

## The Importance of Regular School Attendance

- ▶ Attending school regularly helps children feel better about school – and themselves.
- ▶ You can help your children start building this habit early so they learn that going to school on time, every day is important.

Good attendance will help your children do well in school, in post-secondary, and later at work.

### Did you know?...

- ▶ By encouraging good attendance, you will make an important difference to the education of your children. Regular attendance and arriving at school on time is key to educational success.
- ▶ Challenges to daily attendance are unavoidable; illness and pressing issues arise, of course. But try not to let absences add up! Studies show that students who miss 18 or more school days each year usually suffer academically!
- ▶ It doesn't matter if absences are excused or unexcused. Being late and leaving school early also matter. They all mean lost time in the classroom, and that means a lost opportunity to learn.
- ▶ Attendance matters as early as kindergarten! Studies show that students who miss too many days in Kindergarten and Grade 1 are more likely to struggle with reading by third grade.
- ▶ Students with good attendance are more likely to graduate from high school.
- ▶ Students who have good attendance are less likely to be involved in behaviours that will get them in trouble. Studies show that students who attend school regularly are less likely to break the law and go to jail later in life.
- ▶ Children and teens are safer in school than out on the street.

## What families do is key.

- ▶ A regular bedtime and morning routine can help your children make it to school on time and ready for the day ahead.
- ▶ Get to know your children's teachers! Learn about the school's attendance policies. Keep in regular touch so you know how your children are doing.
- ▶ Make sure you make plans for transportation to school before the school year begins, especially if you need to make arrangements for busing.
- ▶ Let your children know that attendance matters to you. By learning how to show up for school every day, your children are learning that it is important to show up for work every day later in their lives.
- ▶ Encourage your children to go to school unless they are truly sick.
- ▶ Try to avoid having older children stay home from school to care for their younger siblings.
- ▶ Try to avoid booking medical appointments during school hours if you can. Try not to schedule any family trips on school days unless you have to.
- ▶ Ask the community and school if attendance incentives are available, and how your child can be considered.
- ▶ Provide regular study times and a quiet area for doing homework so your children don't avoid school because their assignments are not complete.
- ▶ Ask for help if you need it. What services are available in your community? Can the school help you access any resources you might need?
- ▶ Join with other parents to make an attendance commitment. Agree to help one another if something comes up that will make getting to school difficult.
- ▶ Contribute to your school's efforts to address absenteeism. Do what you can to help improve attendance for all students.