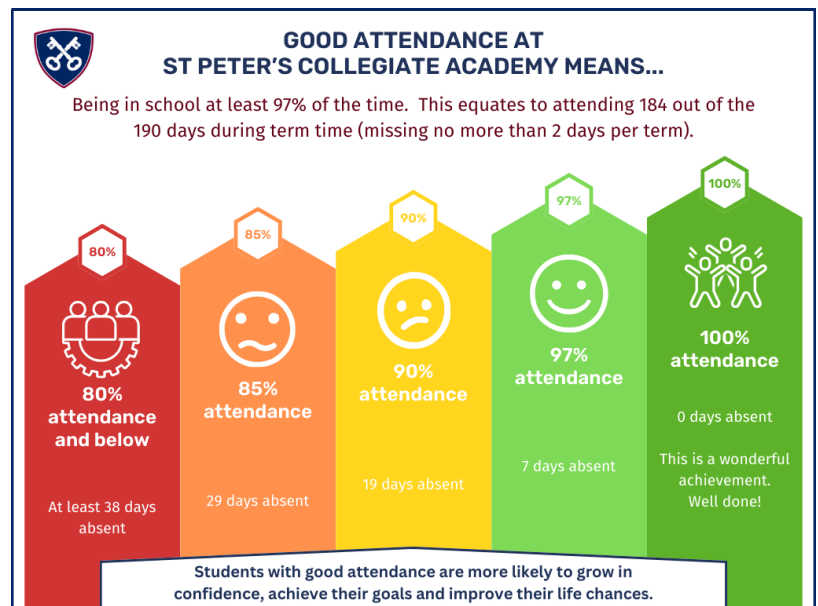




Attendance Matters!

Sixth Form students with high attendance perform better in their exams and BTEC courses.

- Sixth Form students are expected to **attend school every day**.
- When unavoidable absences occur, you should **contact the school** and provide a valid reason for not attending - parents/carers should email: **6thform@stpetersacademy.org.uk**
- Absences for GP appointments, and visits to A&E for minor ailments, are too high. Most minor ailments, coughs and colds **can be treated by visiting a Pharmacist**.
- Routine appointments should be **booked outside of school hours**.
- Driving lessons, driving tests and any paid work/employment should be undertaken **outside of school hours**.
- If a student's attendance falls **below 95%**, we will **contact home** to put strategies in place for improving this percentage.



Stay well Guide to help you choose the right service for you and your NHS				
Self-care	Pharmacy	GP	Minor Injuries	A&E/999
Hangover. Cough. Colds. Grazes. Small cuts. Sore throat.	Diarrhoea. Earache. Painful cough. Sticky eye. Teething. Rashes.	Arthritis. Asthma. Back pain. Vomiting. Stomach ache.	Cuts. Sprains. Strain. Bruises. Itchy rash. Minor burns.	Severe bleeding. Breathing difficulties. Severe chest pain. Loss of consciousness.
Self-care is the best choice to treat minor illnesses and injuries. A large range of common illnesses and injuries can be treated at home simply with over-the-counter medicines and plenty of rest.	Pharmacists advise and treat a range of symptoms. This can avoid unnecessary trips to your GP or A&E department, and save time. No appointment is needed and most pharmacies have private consulting areas.	GPs and nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.	Minor Injuries Units, Walk-in Centres and Urgent Care Centres provide non-urgent services for a range of conditions. They are usually led by nurses and an appointment is not necessary.	A&E or 999 are best used in an emergency for serious or life-threatening situations.



If you're feeling unwell, unsure, or if you want health advice and guidance for non-life threatening emergencies, call NHS 111.



You can also access health advice and guidance, or find your nearest service online, through NHS Choices: **www.nhs.uk**