Missing School has long-term effects. High school students who miss 10 days are 3 times more likely to drop out of school than students who miss 5 days. Here are some easy tips you can follow to make sure your children don’t miss out:

Don’t make others sick

✔  Flu accounts for almost half of all absences. Keep your child healthy with flu vaccine.
✔  Your child should stay home for 24 hours if s/he is:
  - Running a fever of 100+
  - Vomiting more than once or having diarrhea
  - Having flu-like symptoms like fever, cough, sore throat, chills, or aches and pains

Listen to the Nurse

✔  Talk to the school nurse FIRST before deciding to take your child home from school

Appointment times matter

✔  Schedule appointments outside of regular school hours

Keep your child safe

✔  If your child is being bullied, go to the counselor or assistant principal for help IMMEDIATELY