



PANTHER PRESENCE

Prowling for Excellent Attendance

February 2025



North Country FSCS: Families, Students, Communities, Schools

Welcome to Belleville Henderson Central School District's monthly attendance newsletter. It is our goal to provide information and resources to families and our community about the importance of school attendance.

Let's Recap!

Check out some highlights from our first five editions of Panther Presence.

Benefits of Regular Attendance!

- **Confidence** at home and school.
- Anxiety **decreases**
- Children are **part of a community**
- Ongoing, extended **conversations and learning**
- Children learn to **control their emotions**
- Less time spent "catching up"
- Families feel more a part of the **school community**

Attendance Challenges that We Can Help With At School:

- **Barriers**
- **Aversion**
- **Disengagement**
- **Misconceptions**

Click [HERE](#) to find out more

"Executive functioning skills" include:

Planning: Writing due dates in a planner

Organization: Using binders and folders to organize classwork

Time management: Set alarms in the morning to get to school on time

Working memory: Recalling a stopping point in a previous lesson.

Self-control: Switching between activities or ideas

[How to Cultivate Executive Functioning Skills for Students](#)

Having ROUTINES Helps Everyone With:

- Self-regulation skills
- Self-management skills
- Trusting relationships
- Better physical health
- "Predictable, repetitive routines are calming and help reduce anxiety"

Daily Attendance for January 6-January 31, 2025

Elementary K-5

Daily Attendance Average %

K: 96.32% **3rd:** 94.95%
1st: 93.52% **4th:** 96.50%
2nd: 93.33% **5th:** 94.93%

Secondary 6-12

Daily Attendance Average %

6th: 94.10% **9th:** 94.10% **11th:** 92.68%
7th: 93.52% **10th:** 95.70% **12th:** 96.34%
8th: 96.34%

When kids **DON'T** get enough sleep!



- * Lack of sleep might be misdiagnosed as a mental health disorder!
- * Children and teens are **LESS** able to:
 - control their impulses
 - learn
 - complete schoolwork

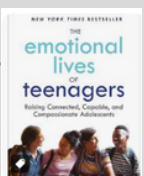
We have been in school for **87 days!**

How many days has your child been absent?

If you answered **8 or more days**, your child has already lost 10% (or more) of learning and social time.

"Practices for Well-Being"

- **HINT:** Think less multi-tasking, true downtime, and positive relationships.
- The author, Lisa D'Amour, is an expert on the teenage years and contributor to the movie "Inside Out 2".
- Click on the book to sign-up for more tips for your teens and almost-teens





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January 2025



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Welcome to Belleville Henderson Central School District's monthly attendance newsletter. It is our goal to provide information and resources to families and our community about the importance of school attendance.

Welcome Back!

We are delighted to see everyone back at school to kick off 2025!
We encourage our entire Panther community to develop and reach for their aspirations in the new year!



This edition of *Panther Presence* introduces you to important skills that students learn in school called "**executive functioning skills**". These skills comprise how our brains manage and sort information, make decisions, and plan.

Some examples of executive functioning skills that students learn and apply in school are:

Planning: Students writing due dates in a planner.

Organization: Students using binders with various folders to organize classwork.

Time management: Students set alarms in the morning to get to school on time, without skipping breakfast or other necessary morning tasks.

Working memory: Students recalling a stopping point in a previous lesson.

Self-control: Students successfully switching between activities or ideas.

[How to Cultivate Executive Functioning Skills for Students](#)

Daily Attendance for December 2–December 20, 2024

Elementary K–5

Daily Attendance Average %

K: 96.20% **3rd:** 95.85%
1st: 96.64% **4th:** 96.87%
2nd: 97.26% **5th:** 95.83%



Secondary 6–12

Daily Attendance Average %

6th: 95.05% **9th:** 93.26% **11th:** 93.20%
7th: 95.05% **10th:** 92.70% **12th:** 96.05%
8th: 95.87%



<https://www.thepathway2success.com>

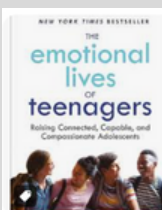
We have been in school for 71 days!

How many days has your child been absent?

If you answered 7 or more days, your child has already lost 10% (or more) of learning and social time.

"Adapting to Change"

- Click the link for 3 ways to help teens with **learning to adapt** (flexible thinking).
- The author, Lisa D'Amour, is an expert on the teenage years and contributor to the movie "Inside Out 2".
- Click on the book to get more tips for your teens and almost-teens





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December 2024

North Country FSCS: Families, Students, Communities, Schools



Welcome to Belleville Henderson Central School District's monthly attendance newsletter. It is our goal to support families and educate the community on the importance of school attendance.

How do Routines Help Children, Teens, and Adults?

Did you know that routines are good for our health? This includes all the routines that take place at school and preparing for school.

* For children, routines lead to feeling **trust** in the world around them, which leads to stronger **self-regulation** and **self-management** skills.



<https://www.peacefulparenthappykids.com/read/structure-routines>

* For teens, routines lead to **trusting relationships** with caregivers, better **physical health**, increased ability to be **responsible**, and **lifelong skills** such as time management and self-control.

<https://personalexcellence.org/raising-worldchangers-blog/why-teens-need-routine>

* For adults, "predictable, repetitive routines are **calming** and help **reduce anxiety**", and also help you feel in control of your life.

<https://www.piedmont.org/living-real-change/why-routines-are-good-for-yourhealth>

Routines can help us feel safe and secure	Routines provide stability during times of change	Routines support our body clock for regular bedtimes
	<i>Why routines are good for teens?</i>	
Routines help us to develop a sense of responsibility	Routines help us to develop basic work skills and time management	Routines help us to plan quality time with family to strengthen relationships

<https://www.lasalle.wa.edu.au/wellbeing-the-benefits-of-a-routine/>

Daily Attendance for November 1–November 26, 2024

Elementary K–5

Daily Attendance Average %

K: 94.73%	3rd: 94.58%
1st: 96.24%	4th: 95.00%
2nd: 95.36%	5th: 96.24%

Secondary 6–12

Daily Attendance Average %

6th: 92.94%	9th: 92.59%	11th: 92.79%
7th: 94.44%	10th: 91.09%	12th: 95.26%
8th: 95.88%		

Holiday Letter

(Click to read)

Holiday Family Joke

Knock, knock!

Who's there?

Snow.

Snow who?

Snow time to waste. It's almost Christmas!

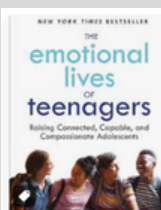
We have been in school for 59 days!

How many days has your child been absent?

If you answered 5 or more days, your child has already lost 10% (or more) of learning and social time.

"Avoidance Feeds Anxiety"

- Click the link above to learn 3 ways that avoidance feeds anxiety (and resources to help).
- The author, Lisa D'Amour, is an expert on the teenage years and contributor to the movie "Inside Out 2".
- Click on the book to get more tips for your teens and almost-teens





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November 2024

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Fast facts about sleep – the critical but sometimes overlooked necessity for optimal physical and mental health.

When kids GET enough ZZZs:

- * Children and teens are able to control their impulses.
- * Learning and completing schoolwork is easier.
- * There is less risk of depression, anxiety, bipolar disorder, etc.
- * Children and teens are in better moods.

When kids DON'T get enough ZZZs:

- * Sometimes, being sleep deprived can be misdiagnosed as mental health disorders.
- * There is a higher risk of injuries, diabetes, obesity, and other physical ailments.

ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses 2 days a month...	When a student misses 4 days a month...
They will miss 20 DAYS a year.	They will miss 40 DAYS a year.
They will miss 30 HOURS of math over the school year.	They will miss 60 HOURS of math over the school year.
They will miss 60 HOURS of reading & writing over the school year.	They will miss 120 HOURS of reading & writing over the school year.
They will miss over 1 YEAR of school by graduation.	They will miss over 2 YEARS of school by graduation.

[Thanksgiving Thank You Letter](#)

(Click to read)

Daily Attendance for October 1– October 31, 2024

Elementary K–5

Daily Attendance Average %

K: 96.06% **3rd:** 96.37%
1st: 98.07% **4th:** 97.50%
2nd: 98.07% **5th:** 96.76%



Secondary 6–12

Daily Attendance Average %

6th: 95.78% **9th:** 92.86% **11th:** 92.14%
7th: 96.14% **10th:** 91.77% **12th:** 96.01%
8th: 95.71%

BHCSD has a part-time Counseling Assistant, Anne Marie Honsinger. Mrs. Honsinger will be working at school three days a week supporting middle and high school students and families in the areas of attendance and other important student success skills.

Thanksgiving Family Joke

What kind of key doesn't open a door?
A turkey.

We have been in school for 42 days!

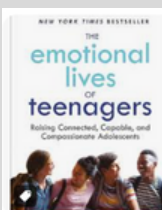
How many days has your child been absent?

If you answered 4 or more days, your child has already lost 10% (or more) of learning and social time.

["Sleep is the Glue That Holds Humans Together"](#)

- Click the link above to learn 4 culprits that might be making it hard for your teen to fall asleep.
- The author, Lisa D'Amour, is an expert on the teenage years and contributor to the movie "Inside Out 2".

- Click on the book to get more tips for your teens and almost-teens





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October 2024

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Welcome to Belleville Henderson Central School District's monthly attendance newsletter. It is our goal to support families and educate the community on the importance of school attendance.

The website called **Attendance Works** researches attendance and provides free resources to schools and families. The figure below from the www.attendanceworks.org website describes common reasons for absences that typically fall into four broad categories.

If your child is showing any of these signs, please know that BHCS D teachers, staff, and administrators want to support you and your child. Please call us (315-846-5121), send us an email, or come in. We are here for you.

Barriers	Aversion	Disengagement	Misconceptions
<ul style="list-style-type: none"> Chronic and acute illness Family responsibilities or home situation Trauma Poor transportation Housing and food insecurity Inequitable access to needed services System involvement Lack of predictable schedules for learning Lack of access to tech Community violence 	<ul style="list-style-type: none"> Struggling academically and/or behaviorally Unwelcoming school climate Social and peer challenges Anxiety Biased disciplinary and suspension practices Undiagnosed disability and/or disability accommodations Caregivers had negative educational experiences 	<ul style="list-style-type: none"> Lack of challenging, culturally responsive instruction Bored No meaningful relationships to adults in the school (especially given staff shortages) Lack of enrichment opportunities Lack of academic and behavioral support Failure to earn credits Need to work conflicts with being in high school 	<ul style="list-style-type: none"> Absences are only a problem if they are unexcused Missing 2 days per month doesn't affect learning Lose track and underestimate TOTAL absences Assume students must stay home for any symptom of illness Attendance only matters in the older grades Suspensions don't count as absence

Daily Attendance for September 3–September 30, 2024

Elementary K–5

Daily Attendance Average %

K: 97.00%	3rd: 94.75%
1st: 96.325%	4th: 96.88%
2nd: 98.38%	5th: 93.40%

Secondary 6–12

Daily Attendance Average %

6th: 96.29%	9th: 92.94%	11th: 95.63%
7th: 92.68%	10th: 93.18%	12th: 97.58%
8th: 95.32%		

What we are doing at school:

- Teachers are closely monitoring attendance and notifying administrators of concerns
- Teachers, counselors, and administrators are checking-in with students and families
- After-school programs are taking place in K–5
- After-school clubs and programs are also now happening for students in grades 6–12

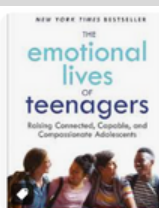
We have been in school for 20 days!

How many days has your child been absent?

If you answered 2 or more days, your child has already lost 10% (or more) of learning time.

"We can't always solve our teen's problems--so how do we help?"

- (Hint: 3 easy ways!)
- Click above to learn more from *Lisa D'Amour*, an expert on the teenage years and contributor to the movie "Inside Out 2"
- Click on the book to get more tips for your teens and almost-teens





PANTHER PRESENCE

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September 2024



Welcome to Belleville Henderson's first attendance newsletter. It is our goal to educate families and the community on the importance of school attendance.

The purpose of this newsletter is to:

- Raise awareness of the impact of good attendance
- Cultivate conversation by sharing data
- Provide helpful tips on helping your student arrive at school each day and on time.

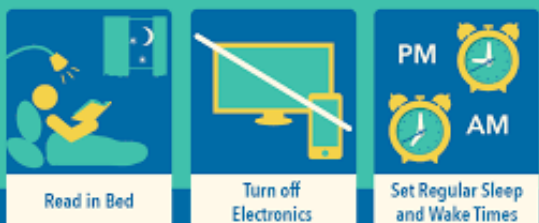
We hope you will find each newsletter helpful and informative.

The Social and Emotional Benefit of Regular Attendance

Research has shown the following benefits from consistent and on-time attendance:

- A predictable schedule builds the child's **confidence** at home and school.
- Student anxiety decreases because they **know what to expect** from the previous day.
- Children recognize they are **part of a community**; their peers and teacher expect and include them and miss them when they are gone.
- Ongoing, extended conversations and learning lead to **improved student outcomes**.
- Children learn to increasingly **control their emotions** simply by being in a consistent environment and on a schedule every day.
- Students spend **more time building on what they learned** the day before and less time "catching up" (another decrease in anxiety).
- Parents and families feel more a part of the **school community**.

Good Sleep Habits



DID YOU KNOW:
54% of our 7th-8th graders and 60% of our 9th-12th graders report that they don't get enough sleep and rest?

What Families Can Do

Elementary K-5

- + Set a regular bedtime and morning routine.
- + Show interest regularly in what your child has learned.
- + Ask interesting questions about your child's day.
- + Support good attendance habits.



Secondary 6-12

- + Monitor your teen's academic progress and seek help from teachers or other staff when necessary.
- + Encourage your teen to join meaningful after-school activities that are offered.
- + Ask interesting questions about your teen's day.

IMPORTANT ATTENDANCE FACTS: There are 180 days in a school year, which leaves 185 days to spend on family time, appointments, and other commitments!

Chronic Attendance

180 Days 100%	172 Days 96%	169 Days 94%	165 Days 92%	More than 18 days absent, less than 90%
Very best chance of success	Off to a flying start	Less chance of success	Harder to make progress	Chronic Absenteeism (Not fair for your child)

The goal for all students is to be present in school at least 90% of the school year. This equates to missing no more than two days each month.

Statistics show that students with regular attendance are more likely to achieve their full potential, and are less likely to suffer from gaps in their learning.

Let us work with you to ensure your child's educational success.