

# attendance MATTERS

**To succeed in school, you need to show up every day.  
Not for your parents or your teachers, but for YOU and YOUR FUTURE.**

## HOW MUCH TIME DO YOU REALLY MISS WHEN YOU'RE ABSENT OR LATE?

One or two days absent a week does not seem like much, but . . .

If your son/daughter misses . . .	That equals . . .	Which is . . .	And over 13 years of schooling, that's . . .
1 day every 2 weeks	20 days per year	4 weeks per year	Nearly 1½ years
1 day per week	40 days per year	8 weeks per year	Over 1½ 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

How about 10 minutes late per day?

If your son/daughter is just missing . . .	That equals . . .	Which is about . . .	And over 13 years of schooling, that's . . .
10 minutes per day	50 minutes per week	Nearly 1½ weeks per year	Nearly ½ a year
20 minutes per day	100 minutes per week	Over 2½ weeks per year	Nearly 1 year
30 minutes per day	half a day per week	4 weeks per year	Nearly 1½ years
1 hour per day	1 day per week	8 weeks per year	Over 2 years

## When you're not in class . . .

- ☛ you miss presentations, discussions, explanations of upcoming assignments, class notes, and information on what may be covered on tests
- ☛ you can't ask questions, or hear other student's questions
- ☛ you miss regular review of the material which reduced the time you need to spend studying
- ☛ you miss the spontaneous discussions and conversations that you can't get from copies of the notes or updates from classmates
- ☛ your teachers may perceive that you aren't engaged and invested in class and in turn won't be as much of a support to you

## When you're in class you'll . . .

- ☛ have the opportunity to meet new friends who share your interests and goals
- ☛ learn more making you more intelligent, interesting, and capable
- ☛ be around people who support you and are there to help you succeed
- ☛ be a part of a community and feel belonging
- ☛ feel better – as you see more success, you'll be proud and feel great
- ☛ gain the skills and knowledge to be successful in the future

## GOOD ATTENDANCE HABITS

for when you aren't motivated or have problems beyond your control

1. Develop Routines  
morning and evening routines will keep you on track
2. Make the Decision  
going to school is not an option; it's just something you HAVE to do
3. Get Involved  
find a club or sport that you are interested in joining – you'll do better when you enjoy being there
4. Get Help If You Need It  
if your reasons for not attending aren't easy to deal with, talk to your counsellor to get some help

## If you must miss . . .

- ☛ know the process – have your parent record your absence through School Messenger
- ☛ it's your responsibility to find out what you missed and to get caught up as soon as possible
- ☛ talk to a classmate to get the notes/handouts you missed
- ☛ check online to see if your teacher posted work or message your teacher with questions
- ☛ if you know ahead of time, let your teacher know so they can let you know what you'll miss

**Success** comes with **regular attendance** and being at school **on time**.

*Every day counts. There are only 194 school days in the year . . .*

# ATTEND TODAY ACHIEVE TOMORROW

