

October Parent Newsletter

Attendance Awareness Month

Life is not always predictable, and missing school here or there happens. However, if a child misses two days of school each month, they struggle with early reading skills and are unprepared to enter kindergarten.

It takes everyone – school districts, communities, policy makers, and parents – working together to make sure children are in school and learning.

Practice Routines Early

Early Doesn't Only Mean A Few Weeks Before School Starts It Means Starting Your Routine at Night to Prepare for the Morning

A few weeks before school or child care starts, ease into a nightly routine. Parent routines are important too! Finish morning preparation work, settle down to read, drink tea. Help yourself relax. Good sleep helps parents and children wake up ready to begin the day!

Kindergarten Attendance Makes a Difference

What can you do?

- Set an early bed time, and start getting ready for bed 30 minutes before bed time. Children are most able and willing to learn when they have had plenty of sleep.
- Set your alarm clocks to make sure everyone gets up on time.
- If your child takes the bus to school, put the bus schedule on the refrigerator.
- If you drive your child to school, set up a plan with someone who can take your child to school in case you're not able to.
- Allow time for the unexpected. Have clothes and school bags ready the night before, and get up with plenty of time to get ready.
- Communicate with the school and let them know if your child needs to miss school or if you are having a hard time getting your child to school. The school may be able to help.

Is your child registered for school?

Don't wait—many schools begin registering for kindergarten as early as January for children starting school in the fall. If your child will be 5 years old by September 1, contact your school district, and register for school!

Carroll School District	(502) 740-7880
Chester School District	(502) 420-2000
Clatsop School District	(502) 252-2800
Goodrich-Burien School District	(502) 470-2400
Palouse School District	(502) 488-2100
Portland Public Schools	(502) 810-2000
Washoula School District	(502) 867-7300
Wenatchee School District	(502) 862-0722

Kindergarten COUNTS

The Plan is to be distributed online at www.mfrcdc.com/KindergartenCounts

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Inspired by www.mfrcdc.com/sun/KindergartenCounts

Anything Else? Try using transitions to lead your children through the morning tasks. You might say, "We will read a book and then brush our teeth." Once you finish reading the book, you can say, "Now that we finished reading our book, we are going to brush our teeth." This helps children prepare for the transition and move from task to task easier.

WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).



Adapted with permission from Baltimore City Public Schools.

It can be difficult to know when your child is too sick for school, and when you can safely send them in. This [guide](#) gives some tips and tricks for making that important decision.

This information is from www.attendenceworks.org

For more information on the importance of consistent school attendance visit

AbsencesAddUp.org

The Importance of School Attendance (YouTube)
 U.S. Department of Education
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Parents can prepare their children for a lifetime of success by making regular school attendance a priority and understanding the reasons for their child's absences. Learn more and find help at www.AbsencesAddUp.org.

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