

Attendance Matters! We love having your children at school every day!

Weather, illness and unexpected events can take a toll on school attendance. These absences, even if they are excused, break the routine of daily attendance that contributes to students feeling connected and engaged in learning.

Please consider these tips to keep your children healthy and in school:



Develop back up plans for getting your children to school. Check who can give your children a ride if you can't take them or form a "walking school bus" to walk to school with other families.



If your children get sick or you are concerned about COVID-19, the flu, or other illnesses, talk to your child's medical provider for advice.



Stomach pain and headaches can be signs of anxiety and may not be reasons for keeping a child home. If you feel that anxiety or stress is playing a role, talk to your child's teacher, school counsellor or your medical provider about how best to support your child.



Encourage children to wash their hands before and after eating and after using the restroom.



Avoid sharing cups and utensils with other individuals.



Dress your children for the cold weather. If you need help with winter clothing, call the school.



Encourage healthy habits such as getting enough sleep, eating healthy foods, drinking fluids and getting exercise.



If your children need to stay home for a prolonged period, connect with your child's teacher to find out about resources they can use at home to keep learning.

Let us know how we can help! If you're having trouble, need resources or advice, please contact your child's teacher or principal for support.