



EVERY SCHOOL DAY, EVERY CLASS MATTERS!



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



DON'T MISS SCHOOL IF YOU DON'T HAVE TO!

For more tools and tips, visit www.missingschoolmatters.org