

Help your child

SUCCEED IN SCHOOL

Keeping your child on track in junior and senior high school sets them up for success in life



DID YOU KNOW?

- To stay on track for graduation, and reach their full potential, high school students need to miss less than 9 days of school per year.
- Missing a day or two of school every few weeks is considered chronically absent (18+ days per year). When a student misses 10% (or 18 days) in a school year, there may be a significant decrease in their ability to succeed in school.
- By grade 9, regular, high attendance is a better predictor of graduation rates than grade 8 test scores.
- Absences can be a sign your teen is losing interest in school, struggling during class or other difficulties.
- Good attendance is an important life skill that will help your teen succeed in high school, post secondary schooling and their chosen career.

ATTENDANCE
MATTERS



WHAT CAN YOU DO?



Note: These numbers assume a 179-day school year.

Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety

Help your teen stay engaged

- Find out if your child feels engaged by his classes and feels safe. Make sure they are not missing class because of behavioral issues and school discipline policies. If any of these are problems, work with your school administrators.
- Stay on top of academic progress and seek help from teachers if necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage meaningful afterschool activities, including sports and clubs.

Communicate with your child's school

- Know your school's attendance policy and talk to teachers if you notice sudden changes in behavior. These could be tied to something going on at school.
- Regularly check PowerSchool to ensure your child's absences are not adding up.
- If your child is missing too much school, ask for help from your school community, starting with your child's teacher or school administrators. You can also ask your afterschool programs, other parents or community agencies for support.

For more on school attendance, visit gppsd.ab.ca/parents

