

# Every Day Counts...

## A message from your GSSD Psychologists

### DID YOU KNOW?



- Starting in Kindergarten, missing 10% of school (or just 2 days every month) can make it harder to learn to read and can cause children to fall behind.
- Good attendance, whether class is held in person or remotely, can help children do well in school, and eventually in post-secondary or the workplace.

## What You Can Do:

### Communicate with the School



- Let your children's school know the best way to reach you and update your contact information as needed.
- Get and post your child's class schedule and any log in information they may have on the refrigerator or their workspace.
- Practice logging in to online classes and make a plan for supporting learning for children. Contact your school if you need help logging in.

### Make School Attendance a Priority



- Establish routines for bedtime, waking up, getting ready and showing up for class. You may want to consider making it visual and post it where your child can see it regularly.
- Identify a quiet place for your child to do school work. If you have multiple children, make a schedule.
- Develop back-up plans for getting your child to school or logging in to the computer if you can't be there to help. Reach out to your school if you need support.
- Avoid extended family trips and non-urgent appointments when school is in session.

### Help Your Child Stay Healthy and Engaged



- Monitor your child's attendance and participation; contact their teacher to address any concerns.
- Reach out to your child's school team for advice on how to make your child feel comfortable and excited about learning. They are there to help work through any barriers to regular attendance!