

- What are the consequences if your child is late for or misses school altogether? Establish consequences together.
- Share with middle and high school students the importance of sleep.
- Have a curfew for school and weekend nights. Determine the times of curfew with your teen.
- **Remember** – even though your young adult may act and appear to not hear you – **You do get through – so keep on talking!**

There are, of course, legitimate reasons to miss school. Being sick is the major reason for school absences, as are family emergencies. Let the school know of these absences with a phone call or in person. Always schedule routine appointments for after school or on a non-school day.

At any grade level, frequent absences from school are serious. Frequent school absences can seriously affect your child's school achievement.



A child who is resistant to attending school may be experiencing a personal or emotional problem. Talk to your child to determine the nature of the problem. You may need to talk with the teacher or other school personnel to work out a solution to the situation together. The school's counselor is also a great resource in these situations.

Be sure you and your child are aware of the school's attendance policy. Discuss the hazards of missing school and perhaps the severe consequences his/her school may have for poor attendance.

Regular
attendance
is key
to success!



The South Dakota Parent Information & Resource Center is funded through a grant to the West River Foundation, working in partnership with Black Hills Special Services Cooperative, from the U.S. Department of Education, Office of Innovation and Improvement.



When parents are involved in their children's education, and education is a priority in the home, students will have better attendance, higher grades, and higher test scores. Student achievement levels are often substantially higher when parents are involved.



Parent involvement that leads to regular attendance is important from preschool through high school. Parent involvement in the early grades promotes higher reading and writing skills, and high school students whose parents remain involved maintain a better quality of school work and develop more realistic plans for their future. Students whose parents are not involved, on the other hand, are more likely to drop out of school.

Regular school attendance is important because—

- It allows students to feel more at-ease in the learning environment.
- Students are less likely to fall behind in the classroom.
- Classroom discussion (a valuable part of learning) will be missed.
- Classes such as gym, computer, and music can't be made up.
- Make-up work is hard; it teaches less, and takes more time to finish.
- Builds responsibility that lasts a lifetime.

To help promote a life time of regular school attendance begin when children are young. Establish simple routines at home both before and after school.

Before school—

- Be certain kids know what needs to be done to prepare for school. A picture chart of things that need to be done will encourage independence and save time.
- Provide breakfast; it is critical to feeling good at school. If necessary, check to see if your school serves breakfast.
- Save TV hours for a more relaxed time: it will only slow things down in the morning! If there is extra time, substitute a book.
- Get an alarm clock for your child's bedroom and have your child use it.

After school or in the evening—

- Provide a quiet place for homework. Be available to help.
- To relieve strain in the morning, pack school bags for the following day when homework is complete. Check the school calendar to see if it is a day that any extras are needed (snacks, gym clothes, permission slips).
- Have clothes out and ready to put on in the morning – it will save valuable time.

For older students—

- Be certain students have a consistent and reliable plan for actually getting to the school in time.
 - Outline things such as – Who is responsible for getting him/her out of bed – Do they drive to school? – Ride with a friend? – Is it a reliable ride? – Is there a back-up plan?
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