

Keeping Your Child On Track At School - Pay Attention To Attendance

A student's optimum attendance to be on track to succeed is a minimum of 90%. This equates to 9 days a fortnight, or 5 days of school each term.

Frequent absences can indicate that a student is losing interest in school, struggling with schoolwork, dealing with a bully, or facing other difficulties.

Regular attendance promotes and improves:

- Higher grades and better performance in national assessments (NZ Ministry of Education) and are more likely to complete high school education (University of Otago).
- Social skills and overall well-being (New Zealand Council for Educational Research).
- Skills and discipline that employers value.

Irregular attendance can be damaging:

- Gaps in learning with students at risk of lower academic achievement (ERO).
- Mental health challenges, such as anxiety and depression (University of Auckland).
- Poor attendance at school is linked to difficulties in finding stable employment in the future (New Zealand Ministry of Social Development).

Make school attendance a priority:

- Talk about the importance of showing up to school every day.
- Help your teenager maintain daily routines, such as finishing homework, phone time limited at night, and getting a good night's sleep.
- Try not to schedule dental and non-Covid-19 related medical appointments during the school day.
- Keep your student healthy, and if you are concerned about Covid-19, check your school website for advice

Help your teen stay engaged:

- Find out if your children feel engaged in their classes and feel safe from bullies and other threats.
- Monitor your teen's academic progress.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your teen to join meaningful after-school activities, including sports and clubs.
- Notice and support your students if they are showing signs of anxiety.
- Check on your teen's attendance using the Portal to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.

CHRONIC
ABSENCES

**70% or less attendance
= 6 or less days a fortnight**

WARNING

**70% - 90% attendance
= 8 - 7 days a fortnight**

GOOD
ATTENDANCE

**90% Attendance
= 10 - 9 days a fortnight**