



United Way  
of San Diego County



**Be An Attendance** Here



**E**veryday

**R**eady to learn

**O**n time

Missing more  
than one day  
of school a month  
can knock students  
off track!

**Every Day Counts**

## Why Is Attendance Important?

- **Learning** (reading and graduation)
- **Connecting** (relationships with peers and teachers)
- Your child **misses opportunities** to learn that cannot be replaced by homework or make-up assignments

## When do Absences Become a Problem?



**CHRONIC ABSENCE**  
18 or more days per year

**AT RISK**  
5 to 17 days per year

**GOOD ATTENDANCE**  
4 or fewer absences per year

## Attending every day and every class matters.



**Set a regular bedtime.** Establish bedtime and morning routines. Don't forget to set an alarm clock! Make sure your child gets **9 to 11 hours of sleep.**



Talk about why **#EveryDayCounts** and keep track of absences (excused and unexcused).



Lay out clothes, pack backpacks, and finish homework the night before.



If your child is not feeling well, **call the School Nurse** before you decide to keep your child home.



Keep in touch with your child's teachers. **Contact your school** for any assistance, including attendance.  
**My family or I can ask for a meeting.**



Schedule appointments and vacations **during non-school hours.**

## How to Make Attendance Count

# When is a Child Too Sick for School?

Here's a quick guide to help you decide whether your child is too sick for school:



## SEND ME TO SCHOOL IF...

- I haven't taken any medicine for fever for 24 hours and I haven't had a fever during that time.
- I haven't thrown up or had any diarrhea since I went to bed last night (9 to 12 hours).
- I have a runny nose or just a little cough but no other symptoms.
- I have asthma symptoms that get better after my asthma medicine.



## KEEP ME AT HOME IF...

- I have a temperature higher than 100.4. Your child can return to school when he/she has had no fever (100.4 or greater) for 24 hours without medication (acetaminophen, Tylenol®, etc.)
- I'm throwing up or have diarrhea.
- I have a serious cough, especially with breathing problems.



## CALL THE DOCTOR/CLINIC IF...

- I have a temperature higher than 100.4 degrees for more than two days.
- I've been throwing up or have diarrhea for more than two days.
- I've had the sniffles (runny nose) for more than 10 days, and it isn't getting better.
- I still have asthma symptoms after using my asthma medicine. (Call 9-1-1 if I'm having trouble breathing after using an inhaler.)



Go to Urgent Care if immediate care is required but is not life-threatening. Go to the ER if the condition is life- or limb-threatening.



Serve healthy meals with lots of fruits and vegetables, plus plenty of water.



Keep your child's shots up-to-date, and include the flu vaccination every year.



Take your child to your family doctor at least once a year and take your child to the dentist twice a year.



Prevent injuries: Make sure your child wears a helmet when biking or using a scooter, and wears a seat belt when driving or riding in a car.



Teach your child to wash his/her hands often using soap and warm water.



Teach your child to cover coughs and sneezes with a tissue or in their sleeve (elbow).



Clean surfaces such as door knobs, phones, remote controls, toys and keyboards often.



Be sure your child gets 9 to 12 hours of sleep every night.



Pay attention to any signs that your child is sad and withdrawn, self-harming, using drugs or alcohol. Ask for help. Talk to a healthcare provider, or your school counselor, social worker, or nurse.



Strive for 60 minutes of family physical activity daily.



Every day, spend quality family time together. Read a book, go to the park, eat a meal together.

## Ways to be a Healthy HERO

# Today's Habits Form Tomorrow's Behaviors

Two days per month of missed school in Kindergarten and 1<sup>st</sup> Grade can put your child behind in reading and math, which makes them less likely to graduate high school on time.

## DID YOU KNOW?

Allowing your child to miss too many days of school today can form negative habits for middle and high school.

**“ But I called the school and told them my child would be out... ”**

*Not all reasons are acceptable for a child to be excused.*

### **For instance:**

- Non-school sponsored activities or trips
- Family vacations or events
- The student has to work
- The student has to babysit

*These are all examples of **unexcused absences.***

## DID YOU KNOW?

The impact of missing school is the same, whether your child's absence is excused or unexcused. Each day missed means losing opportunities to learn, which CANNOT be made up by homework or make-up assignments.

## When do absences become a problem?

- 5 to 10 absences a year means your child is at risk of falling behind.
- Arriving late or leaving early also means missing valuable learning time.

## DID YOU KNOW?

Having your child attend Kindergarten every day improves their chance of **NOT** being held back in higher grades.

## What are acceptable excuses?

### **Excused absences include:**

- Illness
- Limited family emergencies
- Family deaths
- Medical, health or legal appointments
- Suspensions
- Religious commitments
- College visits
- Deployment of a military parent

## DID YOU KNOW?

**ALL** absences put your child at risk of falling behind – even excused ones! Call your child's school if they *absolutely must* be out, and follow your school's procedure to be sure your child is properly excused.



**Ask for advice from your School Nurse.**

*My School Nurse's Name:*

[ ]  
[ ]



**Other important contacts:**

[ ] [ ] [ ] [ ] [ ] [ ]  
[ ] [ ] [ ] [ ] [ ] [ ]  
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[ ] [ ] [ ] [ ] [ ] [ ]

**Call your School for attendance help or if your child is sick**

*My School's Important Phone Number:*

[ ] [ ] [ ] [ ] [ ] [ ]  
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**For Help Finding Resources:**

**2-1-1** (This is a free call).



Available 24-hours a day, 2-1-1 San Diego connects individuals and families to more than 6,000 community, health and social services in more than 200 languages. Dial **2-1-1** or go to [www.211sandiego.org](http://www.211sandiego.org).



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United Way and San Diego Unified have partnered on **Every Student, Every Day**, which engages families to solve the root causes keeping the most chronically absent students out of school.