



What is School Avoidance?

School Avoidance is becoming more prevalent. Students with school avoidance miss a lot of school, complaining of not feeling well. Many of these students have anxiety-related symptoms such as headaches, stomachaches, nausea, or dizziness. School refusal symptoms occur most often on school days and are usually absent on weekends and school breaks.

If you believe your child may be experiencing School Avoidance, contact your School Based Mental Health Professional.

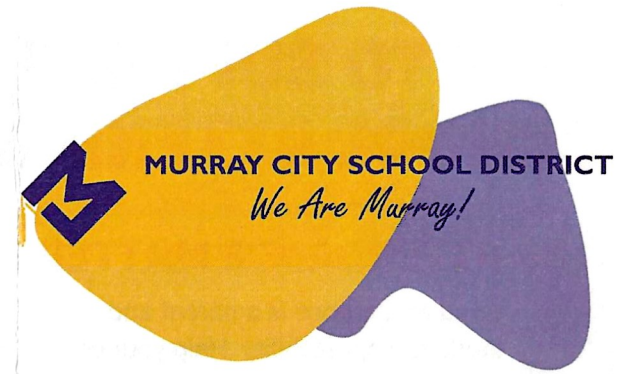


School Based Mental Health Website. Find your school's SBMH Professional under "Contact Us."

“EDUCATION IS OUR PASSPORT TO THE FUTURE, FOR TOMORROW BELONGS TO THE PEOPLE WHO PREPARE FOR IT TODAY!”



✉ Contact your district Attendance Specialists for attendance support:
Adrienne Miller
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Brittany Roller
broller@murrayschools.org



Healthy Attendance Begins in Kindergarten

What you need to know about Kindergarten attendance that will help your child succeed this year and the years to come!

TIPS TO SUPPORT YOUR CHILD'S SCHOOL ATTENDANCE SUCCESS:



ATTENDANCE MATTERS

Good attendance is a parent and student responsibility. Help your child understand why going to school every day matters. Reinforce that showing up to school consistently is an important life skill that will help them be successful in their future.



HAVE A NIGHTTIME ROUTINE

Having a nighttime routine makes for a much smoother morning. Here are some ideas:

- Clean out and organize backpacks.
- Complete any homework.
- Lay out clothes / shoes the night before.
- Pre-prep breakfast.
- Make lunch at home the night before.
- Go to bed on time.



HAVE A MORNING ROUTINE



Help your child learn the value of a regular morning routine (even when they don't want to get out of bed!). Do your best to do the routine the same way every morning. Don't drag out the goodbye process - it makes leaving the home even more difficult. This is also important once you are at school.



BE PREPARED FOR SETBACKS

Don't get discouraged with regression. Going back to school after a long weekend, holiday break, or illness can cause school avoidance to flare up again. Be prepared for this and remember consistency is the key.



OPEN COMMUNICATION

If your child doesn't want to go to school, determine the reason(s) why. Have open communication with their teacher and other school staff - like School Based Mental Health - in order to create a strong support system.



LEAD BY EXAMPLE

Be a good example and enforce rules. Speak highly of the school and support staff. Don't let your child take time off school for minor reasons. Don't let your child persuade you into making an excuse for them to miss school.



DON'T GIVE UP!

The best gift you can give your child is to not give up - even when you feel like it. The best lesson your child learns is they CAN do hard things!



KEEP A SCHOOL CALENDAR

Review in advance important dates and events each month to help your child feel prepared. Try your best to schedule appointments after school or on Wednesday early-out afternoons, as well as schedule vacations around school breaks when possible. Keep track of absences!



TEACH PROBLEM-SOLVING SKILLS

Learning to handle problems effectively is a valuable life skill. When problems arise, don't rush to solve your child's problem for them. Encourage them to come up with their own ideas of solutions to their problems.



TEACH CALMING STRATEGIES

Teaching your child calming strategies. It is a great way for them to take an active role in overcoming school avoidance. Talk with your School Based Mental Health Professional or visit mentalhealth.murrayschools.org for strategies!