

# Why Being at School is GREAT!

**Routines:** Daily routines on school days can reduce stress and anxiety for children. Getting to school at the same time every day gives a sense of safety and security for children - they like routines!

**Engagement:** Being in school means children will make friends and get to know staff. This creates trusting relationships for children which help them thrive.

**Access to the Fun Stuff:** School isn't just about learning to read and write. School means lots of playtimes, mealtimes with friends, music, art, drama and lots of amazing resources and equipment to play with too.

**Learning through being with friends:** Learning is most meaningful when it is active and social and that's what primary school is all about!

**Social Skills and Self-Confidence:** When children spend time away from their families, they build their social network and skills. This allows their sense of self and identity to grow and to be tested out in lots of different scenarios. School provides opportunities for safe exploration. In school, children get a sense of who they are, and how that identity sits alongside everyone else. It helps them to develop a sense of sympathy and empathy and to become independent.

**Resilience:** Everyone experiences days where they feel like they don't want to do something, but having to overcome those initial feelings builds the resilience to continue trying. Schools help children to learn to stick at something for a little bit longer.

**Support:** School provides opportunities for professionals to support children in many different ways. It's also a place where children can feel connected to and feel emotionally supported by their peers

**Achievement:** Great attendance means more learning and greater achievement! It also helps with concentration and communication which are important life-skills.