

Things to Know About Your Middle Schooler & Attendance

Attendance Matters

- Familiarize yourself with your school's attendance policies regarding absences and excuse notes.
- Understand the school's "too sick for school" guidelines to know when to keep your child home.
- Attendance is crucial for middle school activities, including hands-on tasks and group work.
- Regular attendance aids in forming friendships and supporting adolescent development.
- If your child is reluctant to attend school, investigate the reasons; solutions may be simple, or it may require collaboration with school staff for larger issues like bullying.

Support Your Students' Attendance

- Set high expectations and discuss their importance.
- Assist your teen in getting enough sleep.
- Help your teen manage morning routines to avoid tardiness.
- Encourage participation in extracurricular activities to boost school interest.
- Promote exercise outside of school for better sleep and mental health.
- Maintain daily conversations to identify potential issues like anxiety or peer conflict early.