

## Attendance tips for students & families

I'm Chelsea Lareau, School Engagement Clinician for the Colchester School District.

My role is to help promote engagement for students and families experiencing chronic absenteeism. I work closely with each school and offer various ways to help students attend school. This can look different for each family based on their specific needs.



It is very common for children to express nervousness when transitioning to a new school. Anxiety/worries around coming to school can present in many ways. If your child is struggling with separating from you at drop off on a regular basis or your family is having a hard time establishing routine, your school can help!

Reach out to your school's front office or principal if you'd like support.

Going to kindergarten **every day whenever possible** is an opportunity for your child to:

Build routines that help reduce stress.

Make new friends or reconnect with their friends and teachers.

Engage in learning.

Gain access to meals, health care or fun activities.

10%

### Did you know?

Missing 10% of school (or more than two days a month) can impact your child's learning and social development.

Every day a student is in school is an opportunity to learn, build relationships and access support.

