

# School Success and Learning

## Keep Your Teen on Track in Middle and High School

Even as teens grow older and more independent, families play a key role in making sure teens participate and get to school every day.

### DID YOU KNOW?

- Absences can be a sign that a teen is losing interest, struggling with schoolwork, or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a teen may drop out of high school.
- Missing 10% (just 2 days each month) of school can drastically affect a teen's academic success.
- Attendance is an important life skill that will help your teen keep a job and pursue a career.



### WHAT YOU CAN DO

#### Communicate with the School

- **Contact your teen's teachers** and let them know how to reach you.
- **Request a schedule of classes** and log in information for your teen.
- **Ask for help** from school officials, after-school program providers, other parents or community agencies if you're having trouble getting online or need help with food, housing or some other challenge.
- **Know the school's attendance policy** and the consequences for absences.
- **Check on your teen's attendance** to make sure they are attending all of their classes regularly.

#### Make School Attendance a Priority

- **Talk about the importance of showing up** to school every day so your teen knows this is your expectation.
- **Encourage your teen to maintain daily routines**, such as finishing homework or getting a good night's sleep.
- **Avoid scheduling non-urgent dental and medical appointments** when classes are in session.
- **Post your teen's class schedule** and log-in information in a visible location, such as on the refrigerator.

#### Help Your Child Stay Healthy and Engaged

- **Find out if your teen feels safe.** If there are problems, work with your school to find a solution.
- **Check in regularly** about your teen's academic progress and seek help from teachers or tutors.
- **Stay on top of your teen's social contacts.** Peer pressure can lead to skipping class. Teens who have a hard time making friends can feel isolated.
- **Ask for help when you need it.** School staff, after-school program providers, and other parents or community agencies are available to help families access online learning, obtain food or housing, and address other experiences that make it difficult to attend and participate.