

EVERY SCHOOL DAY COUNTS

From the desk of the NCDSB Attendance Counsellor

Dear Parents and Guardians,

Take advantage of fun school events and activities this Fall. These opportunities provide your child with positive and hands on learning experiences allowing your child to:

- Build Routines
- Connect with other students & teachers
- Get excited about learning
- Develop and practice skills

Every school day provides an opportunity to learn and grow.

Sincerely,

A Levesque

Amber Levesque
Attendance & Re-Engagement Counsellor



FALL FUN

Did you know?

School Absenteeism is associated with lower academic achievement in reading and math, which can cause students to struggle in later years academically, emotionally and financially.



"I've always loved the first day of school better than the last day of school. Firsts are best because they are beginnings."

— Jenny Han

FALL INTO ROUTINE



Be Positive - It's a new school year and a fresh start for your child to develop new friendships and memories. Encourage your child to attend school regularly and on time. Take interest in your child's learning experiences by asking open ended questions. Ex: What games did you play at recess? Tell me something new you learned today. What made you feel happiest today?

Be Assertive - Develop a consistent morning and evening routine. Set a specific bedtime and waking time for your child that will provide the opportunity for recommended amount of sleep for their age, ex: 8:00pm and 6:00am.

Be Resourceful - Teach your child to set an alarm clock each evening to wake up in the morning. Use minute timers in the morning to keep your child on track. Including resource tools such as: routine charts and breathing cards can assist your child in self regulating.

Be Proactive - If your child is struggling with school attendance, share your concerns or barriers with your child's teacher or the school principal.



"Anyone who has never made a mistake has never tried anything new."
- Albert Einstein