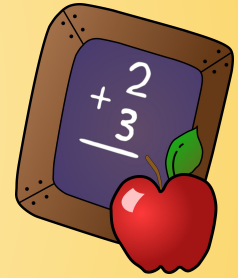


Tips for Parents



Why Attendance Matters

1

Healthy Habits

2

School Avoidance

3

Bed Time

4

Our School Beliefs and More

5

Why Attendance Matters

- Missing 10 % (or about 18 days) of school can make it harder for students to learn to read.
- Half of students who miss 2-4 days in September go on to miss nearly a month of school.
- Attending school helps children make friends, feel good about themselves, and achieve their goals.



If your child misses..	That equal.....	Which is.....	And over 13 year of school that is...
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1 ½ years
1 day per week	40 days per year	8 weeks per year	Over 2 ½ years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years



Healthy Habits



Healthy Eating:

Make sure your child gets a healthy breakfast every morning and a healthy snack after school. Free Breakfast is provided at school.



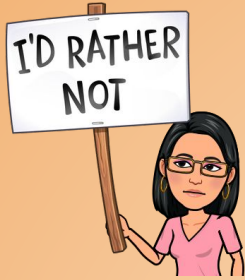
Exercise

Children need 60 minutes of exercise a day. Go out for a walk with your child in the afternoon.

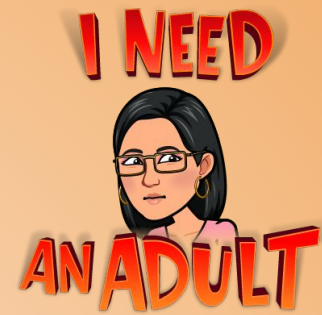
Rest and Sleep:

Children age 6-13 need 9-11 hours of sleep every night. Log off from screens (tv, phones, computer, etc.) well before bedtime to ensure a good night's rest.





School Avoidance



- Always talk to your child's teacher, school social worker, or administrator about what is going on. They can help develop a positive plan for school avoidance.
- Students sometimes try to avoid going to school out of fear. They may be afraid something will happen to their caregiver when they are at school. Talk with your child about their feelings and come up with care plan that identifies coping skills they can utilize at school. For example, if they start to worry at school they can create a secret signal that tells their teacher they need a break.
- Are they being challenged? Perhaps they find school "boring." Talk with the school about providing challenging work opportunities to keep them engaged.
- Students are sometimes bullied by other students. Talk to your child about what is happening at school. Ask questions every day about their day in school.



Always communicate with your child.



Bedtime



Age	Hours of Sleep	Bedtime	Notes
3 - 6 years	11-13	6:00 - 8:00	Your child will likely drop the afternoon nap. Once your child is no longer napping, he will need an extra hour of sleep at night, so adjust bedtime accordingly.
7 - 12 years	10-11	7:30 - 9:00	School age children are still experiencing enormous growth, are very active, and require a lot of sleep. Adequate sleep helps with school performance, behavior, attention, memory, and more.
Teenagers	9+	See notes	Many teens need to be up early for school. Count backwards from wake time to find the bedtime that ensures they are getting enough sleep. Keep in mind it takes kids an average of 15 minutes to fall asleep, and likely more if they have a lot on their minds.



Our School Beliefs



BACK TO
SCHOOL!

At Howe School, we believe...

Everyone belongs.

Everyone should feel safe.

In high expectations for all.

Everyone can learn.

In creating responsible citizens.

In focusing on abilities.

All accomplishments are important and significant!

Resources

[Michigan Alliance for Families](#)

[Detroit Wayne Integrated Health Network](#)

Our District Website: www.dearbornschools.org/

Our School Website: www.howe.dearbornschools.org/

iBlog: <https://iblog.dearbornschools.org/mcdonaldn/>

