

# EVERY SCHOOL DAY COUNTS

From the desk of the NCDSB Attendance Counsellor

Dear Parents and Guardians,

Getting back into school routine can be challenging for many families. 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 fosters an opportunity to learn and grow.

Sincerely,

*A Levesque*

Amber Levesque  
Attendance & Re-Engagement Counsellor

## FALL FUN

### Did you know?

Studies show, students who missed more than 4 school days in September, missed an average of 6 to 9 days each month, leading to a total of 70 days on average for the year.



"This is a new year. A new beginning.  
And things will change." - Taylor Swift

# 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.



“Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar.” -Delia Owens