## YOU CAN HEIP YOUR GHILD BY

- Set a regular bed time and morning routine.
- Don't let your child stay home unless truly sick. Keep in mind that complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.

ACHIEVE TOMORROW


- Lay out clothes and pack school bag the night before.
- Avoid medical appointments and extended trips when school is in session.
- Develop back-up plans for getting your child to school if something comes up. Call a family member, a neighbour or another parent.
- If your child seems anxious about going to school, talk to your child's teacher or the principal for advice on how to make them feel comfortable and excited about learning.


## EVERY DAY COUNTS

| When your child misses just ... that equals ... | and therefore, from  <br> Which is ... Kindy to <br> Year 12 that is ... | This means that the best your chid can achieve is |
| :---: | :---: | :---: |
| 1 day each <br> fortnight 20 days per <br> year | Nearly 1 ½ <br> 4 weeks per years of year years school | Equal to finishing Year 11 |
| 1 day a week <br> 40 days per year | Over 2 ½ year years of school | Equal to finishing Year 10 |
| 2 days a week <br> 80 days per year | 16 weeks per year <br> Over 5 years of learning | Equal to finishing Year 7 |
| 3 days a week <br> 120 days per year | 24 weeks per Nearly 8 years <br> of learning <br> year  | Equal to finishing Year 4 |
| Too many absences - excused or unexcused - can keep students from succeeding in school and later in life. <br> Start building this habit early so your child learns right away that going to school on-time and every day is important. | Give your child chance to succeed ERY DAY COUNTS | CHRONIC ABSENCE 18 or more days WARNING SIGNS 10 to 17 days <br> OOD ATTENDANCE 9 or fewer absences |

