

Attendance Assistance Program

April 2025

The Thrill of Spring is upon us!

We're in the home stretch and getting to school from now until the end sometimes gets tough. Warmer temperatures and increased spring activity schedules sometimes make being at school a challenge.

It may be time to revisit the routine of a good morning. Here are some tips to reinforce good routines until the end of the year.

- **Provide students their own alarm clock if they don't have one. As we talk about moving on to the next year, increasing responsibility to get up in the morning can be seen as a way to encourage students' independence and responsibility.**
- **Get up 15 minutes earlier than necessary, and use that 15 minutes as a time to relax on days when we all want to move slower.**
- **Shower or take a bath in the evening to wind down from the events of the day and prepare for good sleep. Don't allow electronics after bathtime.**



Plan out a calendar of family activities, events, school programs and end of year events that are coming up. Be sure to build in some time to rest and recuperate to avoid illness and missing out on fun activities that promote spring learning and attendance. Taking care of our bodies with good rest, hygiene and hydration becomes crucial as the months begin to get busier and warmer. Take 2 minutes for yourself to be grateful we've made it to spring!