

Anyone can be late

Sometimes There are always

- The worst traffic jam ever
- The breakfast spilt over school clothes, just as you were about to sit down
- The queue that's longer than usual at the newsagent's
- The alarm that didn't go off

These things are nobody's fault and can happen to anyone. Frequent lateness is the thing to watch for

Did you know?

Being 20 minutes late for school every day for a year is the same as missing **3 whole weeks** of school!

Effects of lateness

- It messes up your education.
- If you miss the introduction to your first lesson many times, you may also miss important material.
- When you get to school, you may be tired, out of breath and unable to concentrate for a while.
- Your work may suffer, because you won't know what to do, and school may stop being fun.
- Being late can be embarrassing and stressful.
- There is the late book and the explanations to the teacher again - why are you late?
- Being late stops you chatting with friends before class.

What can you do to avoid being late all the time?

- You can talk to your parents or carers and explain why getting to school on time is important.
- The night before you can set your alarm to go off 15 minutes earlier than usual, giving enough time for breakfast (and spillages!) and getting ready to leave.
- The night before you can also make sure your school bags are packed, including any homework.
- To save time in the mornings, you can also get your school clothing organised the night before as well.
- See that you leave home early enough to account for the worst traffic jam ever and the longest queue in the newsagents.

In this way you can arrive at school with plenty of time to catch up with your friends, compare homework, and take part in your lessons from the start.

Who can I discuss lateness further with?

If you have problems talk to your teacher.