

Attendance Matters



Every Day, All Day!

Solana Beach School District Student Services Department "Attendance Matters" Newsletter

December 2019

Welcome to the first issue of "**Attendance Matters.**"

It is our goal to educate families on the importance of school attendance, beginning in kindergarten. The purpose of this newsletter is to:

- Raise awareness of the importance of good attendance
- Inform families of the District policies and procedures
- Provide helpful tips on getting your child to school each day and on time

We hope you will find these newsletters helpful and informative.

Best wishes,

Lisa Denham, Coordinator of Student Services

The Social and Emotional Benefit of Regular Attendance






Research has shown the following benefits from consistent and on-time attendance including:

- Sleeping and eating patterns are stabilized with good effects on health.
- A predictable schedule builds the child's confidence at home and school.
- Children know what to expect in the classroom because they were there the previous day.
- Children recognize they are part of a community; their peers and teacher expect and include them and miss them when they are gone.
- Ongoing, extended conversations and learning are able to be built upon.
- Children learn to increasingly control their emotions simply by being in a consistent environment and on schedule every day.
- Teachers spend less time "catching them up" and more time building on what they learned the day before.
- Parents and families feel more a part of the school community and are able to support and engage with each other.

IMPORTANT ATTENDANCE FACTS

There are 180 days in a school year, which leaves 185 days to spend on family time, appointments and other things!

Chronic Attendance

180 Days 100%	172 Days 96%	169 Days 94%	165 Days 92%	More than 18 days absent, less than 90%
				
Very best chance of success	Off to a flying start	Less chance of success	Harder to make progress	Chronic Absenteeism (Not fair for your child)

Any student with attendance below 90%, regardless if the absence is excused or unexcused, is considered to have **chronic absenteeism**. This equates to just two days each month. Statistics show that students with chronic absenteeism are less likely to achieve their full potential, and can suffer in the long term from significant gaps in their learning. We need your support to ensure that your child's education is not affected. Send your child to school every day, all day, to get the most out of their education.

Tips to Keep Children Healthy During the Flu and Cold Season

The average American child has six to 10 colds a year. In fact, children's colds cause more doctor's visits and missed school days than any other illness. Here are some tips to help keep your children healthy during the cold and flu 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 germ sharing – Teach children to never share straws, cups, hats or scarfs, or anything that comes in contact with their mouths and faces.