



# 7 ways to improve your attendance.




#1: Talk to a member of staff you trust about any concerns you have.




#2: Get 7-8 hours sleep a night.




Visit [www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/](http://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/) for some really useful tips.




#3: Book medical/dental appointments for after 2:45pm.




#4: Make sure your uniform is clean the night before.




#5: Pack your bag the night before.



#6: Eat a healthy and balanced diet.



[www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/](http://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/) has some really great tips.



#7: Only stay off school if you absolutely have to.