

ATTEND Form for Students

For the assessment of factors contributing to school non-attendance

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Name:

DOB:

School:

School year:

Date of completion:

My strengths

What are you good at? What activities do you enjoy?

When have you had good attendance at school?

What helps?

Who are your friends?

If you could name one adult you trust at school, who would it be?

What is stopping me from going to school?

Worry

I am worried about:

- | | | |
|--|--|--|
| ☐ open spaces | ☐ being bullied | ☐ getting sick/germs/viruses |
| ☐ feeling trapped | ☐ having a panic attack | ☐ doing badly in lessons |
| ☐ crowds | ☐ public transport | ☐ socialising with other people |
| ☐ the school bus | ☐ getting into trouble | ☐ something else _____ |

I am so afraid of school that I:

- | | | | |
|--------------------------------|--|------------------------------------|---|
| ☐ sweat | ☐ breath too fast | ☐ cry | ☐ have a racing heart |
| ☐ panic | ☐ run away | ☐ get angry | ☐ find it hard to sleep on school nights |

My health and wellbeing

I have:

- | | | | |
|--|---------------------------------|-------------------------------------|--|
| ☐ migraine headaches | ☐ IBS | ☐ dyspraxia | ☐ severe period pains |
| ☐ an eating disorder | ☐ ADHD | ☐ dyslexia | ☐ hearing problems |
| ☐ sight problems (including CVI) | ☐ OCD | ☐ depression | ☐ anxiety/panic attacks |
| ☐ speech and language difficulties | ☐ autism | ☐ seizures | ☐ physical disability |
| ☐ another condition not listed here _____ | | | |

- ☐ I feel like I am in the wrong gender body

Sensory overload

I find it hard to put up with:

- | | | |
|---|---------------------------------|---|
| ☐ the fabric of school uniform | ☐ smells | ☐ moving between lessons |
| ☐ being too close to others | ☐ noise | ☐ bright lighting |
| ☐ something else in the school environment _____ | | |

Fitting in

- | | |
|---|--|
| ☐ I am being bullied | ☐ I have a bad reputation at school |
| ☐ I recently lost a good friend | ☐ I feel lonely and I don't really have friends |
| ☐ I have recently fallen out with someone | |
| ☐ I am having problems involving social media or cyberbullying | |
| ☐ I feel I don't fit in with others. Others don't understand me | |
| ☐ I feel I don't fit in with others because I am a different religion or race. | |
| ☐ I feel I don't fit in with others because I am gay/lesbian or have a different gender identity | |

School work and teachers

- | | |
|---|--|
| ☐ I find the work too hard | ☐ I find the work too easy |
| ☐ I am having trouble with a certain teacher | ☐ I find school rules much too strict |
| ☐ I worry teachers will get angry or lose patience with me | ☐ I don't trust the teachers |
| ☐ I am worried about doing PE or getting changed for PE | ☐ I am really worried about exams |

Changes

I recently moved:

- ☐ schools ☐ from primary to secondary ☐ year group ☐ house ☐ to the UK
- ☐ English is not my first language and I am still learning it

Things at home

- ☐ I am worried that my parent or carer is not well
- ☐ My parent or carer worries a lot about me not being well
- ☐ It is not always safe at home because of fighting and arguments, drinking or drugs
- ☐ We have had a death in our family
- ☐ We have had stressful things to cope with at home (e.g. house fire, burglary, parent/carer lost their job)
- ☐ We have had a big change in our family (e.g. new baby, new parent, new step-sisters/brothers, parents separated)
- ☐ I have to look after my parent, carer or brothers and sisters because sometimes I am the only one who can
- ☐ We worry a lot about having enough money
- ☐ There are lots of problems with where we live (e.g. damp, too crowded, we keep having to move, disagreements with neighbours or landlord)
- ☐ My parent or carer finds it hard to get me to school in the mornings
- ☐ I feel really worried about being away from my parent or carer – I worry about them the whole time we are apart
- ☐ We don't feel school is that important in our family - we think there are other ways of learning things

Do any of these other things stop me getting back to school?

- ☐ I have access to comforts (e.g. computer, phone, play station or X-box, internet, TV, food, staying in bed or on the sofa, cigarettes, drugs)
- ☐ I have a girlfriend/boyfriend off school
- ☐ I have friends who are also off school
- ☐ Other people in my family are at home during the day
- ☐ I work and earn money while I am out of school
- ☐ I get extra attention from, and time with, a parent or carer
- ☐ I can completely control my environment at home (e.g. what I wear, who I see, when I go to bed or get up, what I eat, routines)

I am: ☐ involved in gang activities ☐ part of a radical religious or nationalist group
 ☐ in a relationship with someone much older than me

- ☐ I do a lot of online gaming and have friends through it
- ☐ I am learning what I need to online or through a friend or family member
- ☐ I feel that school is pointless or do not want to be part of 'the system'

Things that make it harder to go back to school

- ☐ I don't know how to explain why I have been away to friends
- ☐ I worry about facing my teachers
- ☐ I worry that if I get into school, they won't let me leave if I need to
- ☐ I feel safe at home
- ☐ I don't think I can catch up with school work that I missed
- ☐ No-one is really helping me
- ☐ I go to bed too late or sleep badly and have trouble waking up early. I feel tired and sometimes catch up with sleep during the day
- ☐ People disagree about how to help me
- ☐ My parents and my teachers don't get along

Is there anything else that stops you going to school?

Of all the reasons ticked on this form, which are the most important?

What is your worst fear about school?

What is good about school?

What do you hope to do when you leave school?