Hello, November!

As the days get shorter and the school year picks up speed, we want to check in on three things that matter most this time of year: showing up, feeling well, and staying on top of grades. Our theme is the same: **Every Day Counts.**

November brings Thanksgiving and a few long weekends, and historically that is when we see absences climb. Even one or two missed days a month can add up to chronic absence and slipping grades, and the effects are often visible within a few weeks.

- **Sick is sick.** Please keep your student home for a contagious illness or when they are truly unwell. For everything else, including early holiday travel, we ask that families try to keep students in class through the last day before breaks.
- **Check Infinite Campus.** The First Quarter closed on Monday, November 2. Take a few minutes to review your student's unexcused absences and tardies. As a reminder from October, Make-Up Time Detention begins once a student passes 6 AUs, so now is a good time to catch anything that needs clearing up.

Seasonal Shift

With daylight saving time ending and winter approaching, many teens (and adults!) feel more tired, less motivated, or just a little down. That is common, but it is worth paying attention to. Changes in sleep, a shorter fuse, or pulling away from friends and activities are all signs to notice.

- **Ask better questions.** "How was school?" tends to get one-word answers. Try "What was the heaviest part of your day?" or "What was the best part?" A few minutes of real conversation goes a long way.
- **Keep them connected.** A club, team, or arts program gives students a place to belong, and students who feel connected tend to attend more often and feel better.
- **Know where to turn.** Our counseling office is available at 763-274-3140. If your family needs immediate support, you can call or text **988**, the Suicide & Crisis Lifeline, any time.

Mid-Semester Grades

First-quarter grades are landing, and we encourage families to treat them as information rather than a verdict. A dip is a chance to see what needs adjusting while there is still plenty of time to do it.

- **Encourage your student to email their teachers directly** about missing work, retakes, or extra support. Learning to advocate for themselves is one of the most valuable skills they will take from high school.
- **Students can use WIN time.** Students can sign up for WIN to get help during the school day.

How You Can Partner With Us

- Notify the office promptly when your child will be absent.
- Check Infinite Campus regularly, and keep your login private from your student.
- Reach out early. If something is getting in the way of attendance or grades, we would much rather help sooner than later.

Thanks for partnering with us to make every day count!

If you would like to provide feedback or ask questions, please click here.