



NAISSS

North Auckland Integrated School Support Service

Lateness: Information for Parents

You might think, "It's only 5 minutes."

Here's the impact of all that missed time when we add it up:

- 5 minutes late every day = 25 minutes every week = 4 hours of missed school every term = 3 full days of school every year. After 10 years, that = 30 days, which is 6 complete weeks of school.
- One hour of lateness daily = 5 hours of school (the equivalent of a full school day) every week. Over one term this equates to 10 school days (2 weeks) missed. Over a full school year this equates to 8 weeks.

There are other effects of lateness:

1. School Learning - keeping up with the latest learning is necessary to make progress throughout the school year.
2. Negative Impressions - regular lateness may be seen by the school as a lack of commitment, responsibility or respect from the learner (or the parent).
3. Impact on Relationships - chronic or continual lateness can stress you and this reflects in the way you talk to your child. You may find yourself yelling or being grumpy just to get your child to school which means your relationship with your child is often on a back foot. Or it might be easier just to 'give in' which can lead to empowering their lateness.
4. Arriving late can make your child feel awkward and socially anxious because they feel like "Everyone is looking at me."
5. Missed Opportunities - Always being late may result in your child missing opportunities such as signing up for an extra class, activity or being selected for a team event.
6. Stress and Anxiety - Chronic lateness can contribute to higher levels of stress and anxiety for both your child, their siblings and you. This can begin a pattern of long term health problems such as high blood pressure and increased cortisol levels.
7. Self Esteem Impact - Students who are often late may perceive themselves as unreliable and inefficient, leading to lower levels of self worth.
8. Consequences - Patterns of lateness may lead to disciplinary actions, such as detentions.
9. Embedded Habits - Frequent lateness for children may lead to frequent lateness as adults due to the lack of opportunity to develop habits of self responsibility. Meeting deadlines and managing responsibilities can become more challenging.
10. A day starting badly can lead to a day ending badly. Being late can mean missing out on choices that your child might enjoy. This *may* mean a day where things are simply not going right. For example, being late may mean your child doesn't get to choose who they sit with which then means they then don't get to play with their friend because they were sitting in a different part of the classroom when the class was dismissed, which then means they have to play with a different person during playtime or spend playtime on their own. By the end of the day all these little things 'going wrong' can lead to a big meltdown.

