

WHAT YOU TOLD US ABOUT SCHOOL ATTENDANCE in Carmarthenshire

THE BRAKES

(stuff that makes school hard)

ARGUMENTS

falling out with friends or
being bullied.

DISCOMFORT

scratchy uniforms, uncomfortable
chairs, & bright lights.

ISOLATION ROOMS

stuck in a confined space for a long time
over what can feel like a minor issue.



59%

said worries,
stress, & bad
mental health



44%

said feeling
too tired or
'burnt out'



1 IN 3

said bad
relationships
with teachers

FEELING TARGETED

being 'picked on' for behaviour and
small things like white socks.

OVERCROWDING

crowded hallways and
canteens are really off-putting.

LOCKED TOILETS

limiting bathroom access is
causing a lot of anxiety and anger.

THE FUEL

(stuff that makes school easier)

TRUSTED ADULTS

60%

said there is at least
one trusted adult
they can speak to
when attendance
gets hard

FRIENDSHIPS

2 IN 3

said friends
being there to
get through the
day with

DITCHING THE DESKS

hands-on projects, activities, and visits
outside the classroom help to keep focus!

WELLBEING SPACES

quiet and calming areas to escape to
when things get overwhelming.

SMALL TOOLS

easy adjustments, like headphones
and time-out cards to help cope.

WHY THIS MATTERS

Your voice is being shared with leaders to
help shape learning spaces into places
where everyone feels welcome and wants
to show up.

"School attendance is
just a number...
mental health and
wellbeing are more
important."

YOUR IDEAS FOR CHANGE...



Calmer staff communication
with less raised voices



Lessons that feel useful for real life



Unlock toilets



More flexible uniform rules when
needed



Staff who "actually listen and get it"



Get our thoughts before making new
school rules