

## **Importance of School Attendance**

One of the most important things your child can do to achieve academic success is also one of the most basic: going to school every day. In fact, research has shown that your child's attendance record may be the biggest factor influencing her academic success.

### **Benefits of daily attendance**

By attending class regularly, your child is more likely to keep up with the daily lessons and assignments, and take quizzes and tests on time.

**Achievement:** students who attend school regularly are more likely to pass reading and math assessments than students who don't attend school regularly.

**Being part of the school community:** Just by being present at school, your child is learning how to be a good citizen by participating in the school community, learning valuable social skills, and developing a broader world view.

**The importance of education:** Your commitment to school attendance will also send a message to your child that education is a priority for your family, going to school every day is a critical part of educational success, and that it's important to take your responsibilities seriously including going to school.

### **What you can do?**

As a parent or guardian, it is possible to plan ahead in order to limit your child's absences, make school attendance a priority, and help your child from falling behind if it is necessary to miss a day of school. You can do this in the following ways:

**Help your child get to school on time every day.** Babysitting, problems with a car or late bus, and the weather are not permissible reasons to miss school. Frequently coming to school late may also be noted on your child's permanent record, and will make it difficult for your child to stay caught up with the first lessons of each morning.

**Follow the school's guidelines and attendance policy, and report excused absences immediately.** At the beginning of the school year, review the school's rules and make sure you understand whom you need to call if your child is going to be absent.

**Schedule family events with your child's school schedule in mind.** Plan holiday celebrations or family trips during weekends or school vacations. In the case of family emergencies or unexpected trips, talk to your child's teacher as far in advance as possible and set up a way that your child can work ahead or bring important homework on the trip.

**Plan ahead.** Encourage your child to prepare for the next school day by laying out clothes the night before and helping to fix lunches.

**Promote good health.** Make sure that your child eats a balanced diet with plenty of fruits and vegetables, and has opportunities to exercise every day through a sports team or playtime outside.

**Create a restful environment.** Finally, make sure that your child can relax before bedtime by doing something quiet like reading rather than do something stimulating, like watching television. Ensure that your child gets enough quality sleep. Ideal amounts range from 8 to 12 hours. Getting enough sleep will help her get up on time, be refreshed in the morning, and feel ready for a full day of learning ahead!

By making your child's school attendance a priority, you will be taking an important step in supporting your child's school success, and setting a good example. Remember every day counts!