



# Keep Your Child on Track in Middle & High School:

## Pay Attention to Attendance

### DID YOU KNOW?

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 and on the job.

- Students should miss no more than nine days of school each year to stay engaged, successful, and on track to graduate.
- Missing 10%, or about two days each month over the course of a school year, can affect a student's academic success.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, or facing some other difficulty.
- By sixth grade, absenteeism is one of three signs that a student may drop out of high school.
- By ninth grade, attendance is a better predictor of graduation rates than eighth grade test scores.
- Being in school helps students learn to develop healthy identities, manage emotions, achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions

### WHAT YOU CAN DO

- Help your teen maintain daily routines, such as finishing homework and getting a good night's sleep.
- Speak with your child. Try to understand what's bothering them and why they are avoiding school.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, reach out to teachers or support staff to discuss your student's challenges, identify what can help your child, and develop a return-to-school plan.
- Contact the Family School Liaison at your child's school if you have other barriers that make attending school difficult. They are there to help connect you with resources.

### Trauma-Informed

Attending school regularly aids in foundational healing by providing students' minds and bodies with structure and consistency.



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