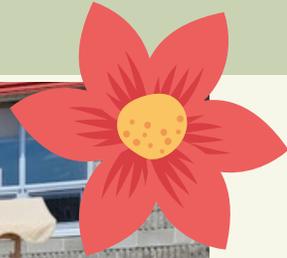


Every School Day Counts

From the desk of the NCDSB Attendance Counsellor



Spring into School



Dear Parents and Guardians,

As the nice weather comes, so does longer days of sunshine, camping, fishing trips and all sorts of outdoor fun!

Did you know? School attendance takes a *down turn* after the long weekend.

Take advantage of fun school events and activities in June. 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



“YOU'RE OFF TO GREAT PLACES! TODAY IS YOUR DAY! YOUR MOUNTAIN IS WAITING, SO... GET ON YOUR WAY!” -DR. SEUSS



Bedtime Made Easy

Be Consistent - Set a specific bedtime time for your child that will provide the opportunity for recommended amount of sleep for their age, ex: 8:00pm.

Be Thoughtful - Develop a calming evening routine that fosters a peaceful environment, ex: bathtime, reading, colouring.

Be Mindful - Practice breathing techniques, meditate, or pray to invite presence, calm and connection to your child's day.

Be Creative - Use bedtime as an opportunity to bond with your child. Talk about their day and ask questions, ex: what kind of things did you do at recess? Who did you play with today?

Be Present - Put away your child's electronics, so they have an opportunity to rest their brain before sleep, ex: no screens

Blissful Mornings

Come from Restful Nights

Did you know?

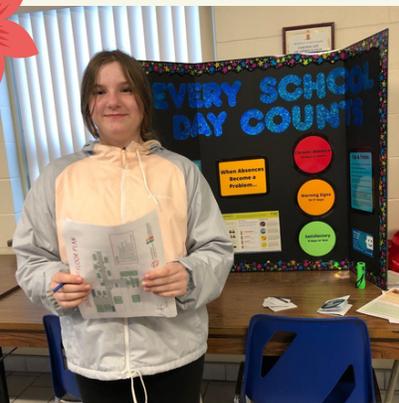
1 in 4 children in Canada are **NOT** getting enough sleep?

Health Canada Recommends:

- Children ages 5-13 years get 9-11hrs of sleep per night
- Youth ages 14-17 years get 8-10hrs of sleep per night.

Science Shows:

Insufficient sleep impacts how a *child feels, behaves and interacts with others*. It can affect your child's *activity level, ability to self regulate and overall well-being*.



"SMALL DISCIPLINES REPEATED WITH CONSISTENCY EVERY DAY LEAD TO GREAT ACHIEVEMENTS GAINED SLOWLY OVER TIME." - JOHN C. MAXWELL