

Students can fall behind even if they miss just a day or two of school every few weeks.

Many parents don't realize how quickly absences add up or how crucial it is for their child not to miss school. Kindergarten students especially suffer academically. The elementary years are critical for laying the foundation and developing the skills children need in order to read fluently by 4th grade. Children who struggle with reading are at a higher risk of dropping out of high school.

So what can parents do to ensure their children attend school regularly?

1. Establish basic routines.

Set bedtime and morning routines. For younger children, lay out clothes and pack backpacks the night before. Create a checklist and let your child check off tasks. For older students, have a plan for finishing homework on time and getting to bed about the same time each night.

2. Teach your children that attendance is important and show them you mean it.

Don't plan medical or dental appointments during the school day or take extended trips when school is in session. Don't let children stay home unless they are truly sick. Keep in mind that complaints of a stomach ache or headache can sometimes be a sign that your child is anxious about something at school.

3. Talk to your child.

If your children seem reluctant to go, find out why and work with teachers, counselors, or afterschool providers to figure out how to get them excited about school.

4. Develop backup plans for getting to school.

Identify who you can turn to – another family member, a neighbor, or fellow parents – to help you get your children to school if something comes up.

5. Reach out for help if you are experiencing tough times.

Problems with transportation, housing, jobs or your child's or your health can make it hard to get your children to school. Remember that school officials, afterschool providers, doctors and community agencies can help.



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When is “sick,” too “sick” for school?



Send me to school if ...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours and I haven't run a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me home if ...

I have a temperature higher than 99.6 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the Doctor if ...

I have a temperature higher than 99.6 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week and they aren't getting better.

I still have asthma symptoms after using my asthma medicine. Call 911 if I'm having trouble breathing after using an inhaler!

If your child is on the truancy program, doctor's slips may be required when too many days are missed – excused or not.

If your child is absent due to illness or for any other reason, call the school first thing in the morning to let them know. Unreported absences will be marked unexcused. Please bring in all required doctor's notes the first day your child returns to school.

SCHOOL: _____

Phone: _____

**Miss School...
Miss Out**

Madison - Kankakee
KAN
Regional Office of Education

Helpful Information

Food Pantries: Center of Hope ~ 895 S. Washington, Kankakee Open M, Tu, W 9am-1:30pm

Mental Health Services: Helen Wheeler Center ~ 815.939.3543

Domestic Violence Services: Harbor House ~ 815.932.5814

Adult Reading Assistance: ALIVE ~ 815.802.8302

Childcare Assistance: CCRR ~ 815.741.4622

Youth Services: Aunt Martha's ~ 815.937.0100, Garden of Prayer ~ 815.472.2490,

Southpoint Youth For Christ ~ 815.935.2020

Crisis Pregnancy: Birthright ~ 815.937.5881, Living Alternatives ~ 815.933.2207

Counseling: ONU Counseling Lab ~ 815.928.5548, Catholic Charities ~ 815.933.7791,

Oakside Clinic ~ 815.933.2240, Riverside HealthCare ~ 815.935.7345

Health Clinics: Azzarelli Clinic ~ 815.928.6093, Aunt Martha's ~ 815.928.6222, New Life ~ 815.935.5433, Kankakee Health Dept. ~ 815.937.3560

Hispanic Services: Catholic Charities ~ 815.933.7791

Dept. of Human Services (Public Aid) ~ 815.939.4544

Substance Abuse Services: Duane Dean ~ 815.939.0125, Riverside Resolve Center ~ 815.468.3241

Easter Seals: 815.928.7335

Sexual Assault Services: KC-CASA ~ 815.937.2914

Dept. of Children and Family Services: 815.939.8140

Utility/Eviction Assistance: KCCSI ~ 815.933.7883

Disability Support: Options Center For Independent Living ~ 815.936.0100, United Developmental Services ~ 815.939.4070

Legal Assistance: Prairie State Legal Services ~ 815.935.2750

Transportation: River Valley Metro Bus ~ 815.937.4287

Homeless Services: Salvation Army ~ 815.933.8421, Gift of God ~ 815.614.3785, KCCSI~815.933.7883

Rural Transportation: Show Bus: 309.747.2454

Social Security Administration: 815.937.3245

Dentist Accepting Medicaid: Bradley Dental ~ 815.929.0222, Dr. Weatherford~815.932.3613