

TCS/GEN/083/2022-23

Date: 10-09-2022

## CIRCULAR

المسئولية - VALUE OF THE MONTH: RESPONSIBILITY

SUBJECT: IMPORTANCE OF SCHOOL ATTENDANCE

Dear Parent,

Greetings from The Central School Dubai!

**“ONE MISSED DAY OF SCHOOL CAN NEVER BE REPLACED!”**

One of the most important and basic things your child can do to achieve academic success is to attend school every day. In fact, research has shown that your child's attendance record is one of the biggest factors influencing his or her academic success. A child is more likely to experience academic struggles even by missing just two days of school in the first 20 school days and by attending class regularly, your child is more likely to keep up with the daily lessons and assignments.

Benefits of regular attendance:

**Achievement:** Students who attend school regularly are more likely to excel in assessments than students who don't attend school regularly.

**Opportunity:** For older students, being in school every day gives them a chance to learn and make use of every opportunity available for their future success.

**Being part of the school community:** Just by being present at school, your child is learning how to be a good citizen by participating in the school community, learning valuable social skills, and developing a broader worldview.

**The importance of education:** Your commitment to school attendance will also send a message to your child that education is a priority for your family, going to school every day is a critical part of educational success, and that it's important to take your responsibilities seriously including going to school.

## WHAT YOU CAN DO AS A PARENT:

As a parent or guardian, it is possible to plan ahead in order to limit your child's absence, make school attendance a priority, and help your child from falling behind. You can do this in the following ways:

**Help your child get to school on time every day:** Frequently coming to school late may also be noted on your child's permanent record, and will make it difficult for your child to stay caught up with the first lessons of each morning. Teach your child how to set and use an alarm clock, and set an early alarm enough so no one is rushed.

**Check homework:** Check each night to see that your child understands and completes the day's homework assignments.

**Take an active role:** Stay involved with your child's daily experiences at school by asking how the school day went, and then listening carefully to what your child shares with you both the successes and struggles.

**Locate potential sources of anxiety:** If your child frequently appears upset or reluctant to go to school and cannot tell you why, schedule an appointment with his or her teacher or school counsellor to talk about possible sources of the anxiety.

**Try to limit the amount of time that your child misses school due to medical appointments or illness:** If possible, avoid scheduling doctor's appointments during the school day. Allow your child to stay home only in the case of contagious or severe illnesses.

**Plan ahead.** Encourage your child to prepare for the next school day by laying out clothes the night before and helping to fix lunches.

**Promote good health.** Make sure that your child eats a balanced diet with plenty of fruits and vegetables, and has opportunities to exercise every day through a sports team or playtime outside.

**Create a restful environment.** Finally, make sure that your child can relax before bedtime by doing something quite like reading rather than doing something stimulating, like watching television. Ensure that your child gets enough quality sleep ideal amounts ranging from 8 to 12 hours. Getting enough sleep will help her get up on time, be refreshed in the morning, and feel ready for a full day of learning ahead!

By making your child's school attendance a priority, you will be taking an important step in supporting your child's school success, and setting a good example. Remember every day counts!

Regards,



Syed Ali Haider Rizvi  
Principal.