

Regular attendance at school:

- increases motivation
- enhances feelings of belonging at school
- builds skills to reduce stress
- leads to positive academic outcomes
- builds stronger connections to the whole school community

Going to school builds strong interpersonal and social skills:

- empathy
- problem solving
- collaboration
- managing emotions
- inclusion

Remember:

- Patterns for attendance start early.
- Absences in the early elementary years have a big impact.
- Students with absenteeism in the early years are more likely to have attendance problems later.

Things Every Parent Can Do:

- Make School a priority.
- Set attendance goals with your child.
- Talk to the school about your child's attendance.
- Encourage good sleep habits.
- Prepare the night before to make mornings easier.
- Schedule appointments and sports outside school hours when possible.
- Schedule trips during school breaks.
- Talk to your child about why they don't want to go to school.
- Be part of building a strong, healthy school community.

If your child is unwell, refer to the health unit resource "[Go to School or Stay Home](#)"