

Tips for Excellent Attendance

Sleep Range Recommendations:

According to the National Sleep Foundation recommendations the sleep range for Preschoolers (3-5) is 10-13 hours. For School age children (6-13) the sleep range is 9-11 hours. To foster your child's sleep pattern it is encouraged to have a regular and consistent sleep schedule and bedtime routine. Your child's bedroom should be conducive to sleep: dark, cool and quiet. TV's and computers should be off and out of the bedroom.

Healthy Habits in the Morning:

Starting off with a breakfast that is low in sugar that includes fruit and protein will help energize your child's mind to be ready for learning. Creating these healthy habits early in your child's educational career will help to set him or her up for success for life!

Healthy Routines:

Establishing a consistent routine that includes a specific bedtime and wake-up time every school day will help your child to adjust to the schedule. When a child knows what to expect, he/she can start off each day relaxed and rejuvenated.

Getting your child involved:

Teaching your child to set his or her own alarm clock can be a wonderful learning experience that encourages personal responsibility. However, be sure to stay supportive when needed. It takes time to really get into the habit of using an alarm clock with ease.

Positive Reinforcement:

Praising your child for going to bed and getting ready on time is important to maintaining success. Children are just learning the importance of good attendance and need to be rewarded for doing a great job!

Resources

For more information on Howard County's Attendance Policy 9010, visit <http://www.hcpss.org/f/board/policies/9010.pdf>

HCPSS Office of Pupil Personnel
410-313-6646

To view overall school attendance rates across the state of Maryland, visit <http://www.mdreportcard.org>

To view a message from the Maryland Schools Superintendent on the importance of school attendance, visit <http://www.marylandpublicschools.org/videos/09242014.html>

For any guidance or help needed to ensure your child's attendance success, feel free to contact your child's school and ask to speak with a member of the attendance committee:

Ernesto Diaz, Principal
Trish Lannon, Assistant Principal
Tracey Williams, Pupil Personnel Worker
Wendy Ryan, Attendance Secretary
Jennifer Adkins, School Counselor
Keren Kreitzer, School Psychologist
Fabiola Rodriguez, Hispanic Achievement Liaison
Margarett Dillah, BSAP Achievement Liaison
Marcia Hospedales, Cluster Nurse
Andrea Wilborn, Family Involvement Contact/Title I

Your Child and School Attendance



Information and tips that
every parent and
guardian should know.

Stevens Forest Elementary School
Office of Student Services
(410) 313-6900

Howard County Policy 9010

In the policy statement, the Board of Education recognizes "that there is a strong correlation among regular attendance, academic achievement, and the completion of school. The Board of Education further believes that regular attendance is vital to ensuring that students become productive members of society."

Benefits

Excellent attendance is a life skill that is needed in order to be successful, and it all starts in Elementary School. An excellent attendance rate is 96% or higher, and it supports the following:

- **More opportunities for learning:** When your child is present, he or she is available for the instruction given that day.
- **Higher self-esteem:** When children are caught up in class, they are more engaged in activities and have a sense of belonging that is instrumental in the learning process.
- **Better work:** Children do not have to rush to get caught up if they do not miss instruction. Therefore, the work

they complete can be their absolute best!

- **Consistency:** If children are present, their class work is more apt to get turned in consistently and on time.
- **Better learning behaviors:** When children have excellent attendance, they have an easier time adjusting to school rules. They also tend to be more focused on learning because they are familiar with routines within the classroom.

When Children are Absent or Tardy

When children are habitually late for school and truant, there are definitely some very negative consequences:

- **Missing instruction:** For every moment your child is not at school, learning is missed. This includes being late for school and leaving early. If a child is even 15 minutes late everyday, they would miss an hour and a half of hands-on instruction a week!
- **Falling behind:** Over time, chronic tardiness and absences can gravely affect your child's overall learning. Children become frustrated, and this has been directly connected to the High School dropout rate.

- **Negative messages:** If parents do not support excellent attendance, children start to fundamentally believe that it is not important. This can affect a child's success for life.
- **Social Isolation:** At the elementary level, many socialization skills are created and reinforced. If a child misses school regularly, they have a more difficult time maintaining relationships with peers.
- **When a child is habitually and unlawfully absent from school, State Law requires educators to investigate and report. If his or her attendance does not improve, the State's Attorney's Office may be contacted.**