

## Counselor Corner



### September is School Attendance Awareness Month!

Welcome back to school!! I am the counselor at Lincoln Elementary, Roxie Crouch. (Most people call me Mrs. Roxie). I am very excited to be a Lincoln Lynx. Every Month I will be posting a newsletter that will summarize some of the things we have learned that month. My lessons will focus on social and emotional learning, college and career readiness, bully prevention, etc. In addition to classroom lessons, I also help students individually and in small

groups.

September is School Attendance Awareness Month. Every day COUNTS. A study conducted by the Utah Education Policy Center showed that first, second, and third grade students in Utah who were chronically absent during the school year were significantly less likely to read on grade level at the end of the school year.

#### WHAT YOU CAN DO TO HELP YOUR CHILDREN?

- Set a regular bedtime and morning routine. Elementary school age children need **9 to 11 hours** of sleep a night. Sleep deprived children can be difficult and often have similar symptoms of ADHD and Oppositional Defiant Disorder.
- Take away electronics at least 2 hours before bedtime.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless he/she is truly sick.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

I have raised 4 children and I know how hard it can be to get them going and motivated to go to school. I also know that setting the standard in the earlier grades can help kids succeed in secondary school.

I look forward to an awesome 2019- 2020 school year.

Ms. Roxie



