

# MVHS Counseling Newsletter

High School & Beyond Planning — News & Information



January

MVHS PARENTS

## Attendance Matters

Students who miss more than ten percent (or just two days every month) of school days in one year are considered chronically absent. Students miss school for a variety of reasons: illness, doctor's appointments, vacations, or skipping classes because of lack of interest or success. Absences can be a sign that a student is losing interest in school, struggling with schoolwork, dealing with a bully, or facing some other potentially serious difficulty. Regardless of the reason, the effects are real. Once freshmen missed ten percent of school days, their odds of graduating dropped below forty percent.

## What You Can Do

- Insist on regular, prompt attendance. Encourage your teen to get involved at school with a club or activity.
- Establish and stick to the basic routines (going to bed early, waking up on time, etc.) that will help your teen develop the habit of on-time attendance.
- Talk to about why going to school every day is critical and important unless they are sick. If your teen seems reluctant to go to school, find out why and work with the teacher, administrator, or afterschool provider to get them excited about going to school.
- Reach out for help if you are experiencing tough times (e.g. transportation, unstable housing, loss of a job, health problems) that make it difficult to get your child to school. Other parents, your child's teacher, principal, social worker, school nurse, afterschool providers or community agencies can help you problem solve or connect you to a needed resource.
- If your child is absent, work with the teacher to make sure she or he has an opportunity to learn and make up for the academics missed.

Sources: [Practical Leadership](#) and [Attendance Works](#)



Counseling Contact  
Information:  
520-579-4450

## Counseling Personnel:

Ms. Anderson A-B  
Ms. Kati C-Gor  
Ms. Wampler Gos-Marq  
Ms. Crawford Marr-Rol  
Ms. Ruboyanes Rom-Z  
Ms. Sims Counseling Secretary  
Ms. Wray College & Career Center  
Mr. Hesse Tier 2 Support

## Did You Know?

When students improve their attendance rates, they improve their academic prospects and chances for graduating.

Source: [Attendance Works](#)

## Myth Buster

**MYTH:** In college, students can skip class whenever they want.

**REALITY:** College students have more freedom in planning their schedule. It can be tempting to skip classes.

Depending on the size of the college and the size of the class, attendance may or may not be taken. Although that is starting to change with increased use of “clickers” - technology that polls an entire class, no matter the size.

While many classes don't have an attendance policy, a student who skips runs the risk of getting behind on class notes and lectures. Many college professors test on textbook knowledge as well as in-class lectures and discussions. If students skip they run the risk of falling behind and even failing.

## Upcoming Events & Announcements

- **Jan 22<sup>nd</sup>, 23<sup>rd</sup>. 24<sup>th</sup>** - Course Selection Presentations
- **Jan 29<sup>th</sup>- Feb 1<sup>st</sup>** - Junior Advisement
- **Feb 11<sup>th</sup>**- Online and Hard Copy Course Request Entry Deadline
- **Feb 20<sup>th</sup>** - 0 Hour Request Paperwork and TA Contract Deadline

### Student Checklist

- ☐ **Maintain daily routines**, such as finishing homework and getting a good night's sleep.
- ☐ **Get involved.** Students who are more engaged with school clubs and activities are more likely to attend regularly. Explore activities such as sports, school government, or clubs.
- ☐ **Ask for help** from your family, teachers, guidance counselor or a caring adult if you're skipping because you do not feel safe, are having challenges with your classes, or for another reason.

### Family Checklist

- ☐ **Talk about the importance of showing up** to school everyday, make that the expectation.
- ☐ **Help your child maintain daily routines**, such as finishing homework and getting a good night's sleep.
- ☐ **Try not to schedule dental and medical appointments during the school day.**
- ☐ **Don't let your child stay home unless truly sick.** Complaints of headaches or stomachaches may be signs of anxiety.
- ☐ **Talk to your child's counselor** if you notice sudden changes in behavior. These could be tied to something going on at school.
- ☐ **Check on your child's attendance** to be sure absences are not piling up.
- ☐ **Ask for help** from school officials, afterschool programs, other parents or community agencies if you're having trouble getting your child to school.