




OACAS Parent Support

Every School Day Counts

Importance of Regular School Attendance.

-  Academic Success and preparation for the future.
-  Fosters social and emotional development.
-  Establishes positive habits and routines.



Need Support?

If you would like support to get your child back into school, please ask your school for the contact information for the Attendance Counsellor. They can reach out and offer support to you and your child.

Parent Feedback



Please click the QR code to answer a few short questions.



Let's Start Here

There are three things you can do as a parent to give your child the best opportunity for success.



Diet- There is a direct correlation between proper nutrition and academic performance in school. Start the morning off right, with a healthy breakfast.



Sleep- One reason students miss school is because they do not get an adequate amount of sleep. Getting the recommended amount of sleep improves concentration, focus, and overall academic success.



Exercise- Did you know that exercise stimulates the brain? Exercise also improves cognitive performance, reduces stress and anxiety, and improves sleep.

"Parents are the ultimate role models for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parent."

— Bob Keeshan

Attendance Hacks

1

Establish a daily routine



- Set morning and nighttime routines to ensure your child gets enough sleep and is ready for school each day.

5

Address the barriers



- Identify and address any obstacles that may be hindering your child from attending school regularly.

2

Create a positive environment



- Foster a supportive environment at home so your child feels comfortable discussing any concerns about attending school.

6

Encourage Involvement



- Support your child to participate in extracurricular activities which will foster a sense of belonging while in school.

3

Monitor your child's attendance



- Prioritize school by keeping track of your child's attendance and address re-occurring patterns.

7

Celebrate Milestones



- Recognize and celebrate both big and small achievements to motivate and reinforce positive behaviour.

4

Communicate with the school



- Communicate any planned absences with your school ahead of time to keep the lines of communication opened.

8

Ask for help if needed



- Is your child still struggling with attending school? Reach out and ask about supports in the school and community.

Please visit our website at www.oacas.ca or contact us at president@oacas.ca