

Attendance Matters

Help your student thrive in **middle and high school!**



DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with schoolwork, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

Be sure to find out the requirements for when your child is absent or late. If you are supposed to call, email, or provide a doctor's note, make sure to do it!

WHAT CAN YOU DO?

Make school attendance a priority!

- **Talk** about the importance of showing up to school every day.
- **Help** your teen maintain daily routines, such as finishing homework and getting a good night's sleep.
- **Try not to** schedule appointments during the school day.
- If your teens must stay home because they are sick, **make sure they have** asked teachers for resources and materials to make up for the missed learning time in the classroom.

Help your student stay engaged!

- **Find out** if your children feel engaged by their classes and feel safe from bullies and other threats. If your student seems anxious (this can present as frequent stomachaches and/or headaches) about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel safe and comfortable at school.
- **Make sure** your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- **Monitor** your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- **Stay on top** of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- **Encourage** your teen to join meaningful after-school activities, including sports and clubs.

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The Office of Parental Engagement at VDOE is committed to giving parents the best information available and we are grateful for the partnership with [Attendance Works](#) for sharing their expertise in the creation of this document.