

Tips for Elementary School Parents & Guardians

EVERY DAY COUNTS



Kids who miss class, miss out on learning. Except in the case of illness, many school absences can be avoided with a little extra effort. Help your child learn, build lasting friendships, and develop the skills and attitudes needed to become a good citizen and valuable member of the community.

- ✓ Get your child to school on time, every day, and make sure homework assignments are complete.
- ✓ Car trouble, a late bus and rain are considered **unexcused absences** and will go on your child's permanent record.
- ✓ Extended vacations, long weekends and frequent doctor appointments scheduled during school hours will cause your child to **fall behind** in class.
- ✓ Being in school every day raises your child's **chances** for scoring well on important tests throughout the year.
- ✓ Follow the proper school guidelines for **reporting excused absences** in a timely manner.
- ✓ Allow your child to stay home **only** when he/she has a **contagious illness** or is too sick to be comfortable.
- ✓ Make sure your child **exercises**, eats a **balanced diet**, and **gets plenty of sleep**. This will help him/her to be mentally and physically ready to learn, and strengthen the immune system.
- ✓ **Read all information** sent home by the school. Post important dates on a family bulletin board or on the refrigerator.
- ✓ Give your child **enough time** to get ready for school in the morning. Try preparing lunches, packing school bags and laying out clothing the night before.
- ✓ **Resources are available** to help with parenting skills, communicating with your child, and encouraging him/her to take school seriously. Contact your school counselor or call the Harold J. Ballard Parent Center, home of San Diego Parent University, at (619) 293-4431.

BELIEVE that
EVERY DAY COUNTS
& WATCH YOUR CHILD
SOAR to NEW HEIGHTS!

For more information on how you can help keep students in school, contact:

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