

# Every Day Counts!

## Why Regular School Attendance Really Matters



St. Albert  
PUBLIC SCHOOLS

### Did You Know?

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- If your child misses 2 days per month, that's 20 days per year. By the end of Grade 12 your child will have missed 1.5 years of school.
- If your child misses 1 day per week, that's 40 days per year. By the end of Grade 12 your child will have missed 2.5 years of school.
- If your child misses 2 days per week, that's 80 days per year. By the end of Grade 12 your child will have missed 5 years of school.

### Benefits of Regular Attendance

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- Every day that a student misses school results in lost learning opportunities.
- Chronic absenteeism can lead to decreased academic success.
- Extended absences can cause increased anxiety about catching up on missed assignments.

### Tips For Families to Encourage Regular Attendance

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- **Establish a reliable routine:** Consistent bedtimes and regular morning habits can make school mornings more relaxed. Preparing the night before—such as laying out clothes, packing backpacks, and planning breakfast—can also ensure everything runs smoothly.
- **Communicate the Value of Education:** Talk with your child about how attending school daily can help them achieve their dreams and goals. Highlight the link between regular attendance, learning, and future opportunities.
- **Engage with Teachers and School Staff:** Stay in close contact with your child's teachers and school staff. They can offer insights into how your child is doing and suggest ways to support their learning and attendance.
- **Plan for Absences:** Communicate any expected absences in advance. For unavoidable absences, work with teachers to make sure your child can catch up.
- **Tackle Challenges Promptly:** If you observe reluctance to attend school or frequent illnesses, talk to your child and seek support from School Administrators and Counsellors. Early intervention often resolves underlying issues.