Parents Families Caregivers



2023-2024 School Year

IDEAS FOR STUDENTS IN

Grades 5-8

You are your child's biggest advocate because you have the greatest hand in his or her future success. Help your child **Stay in the Game** and keep learning every day so he or she is challenged, prepared and empowered for the future.

DidYouKNOW?

Learning every day helps your child understand the importance of attendance at any age.

Students are more likely to participate, focus and learn in classrooms if they feel safe (emotionally and physically), connected, supported and believe they can learn and achieve.

Missing two days of school per month (missing 10% or more of school) is enough to cause a student to become chronically absent. Chronic absence can make it more difficult to succeed in middle and high school.

Steps you can take to help your child get to school and Stay in the Game.

Discuss Attendance Goals

- Talk with your child about the importance of learning every day.
- Talk to your child's teacher or principal about attendance and any problems your child might have at school and learning every day.
- Make sure you know the attendance policies at your child's school, including what to do if your child misses school, incentives and the outcomes of missed attendance.
- Monitor your child's learning pace and progress across all courses for attendance, participation and performance and seek his or her teacher's help as soon as he or she starts to fall behind.
- Talk to your student and reinforce the importance of handwashing, cough and sneeze etiquette and staying home when sick.

Develop Smart Routines

- Prioritize the importance of a good night's sleep: school works the brain and the brain needs rest.
- Set a daily get-to-school time, which is when your child should leave for school.
- Create a learning schedule with your child to help keep him or her on task. A consistent and predictable routine for learning every day gives children an assuring sense of stability.
- Monitor your child's online activities, including social media. Know your child's friends and understand their social interactions.
- Help your child adapt to new learning environments, including when to complete assignments, where to work and how to manage competing priorities and schedule conflicts.
- Encourage movement and physical activities such as walking/running, playing sports, dancing and finding creative ways of learning in the outdoors.

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Additional steps you can take to help your child get to school and Stay in the Game!

Plan Schedules Accordingly

Make sure your child has required medical examinations. Keep up with your child's well-being check-ups and schedule medical appointments after school or outside of the school day, when possible.

Schedule vacations when school is not in session.

Track Missed Days

Complete the Stay in the Game Tracker with your child on a regular basis.

The attendance tracker will help you see and track how much school your child has missed.

Connect with Educators

Check-in regularly to monitor progress and follow up with your child's teacher if he or she misses school.

Let someone at school know if you are having trouble getting your child to school or obtaining resources—whether you face issues with internet connectivity, food, transportation, child care or something else.

Make sure all your contact information is up to date with your child's school and maintain frequent contact with his or her teacher.

Know the STAY IN THE GAME! Attendance Zones



STAYINTHEGAME.ORG

STAY IN THE GAME! KEEP LEARNING, EVERY DAY

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