## 5HOWup

## Attendance Tips for Parents

## Did you know?

- If your student misses 2 or more days a month, they are considered chronically absent.
- By the end of the school year, a chronically absent student will have missed 16 days or more.
- That's more than 112 hours of instruction!


## What happens if my student is chronically absent?

- Students who are chronically absent are more likely to have lower reading levels and lower grades.
- High school students who are chronically absent are more likely to drop out.
- Data shows that adults who were chronically absent as students make less money in their careers.



## What can parents do?

- Talk to your student about the importance of education.
- Keep your student on a good sleep schedule with a regular bedtime.
- Take away electronic devices 30 minutes before bedtime to encourage sound sleep.


## What if my student needs to be absent?

- Talk with teachers about your student's progress and how you can help keep them on track. Emails are great! You can also ask for a parent-teacher conference.
- Make sure your student completes any missing work.
i: Turn in notes so absences can be excused.

