

Tips for High School Parents & Guardians

EVERY DAY COUNTS



Students 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 student 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.
- ✓ Babysitting duty, car trouble, a late bus and rain are considered **unexcused absences** and will go on your student's permanent record.
- ✓ Extended vacations, long weekends and frequent doctor appointments scheduled during school hours will cause your child to **fall behind** in class.
- ✓ **Resources are available** to help with parenting skills, communicating with your student, 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.
- ✓ Tell your student that future employers will **not accept excuses** for frequent tardies or absences.
- ✓ Being in school every day **raises your student's chances** for scoring well on tests, college admission and scholarship opportunities.
- ✓ Follow the proper school guidelines for **reporting excused absences** in a timely manner. Read all information sent home by the school.
- ✓ Allow your student to stay home **only when he/she has a contagious illness** or is too sick to be comfortable.
- ✓ Encourage your student to **exercise, eat a balanced diet, and get plenty of sleep**, which will help him/her to be mentally and physically ready to learn, and strengthen the immune system.
- ✓ **Read all information** your school sends you, and stay updated through the school website where available.

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

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

Jennie Breister
Grant Coordinator
Annie E. Casey Foundation
Communications Department
San Diego Unified School District
619-725-5598 or
jbreister@sandi.net