



Counseling Department Attendance Newsletter

January 2024



Parents,

This semester we are continuing with our attendance initiatives. Attendance is an important part of the learning and social development of children. For students to meet their academic targets, they must be here every day, on time, and all day. As the weather changes, we are asking you to ensure that the students are properly dressed to prevent any illnesses.

How is perfect attendance determined?

Students are considered to have perfect attendance if they attend school every day, on time, all day.

10 Days of Good Attendance

Monday, January 8th starts our 10 days of good attendance. Every student that attends school every day, all day, and on time during 1/8/24- 1/12/24 & 1/16/24-1/22/24 would be awarded a certificate and a special treat.

ATTENDANCE PARTY

Students with perfect attendance from October - December will attend the attendance party this month.

Ms. A. McCraw & Mrs. R. May, School Counseling Department



Impact of Absences

Every School Day Counts

Attendance during the school year	Equates to days absent	Which is approximately	Which means the number of lessons missed
97%	6 days	1 week	30 lessons
94%	10 days	2 weeks	50 lessons
90%	19 days	4 weeks	95 lessons
85%	29 days	6 weeks	145 lessons
80%	38 days	8 weeks	190 lessons
75%	48 days	10 weeks	240 lessons
70%	57 days	11.5 weeks	285 lessons
65%	67 days	13.5 weeks	335 lessons

Tips to Keep Children Healthy During Flu and Cold Season

1. Wash hands frequently at home and school – Children's hands should be washed with soap and water to remove germs before eating, after the bathroom, and when they come inside from play
2. Indoors or outdoors, get active – Children should get regular, moderate exercise to boost their immune systems.
3. Get plenty of sleep – Children need between 9 and 14 hours of sleep a day. Sleep deprivation can weaken the immune system and increase risk of getting sick.
4. Eat a well-balanced diet – Provide meals with plenty of colorful fruits and vegetables to help boost children's immune systems.
5. Decrease stress – Give children plenty of down time for rest and creative play to help lower stress levels.
6. Avoid germy sharing – Teach children to never share straws, cups, hats or scarfs, or anything that comes in contact with their mouths and faces.

