

COMING TO SCHOOL EVERY DAY IS IMPORTANT!

WHAT YOU CAN DO TO HELP?

- Set a consistent bedtime and morning routine.
- Prepare clothes and pack backpacks the night before.
- Keep your child healthy and up to date with vaccinations.
- Help your child meet teachers and classmates before school starts.
- Have backup plans for getting to school (ask family, neighbors, or other parents).
- Schedule doctor/dentist appointments and vacations outside school hours.
- If your child feels nervous about school, talk to teachers for support.
- If you're unsure whether your child is sick, call the school for advice.
- If your child is home sick or in quarantine, ask the teacher for learning materials/make-up work.

