

## Be an Attendance H.E.R.O this Year!

Here Everyday Ready and On-time!

*The first step in becoming an Attendance HERO is knowing the importance of being here everyday, ready and on-time!*

Did you know the impact that just a few absences has on your child's present and future academic performance?



- Absenteeism in the first month of school can predict poor attendance throughout the rest of the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school! Oh no!
- Poor attendance can influence whether children read proficiently by the end of third grade or need to be held back.
- Missing school now can increase your child's chances of dropping out of high school later
- Chronic absence: missing two days of school a month, which adds up to missing 10 percent or about 19 days in the school year.
- By 6th grade, chronic absences become a leading indicator that a student will drop out of high school.

The good news is that there are plenty of ways to increase attendance and prevent chronic absenteeism both in person and virtually!

### In-Person Learning Attendance Tips

- Set a bedtime and regular morning routine
- Pack backpack with assignments, forms, etc. the night before
- Lay out clothes and backpacks the night before
- Create a transportation backup plan with a family member, neighbor or other parent for if something comes up
- Avoid planning medical appointments and extended trips for when school is in session
- Complaints of a stomach ache or headache can be a sign of anxiety, keep your child home only if he/she is truly sick
- If your child is avoiding school due to anxiety or fear, reach out to your school counselors and/or your child's teacher! We can help to give advice and support on making your child more comfortable and excited about coming to school

### Virtual Learning Attendance Tips

- Maintain regular bedtime and morning wake time
- Set classwork time for when your child(ren) are most attentive
- Create and write out a consistent schedule for your child including lunch, snack and movement breaks
- Use a timer for breaks to keep on track
- Do your best to create a distraction free environment for learning (sight and sounds)