

# Showing up for School



## One Daily Habit

As parents and caregivers, we all want to give our children the best possible chance at a happy, healthy, successful future.

**One daily habit can set your child up for success for years to come: showing up at school as often as possible.**

Attending school in person means that your child can:

- Get more personalized attention from teachers
- Focus on new ideas and developing new skills
- Collaborate with other students to problem-solve.

**School is designed to help your children develop—socially, emotionally, personally, and academically.**

Avoiding school absences gives your student the tools they need to achieve their dreams now and in the future.

Be sure to follow us on [Facebook](#) and [Instagram](#) for more resources and information for parents, students, and communities.



## Don't Miss Out!



When children and teens regularly attend school in person, they're more likely to develop their whole selves—personally, socially, academically, and emotionally—so they can be ready for the next adventure.

**Being at school is a chance to connect with friends and adults, collaborate and problem-solve, make decisions, think critically, be creative, and engage in hands-on learning.**

Showing up for school is important **at every age and in every grade**—kindergarten, elementary school, middle school and high school.

If your child is sick and has to stay home, make sure you let the school know.

**Support your student's social, emotional, and academic growth by helping them show up for school as often as possible.**

## Elementary School



Attendance is especially important in elementary school, grades K-5.

**School helps children develop their whole selves, and each day of learning builds on the previous day.**

Showing up for school as often as possible in grades K-5 means that young students get the benefits of social, emotional, and academic

development.

## What You Can Do

### **DO:**

- Encourage your student to show up at school in person as often as possible.
- Keep track of your child's absences.
- Set a regular bedtime that allows for enough sleep - 9-11 hours for Kindergarten through 5th grade, 8-10 hours for grades 6 through high school.
- Turn off or take away cell phones, video games, and computers at bedtime.
- Set a morning routine with a regular wake-up time.
- Agree on a place in your home, like the kitchen table or another spot away from distractions, where your student can always do their homework.
- Ask your student about what they are learning and about what homework they have.
- Pack backpacks and lunches the night before.
- For young students, lay out clothes the night before.
- Remind students that attendance matters, and that they can only stay home if they are truly sick.

### **DON'T:**

- Ask older children to help with daycare or chores during school time.
- Schedule doctors appointments or other appointments during school time.
- Plan vacations that would require a student to miss school.

Set good habits now to make sure your children have the personal, social, academic, and emotional skills to reach their dreams.

## After School Programs

After school programs can help students develop academic and social skills, build positive relationships, and do better in school. With community partners, KCHA offers after school programs at no cost to residents at many of our communities.

- **Auburn**, Burndale Homes & Firwood Circle, with [Neighborhood House](#)
- **Bellevue**, Hidden Village, Eastside Terrace, Spiritwood Manor, with [Boys and Girls Club of Bellevue](#)
- **Burien**, Woodridge Park & Arbor Heights, with [Southwest Youth and Family Services](#)
- **Kent**, Cascade Homes, Valli Kee, Birch Creek, with [YMCA](#) and [Kent Youth and Family Services](#)
- **SeaTac**, Windsor Heights, with [Southwest Youth and Family Services](#)
- **Shoreline**, Ballinger Homes, with the [Center for Human Services](#)
- **White Center**, Greenbridge with [Southwest Boys and Girls Club](#), and Seola Gardens with [Neighborhood House](#)

To sign up or learn more, please speak with the on-site program staff or check with your property manager.



## **King County Housing Authority**

700 Andover Park West, Tukwila, WA 98188

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