



19<sup>th</sup> November 2025

Dear Parents/Carers,

## Attendance

As you will know, regular school attendance is very important to your child's academic and personal development at Avonbourne. As we go into the winter months, we often see an increase in common illnesses such as colds, coughs and flu. There are several different strategies that we can do collectively to help keep your child fit and healthy.

- Keep them warm and well-fed. In these cold months, please ensure that your child comes to school with a coat and, when it is raining, an umbrella.
- Ensure that they have a balanced and healthy diet. As you will be aware, we have recently brought in a new catering company who are serving a range of healthy foods to support this.
- Rest and recover in the evenings. It is normal for children (and adults) to feel tired or under the weather during the winter as the nights draw in and the temperatures drop. Ensure that your child is getting to bed at a good time and has plenty of opportunities to rest in the evenings.
- Encourage good hygiene. Washing hands regularly remains one of the most effective ways to stop germs spreading.

As always, if your child is too ill to attend, then please contact [attendance@avonbourneacademy.org.uk](mailto:attendance@avonbourneacademy.org.uk) to let us know and if your child needs any additional support, please speak to your year team.

We set a target of 97% attendance for all students and work hard to support every child to attend school regularly. Our overall attendance is currently well above national average, and this is due to the support we have from parents and carers, and this is also a reflection on the positive learning environment that students experience at the Academies.

We are organising rewards events for tutor groups who demonstrate excellent attendance and punctuality, and these will happen in the final week of term. The final school day is Friday 19<sup>th</sup> December.

I would like to take this opportunity to thank you for the ongoing support you give to your children and wish you all the best over the winter.

Yours sincerely,

**David Gorvin**  
**Associate Vice Principal**

**Principal: Michelle Dyer**



# Avonbourne Boys' & Girls' Academies

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**Principal:** Michelle Dyer

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