

## 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.

There are other benefits as well:

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

**Opportunity:** For older students, being in school every day gives them a chance to learn more about college and scholarship opportunities, and to take the important exams they need to build a successful academic record.

**Exposure to the English language:** Regular school attendance can also help students who are learning English by giving them the chance to master the skills and information they need more quickly and accurately even in other subjects!

**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. Teach your child how to set and use an alarm clock, and keep the television turned off in the 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.

**Check homework.** Check each night to see that your child understands and completes the day's homework assignments.

**Take an active role.** Stay involved with your child's daily experiences at school by asking how the school day went, and then listening carefully to what your child shares with you both the successes and struggles. Make it a point to meet your child's teacher and friends.

**Locate potential sources of anxiety.** If your child frequently appears upset or reluctant to go to school and cannot tell you why, schedule an appointment with his or her teacher or school counselor to talk about possible sources of the anxiety.

**Keep updated on school events and announcements.** Read the school documents that your child brings home and take note of important announcements and dates, such as back-to-school night and parent-teacher conferences.

**Try to limit the amount of time that your child misses school due to medical appointments or illness.** If possible, avoid scheduling doctor's appointments during the school day. Allow your child to stay home only in the case of contagious or severe illnesses.

Students who miss days, weeks, or months of school at a time will have a difficult time passing their courses and catching up to their peers. For older students, prolonged absences may make it very difficult to graduate from high school.

**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!

## **How important is attendance?**

The attendance rate is important because students are more likely to succeed in academics when they attend school consistently. It's difficult for the teacher and the class to build their skills and progress if a large number of students are frequently absent. In addition to falling behind in academics, students who are not in school on a regular basis are more likely to get into trouble with the law and cause problems in their communities.

Students miss school for many reasons. These can, however, be divided into three broad categories:

- Students who *cannot attend* school due to illness, family responsibilities, housing instability, the need to work or involvement with the juvenile justice system.
- Students who *will not attend* school to avoid bullying, unsafe conditions, harassment and embarrassment.
- Students who *do not attend* school because they, or their parents, do not see the value in being there, they have something else they would rather do, or nothing stops them from skipping school.

## The Importance of School Attendance

Research has proven that there is a high correlation between school attendance and academic performance and success, while absence from school is often the greatest single cause of poor performance and achievement.

Why is it so Important to attend every day?

- Learning is a progressive activity; each day's lessons build upon those of the previous day(s).
- Reading the material and completing work independently does not compensate for the loss of insight gained during class discussion or the loss of competency acquired through explanation or supervised drill.
- Many classes use lectures, discussions, demonstrations, experiments and participation as part of the daily learning activities, and these cannot be made up by those who are absent.
- Regular student participation in daily classroom activities plays a significant role in a student's school success.

Are there other benefits to my child?

- Students with good attendance records generally achieve higher grades and enjoy school more.
- Having a good education will help to give your child the best possible start in life.
- Regular school attendance patterns encourage the development of other responsible patterns of behavior.
- Students who develop an "on the job" attitude toward school will be more desirable to future employers.

What are the risks of frequent absences?

- A child who does not attend school regularly will be unlikely to keep up with the work.
- The more students miss school, the lower their grades; the lower their grades, the less they want to stay in school; the less they want to stay in school, the more likely they will drop out of school.
- Students who miss school are more likely to be at-risk for anti-social or criminal behavior.