

# KEEP YOUR MIDDLE & HIGH SCHOOL STUDENTS ON TRACK



## PRIORITIZE ATTENDANCE

Even as children grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school.

- Check your child's attendance. Families can log into CPS Families Portal to view attendance. For support with accessing and using the CPS Families Portal, visit the ParentVUE Information webpage. Talk about the importance of showing up to school every day.
- Help your student maintain daily routines, such as finishing homework and getting a good night's sleep.
- If your student must stay home because they're sick, make sure they ask teachers for resources and missed assignments.
- If your child has anxiety about going to school, discuss possible options with your child's teacher, counselor or principal.

## HELP YOUR STUDENT STAY ENGAGED

- Ask your student if they feel engaged in their classes. Ask if they feel safe and welcome in their school. Make sure they aren't missing classes because of challenges with behavioral issues or school discipline policies. If so, contact your student's counselor to discuss.
- Monitor their academic progress and seek help from teachers or tutors, if necessary. Make sure teachers know how to contact you. Stay on top of their social contacts. Peer pressure can lead to skipping school. Students without many friends can feel isolated.
- Encourage them to join meaningful after-school activities, including sports and clubs.
- Notice and support them if they're showing signs of anxiety.

## COMMUNICATE WITH THE SCHOOL

- Report absences. Parents/guardians can report absences by calling their student's school.