

## What Families Can Do to Support Good Attendance

- Create simple morning routines that help everyone feel ready for the day.
- Set an alarm so there's time for breakfast and their morning routine.
- Pick out clothes and pack backpacks the night before to avoid rushing out the door.
- Talk about what to do if a ride falls through and have a backup plan if it happens.
- When possible, try to make medical visits after school hours.
- Plan vacations during summer or school holidays.
- Call or message the school any time your child will miss a day.



## Every Day Counts

When students show up, they:

- Learn and grow with friends
- Build positive relationships, find support, and feel encouraged
- Gain confidence and independence
- Develop strong habits that last a lifetime

Let's build great habits — together.

**Want to learn more about attendance in Utah Schools?**

Visit: [tinyurl.com/USBE-Attendance](https://tinyurl.com/USBE-Attendance)



## Every Day Makes a Difference

Attendance builds habits, friendships, and success.

### Quick Fact:

Missing just two days of school per month adds up to nearly a month of missed learning each year!



Utah State Board of Education

# Busting the Myths

What families need to know about attendance and why it matters

**Myth:** My child can catch up later.

**Fact:** Learning builds every day. Even a few absences can disrupt learning and routines.

**Myth:** It's okay to miss school for travel or family reasons.

**Fact:** Every day counts. Plan vacations during school breaks whenever possible.

**Myth:** Attendance in elementary school doesn't affect long-term success.

**Fact:** Forming strong attendance habits early are linked to academic achievement and graduation.

**Myth:** Doctors' appointments and minor illnesses don't count.

**Fact:** Frequent absences, regardless of the reason, can impact learning. Try to schedule appointments outside of school hours.

**Myth:** Attendance only matters if grades are low.

**Fact:** Even students with good grades can fall behind academically or socially due to missed class time.

**Myth:** Teens are responsible enough to manage attendance on their own.

**Fact:** Teens still benefit from clear expectations, structure, and support from adults.

**Talk to a teacher or staff member if:**

- » You're not sure when to keep your child home
- » You're experiencing transportation or scheduling issues
- » You're concerned about your child's well-being or motivation
- » Remember: Reaching out early helps us support your student's success.

If you're experiencing challenges with attendance, reach out to your school as early as possible

**We're here to help.**

## Quick Tip:

If attendance is starting to slip, ask for a quick meeting. Your school may have ideas or supports you haven't considered.

**MYTHS**

**VS**

**FACTS**

