

# Healthy Minds, Healthy Families

Empowering Families for Scholar Success

How can I help my child...

Maintain physical activity?

Avoid vaping and other substances?

Deal with stress and anxiety?

Manage social media and screen time?

Make good food choices?



Thursday, December 11 | 6-7:30 pm



FEDERAL WAY  
PUBLIC SCHOOLS





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Cierra Gamble: Liaison for Equity & Scholar  
 Attendance

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## We Will Be Going Over

1

Research & Impact

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SBMA > MCB! NABR & NV SN0 BONCS

3

How to be an Awesome Advocate

4

Practical Strategies & School Support

5

Q & A

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- Absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 24 days in September go on to miss nearly a month of school
- Poor attendance can influence whether children read proficiently by the end of third grade
- By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school
- Research shows that missing 10 percent of the school, or about 18 days in most school districts, negatively affects a student's academic performance.

# Does Attendance Really Matter ?

If your scholar misses:

That equals:

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From Kindergarten to 12th grade your scholar would have missed:



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18 days a year



1 month a year



1.5 years of school



1 day per week



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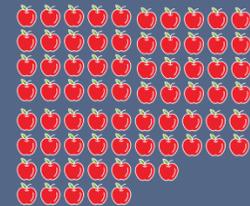
2 months a year



2.5 years of school



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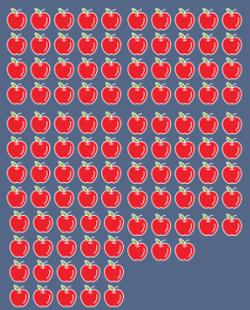
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3 day per week



108 days a year



Over a half a school year



7 years of school



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If your scholar misses:

That equals:

Which is:

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10 minutes  
a day



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about 15  
weeks of  
school each  
year



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1 hour & 40  
minutes of  
learning each  
week



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about 1  
year of  
school



1 hour each  
day



1 day of  
learning  
each week



about 8  
weeks of  
school  
each year



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# Research & Impact

## Learning Gaps

- \*NRR' MRSQT @SNM
- \*NVBQ @ABL Fa @EIBUBL BMS

## Decreased Grad. Rates

- Limited Future Opportunities

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#L NSNM > K % QNVSE

- Missed Enrichment
  - Clubs, Sports, Band etc.
- Lack of Engagement
- Isolation



# School & District Duties

## Schools Duties

Attendance Notification

Attendance Letters

Safety Calls

Attendance Conferences

Attendance Interventions

## District Duties

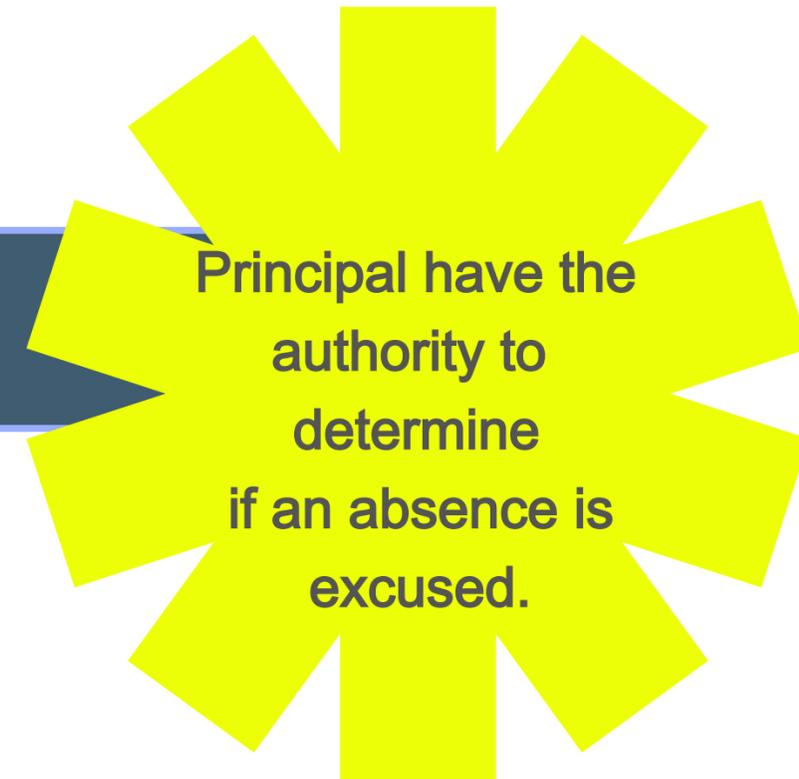
File Petitions

Support with Interventions  
(School & Family)

Community Attendance Meetings

Support Families

# Excused Absences



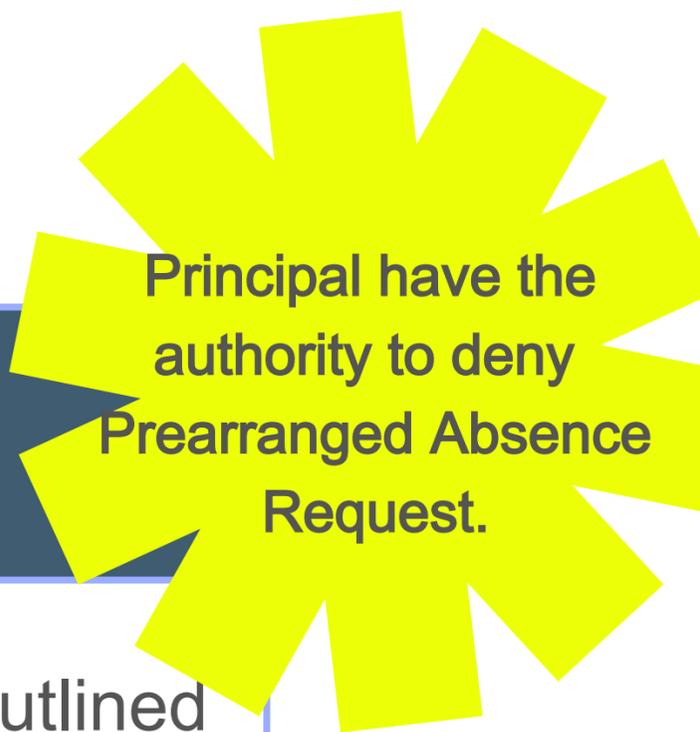
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>MA > O>@BMS@DT>QAF>M@NQBL >M@O>SBA XNTSE□

## Unexcused Absences

Any absence from school is unexcused unless it meets one of the criteria outlined for an excused absence.

## Prearranged Absence Request

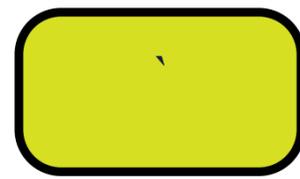
If you are planning a family trip or an absence longer than 2 days a prearranged request should be given to the school 3 days before trip.



Principal have the authority to deny Prearranged Absence Request.



# How to Report Absences



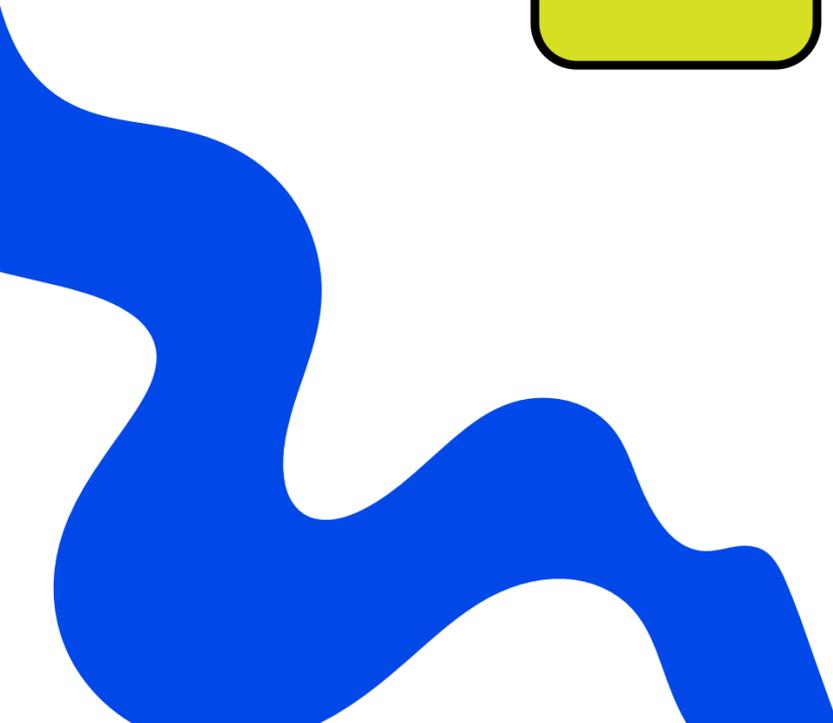
Call your students School



Report your students Absence on ParentVue



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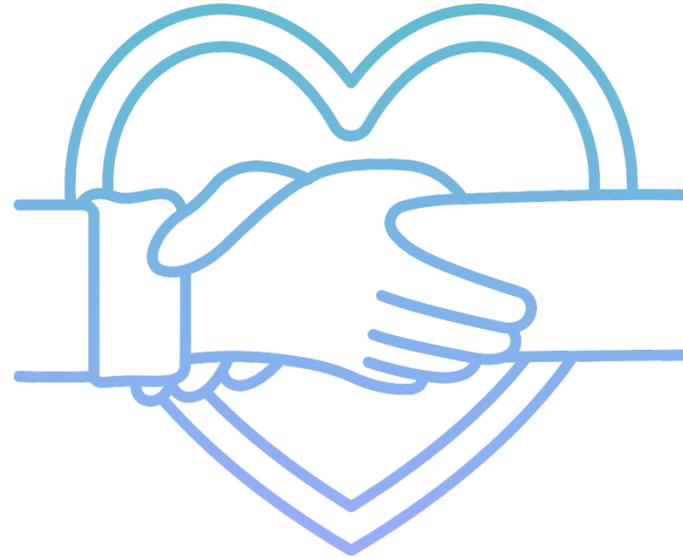


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# Available Supports



504

IEP

Medical Plan

HIB

School  
Counselors

College & Career  
Specialties

McKinney-  
Vento

! @AISOB@NBQX

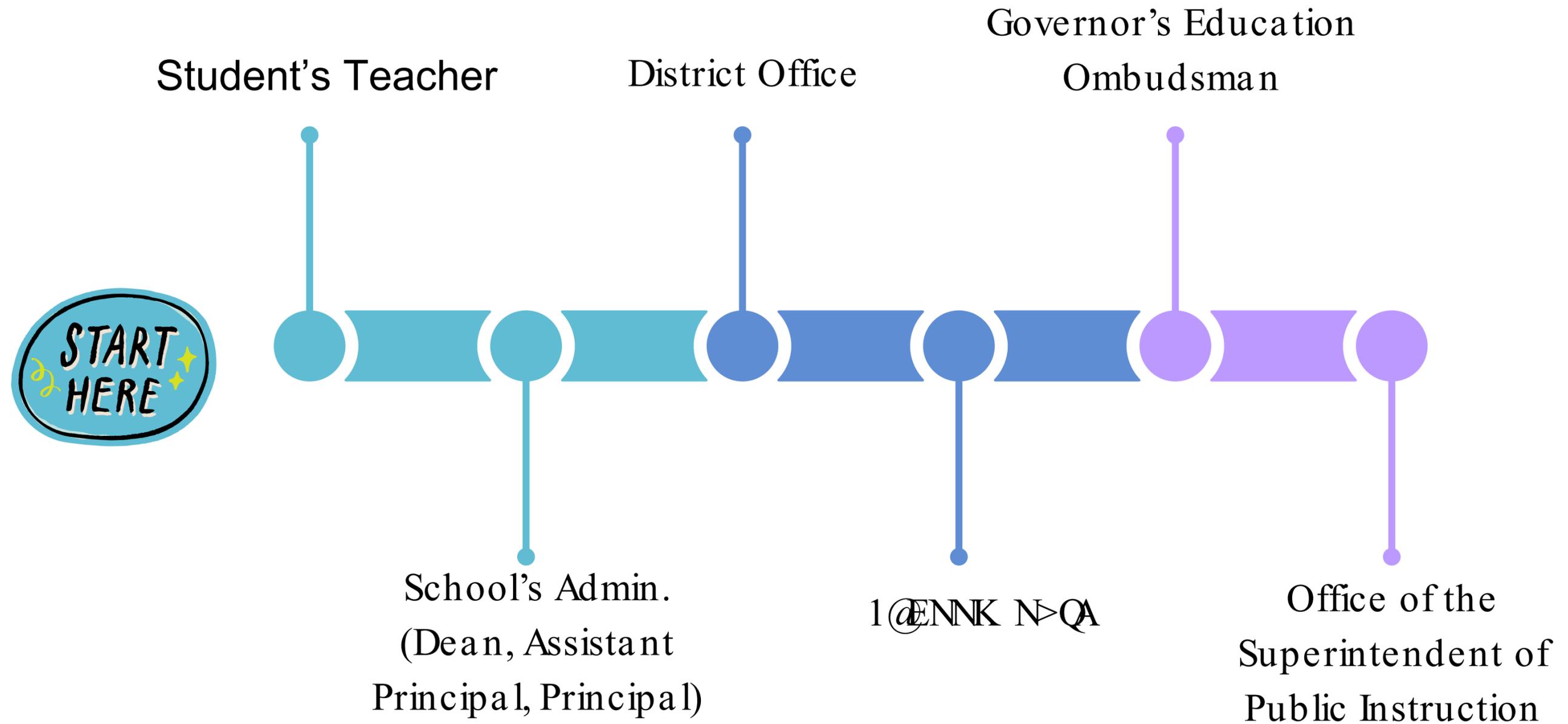
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# Effective Advocacy

- Am I clearly identifying the need or concern?
- Is this the right person to help me in this situation?
- What can I do to partner with the school staff to support my student?
- Document everything & follow up

# Navigation Ladder





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@MFABMS>MA @>AXSNS>@IB VE>SUBQ@NL BRSEBQV>X

+ >JB1 @ENKSEB1S>QNC7NTQ&NL B1ENV ✨

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**QUIZ  
TIME!!**

**Your 10 year old has been feeling nauseous every morning for the past week. They've missed 3 days of school. You've been getting calls from the school.**

**What should you do ?**

A: Keep them home until they feel better

B: Send them to school

C: Contact the school to discuss the situation

D: Wait and see if it gets better on its own

**Submit**

Your name will not be shared

**A family member has been hospitalized in another state. You have to leave immediately and may be gone for a week with your child.**

**What should you do ?**

A: Deal with the school later

C: Contact the school

D: Send your child to school

**Submit**

Your name will not be shared

**Your 14 year old has been experiencing severe anxiety about school. You received a letter that says a Truancy Petition will be filed.**

**What should you do ?**

A: Force them to go to school

B: Let them stay home

C: : Consider homeschooling

D: Contact the school counselor or school admin

**Submit**

Your name will not be shared

**Your child is being bullied at school and doesn't want to attend. They've missed 6 days of school this month. You've reported the bullying but feel the school isn't doing enough.**

**What should you do ?**

A: Keep your child home until the bullying stops

B: Document everything & request a formal meeting with administration

C: : Tell your child they have to deal with it

D: Transfer schools immediately

**Submit**

Your name will not be shared

**You've received a court petition stating the your child has had a Truancy petition filed in court due to unexcused absences, You weren't aware some absences were marked as unexcused.**

**What should you do ?**

A: Keep your child home until the bullying stops

B: Document everything & request a formal meeting with administration

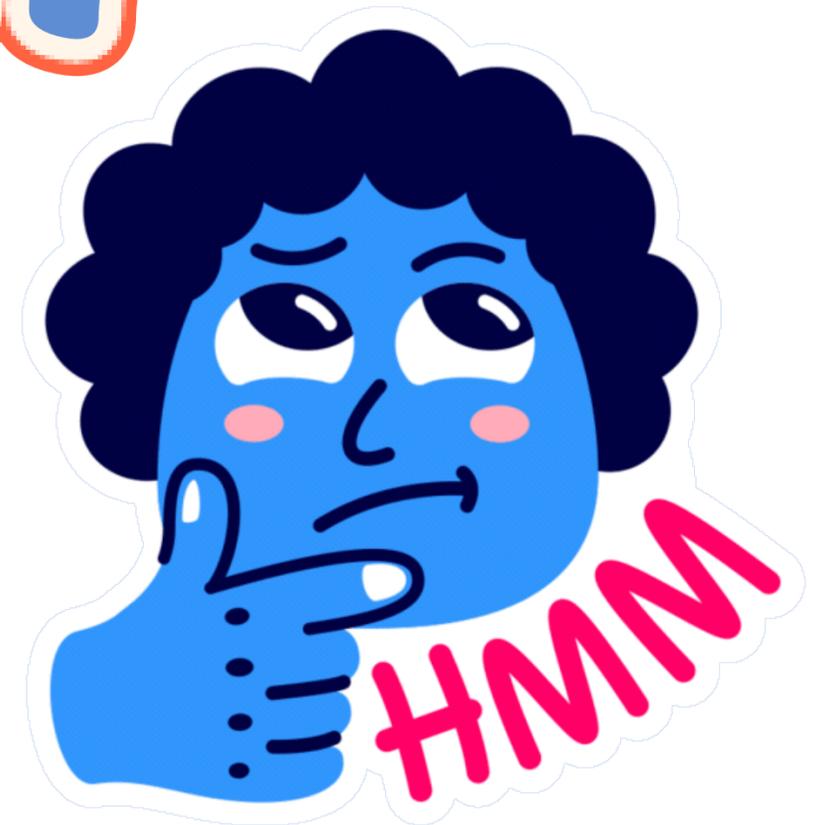
C: : Tell your child they have to deal with it

D: Transfer schools immediately

**Submit**

Your name will not be shared

# Question



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ParentVue



ParentSquare

## Next Steps:

### Feedback Survey:

Please help us improve by sharing your feedback about today's event through a 3-minute survey.

*Encuesta posterior al evento: ¡Ayúdenos a mejorar!*

پست-نظرسنجی : رویداد به ما کمک می کند بهبود یابیم!

Take the survey at [www.fwps.org/familyacademysurvey](http://www.fwps.org/familyacademysurvey)



### EP&O Renewal Levy:

- Learn more at [www.fwps.org/levy2026](http://www.fwps.org/levy2026)
- Register to vote, if needed
- Don't forget to vote on February 10, 2026

