



Resources

"Too Cool For School"

EMOTIONALLY BASED SCHOOL AVOIDANCE AND ATTENDANCE

HOW TO SUPPORT YOUR CHILD

You know your child best. Do not feel pressured by school. Always act in the best interests of your child.

Read through our guidance on [forcing an anxious child to go to school](#).

Request that SENCO, school nurse or your GP refer your child to Children and Adolescent Mental Health Services (CAMHS).

Explore your town's / city's Local Offer to find what support services are available in your area.

Look after yourself. This can be a difficult time for parents too, so make sure to consider your own mental health.

DEALING WITH SCHOOL

Read our guidance on [recording absences](#).

School should authorise absence due to genuine physical and mental health. Check that this is the case and, if not, use [our template](#).

If you are threatened with fines, use [our template](#) to respond.

Schools should not request medical evidence unnecessarily.

Ensure you are recording all events and communications. You can use [our template](#).

Do not agree to off-roll your child.

If not already in place / in progress, request that school apply for an EHCP.

SECTION 19 OF THE EDUCATION ACT

Where a child cannot attend school for more than 15 days (does not need to be consecutive days), the LA must provide suitable education. This must be full time or as close to full time as the child's health allows.

Use our letter to your Local Authority [enforcing section 19](#).

If your school is suggesting home education do not feel pressured to agree.

ALTERNATIVES – EHE, EOTAS, PART TIME

Flexi schooling is an agreement between the parent and school and is at the discretion of the head. Read [our guidance](#) for more information.

Part time schooling is usually a temporary arrangement made between the parent and school and is at the discretion of the head. Read [our guidance](#) for more information.

The differences between EOTAS (Education otherwise than at school) and EHE (Elective home education) should be understood. EHE is not the only option for a child that is unable to attend a school setting full time! Read [our guidance](#) for more information.