

EVERY DAY COUNTS! ATTENDANCE MATTERS

1 ATTENDANCE POLICY

Know your school's attendance policy - how to report a child absent and how many excused absences are allowed.

3 PRIORITIZE SLEEP

Work with your child to establish healthy bedtime habits to make sure they get enough sleep.

5 MANAGE STRESS

Help your child to use healthy coping tools like journaling or movement.

7 CLUBS/ACTIVITIES

Help your child find an extracurricular activity! Feeling connected to peers and school is important!

2 SICK?

Know the "too sick for school" policy so you know when to keep your child home and when it is ok to send.

4 TALK!

have daily conversations with your child that that you will be aware of red flags, like anxiety or conflicts with peers, before a crisis happens.

6 MORNING ROUTINES

Encourage your child to pack their bag the night before & set their alarm! Eating a good breakfast will help to start their morning off right!

8 ASK FOR HELP

If your child starts not wanting to go to school, it is important to find out why. Work with your child's school team (teacher, counselor, principal) to provide support.