



# PANTHER PRESENCE

## *Prowling for Excellent Attendance*

September 2024



Welcome to Belleville Henderson's first attendance newsletter. It is our goal to educate families and the community on the importance of school attendance.

The purpose of this newsletter is to:

- Raise awareness of the impact of good attendance
- Cultivate conversation by sharing data
- Provide helpful tips on helping your student arrive at school each day and on time.

We hope you will find each newsletter helpful and informative.

### The Social and Emotional Benefit of Regular Attendance

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

- A predictable schedule builds the child's **confidence** at home and school.
- Student anxiety decreases because they **know what to expect** from 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 lead to **improved student outcomes**.
- Children learn to increasingly **control their emotions** simply by being in a consistent environment and on a schedule every day.
- Students spend **more time building on what they learned** the day before and less time "catching up" (another decrease in anxiety).
- Parents and families feel more a part of the **school community**.

**Good Sleep Habits**

- Read in Bed
- Turn off Electronics
- Set Regular Sleep and Wake Times

**DID YOU KNOW:**  
54% of our 7th-8th graders and 60% of our 9th-12th graders report that they don't get enough sleep and rest?

### What Families Can Do

#### Elementary K-5

- + Set a regular bedtime and morning routine.
- + Show interest regularly in what your child has learned.
- + Ask interesting questions about your child's day.
- + Support good attendance habits.



#### Secondary 6-12

- + Monitor your teen's academic progress and seek help from teachers or other staff when necessary.
- + Encourage your teen to join meaningful after-school activities that are offered.
- + Ask interesting questions about your teen's day.

**IMPORTANT ATTENDANCE FACTS: There are 180 days in a school year, which leaves 185 days to spend on family time, appointments, and other commitments!**

#### 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)

The goal for all students is to be present in school at least 90% of the school year. This equates to missing no more than two days each month.

Statistics show that students with regular attendance are more likely to achieve their full potential, and are less likely to suffer from gaps in their learning.

Let us work with you to ensure your child's educational success.