ Crying a lot.



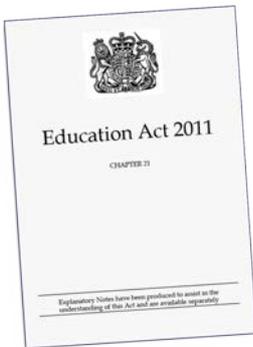
▶ Being bored all the time.

▶ Not wanting to see their friends.



If your child has been like this for more than a few weeks you should take your child to the doctor.

What if my child won't go to school?



By law, parents of school-age children must make sure that their children get a suitable education.

All children registered at a school must attend regularly.



If you are worried that your child is not going to school you should go and talk with the school. They will help you.



What should I do?

First to talk to your child about why going to school is difficult.

Listen carefully to your child's answers. Try to imagine how they feel.



Go and talk to their teacher at the school.



The school may have people who can offer support. If so you should work together.



Make a plan

Make a plan to help your child to feel OK about going to school.



Everyone should understand the plan.

Dropping off

It can help a child to arrive early or late when it is quiet.



It might help if they use a quieter entrance.



Arrange for someone from the school to meet your child at the door.



Your child may become upset but taking a long time to say “Goodbye” can make it worse.



It might make you feel better if you can phone someone at the school to check that they have settled down OK.

When they arrive at school



It might help if your child can go to a quiet place.



Sometimes it is good for a child to have a job they have to do straight away when they arrive.

Support at school



Maybe your child could be allowed to go to a special quiet room if they get upset.



Your child could be given a card to show the teacher if they need to leave the lesson.

It may help if your child could go to a person - like the school nurse, if they are getting upset.

Other ways of teaching your child



Children who cannot go to school should be given a different way of learning by the local council.



This might be a special unit or a service which teaches your child at home.

The school will be able to explain these options to you.

For more information

This resource is part of the MindEd online learning site. For more information please contact:-



Web: www.minded.org.uk



Email: minded@rcpch.ac.uk



Twitter: @MindEdUK

Easy read by easy-read-online.co.uk with help from Mencap Liverpool