

A Healthy Approach to Healthy Attendance.



Did you know poor health limits student success?

When students have asthma, are overweight or don't receive three nutritious meals a day, they're more likely to miss school. Missing even two days a month causes students to fall behind, or even drop out. This could lead to health concerns later in life since adults with less education are more likely to smoke, have chronic diseases, and experience other health risks.

Good health sets students up for success.

Research proves the more a student attends school starting in kindergarten, the more likely he or she is to graduate. Setting healthy habits and creating healthy school environments helps students achieve in school now, and sets them up for success later.

10 ways to BE THERE for healthy, successful futures

1. Encourage students to eat a nutritious breakfast - it improves concentration, test scores and attendance.
2. Opt for a universal free breakfast program at your school.
3. Get your students moving! Take action breaks, walks outside, or encourage recess time as a chance to move.
4. Increase physical fitness programs, which can reduce asthmatic symptoms and decrease obesity.
5. Encourage early bed times and less screen time before bed; children who are more awake are better learners.
6. Incorporate attendance activities into your daily interactions with students, and support the school's efforts to improve attendance.
7. Give clear guidelines for when a child should come to school vs. stay home due to illness.
8. Remember, positive relationships matter. Let students know you notice when they are in school and out of school.
9. Advocate for healthy menu options at school meals.
10. Organize a Walking Bus to your school. This can increase walking safety, physical activity, and student attendance.

NEED HELP?

Dial 2-1-1 for information, resources and referrals.

