

A MESSAGE FROM THE SUPERINTENDENT

More than ever before, consistent school attendance is critical to school success. With more rigorous academic standards to meet for graduation, every minute of class instructional time is essential for students to reach their goals and achieve their dreams. Poor school attendance can quickly influence a student's ability to be successful in school. Research shows that when students are not in school, they can be at risk of becoming victims of crime, to use drugs, and alcohol and to drop out of school.

The Tulare City School District is committed to ensuring that students attend school every day, on time. By forging vital partnerships with the Tulare County Office of Education, the Tulare Police Department, the Tulare County District Attorney's Office and the Tulare County courts, we assist students and their families to attain that most treasured goal—an excellent education.

Clare Gist

Clare Gist, Ed.D
Superintendent, Tulare City
School District

TIPS ON GETTING YOUR CHILD TO SCHOOL ON TIME EACH DAY

(If your child is habitually late for school, try these tips to correct the problem.)

1. Move bedtime up by 15-30 minutes. This helps children get a bit more sleep so they get out of bed a little more easily. Recommended bedtime for Elementary students is 8:00-8:30 p.m.
2. Stagger wake-up time with multiple children. Try getting the first child up at 6:45 a.m. and the second at 7:00 a.m., so they are each doing different things at different times. When you stagger wake-up times, children are less distracted by each other.
3. Grab and go. Making lunches and packing backpacks the night before is a must!!
4. Have clothes ready the night before. Have your child/children pick their outfit the night before and hang it on their dresser knobs or fold them at the end of their bed. This helps to keep their room cleaner and they don't complain about what they must wear because they picked them out themselves. Make sure they get socks, shoes, undies, and any accessories ready the night before also.
5. Do homework right after school. Rushing to do homework the morning it's due is NO fun. Go through your child's backpack each evening so you're not surprised with a "Picture Day" notice, special event or book reports/dioramas that are due, one minute before your child needs to leave for school.



TULARE CITY
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QUESTIONS? CONTACT THE DISTRICT'S CHILD WELFARE & ATTENDANCE OFFICE.

Debbie Terry, Supervisor 559-685-7222
Anneke Cordorniz, CWA Clerk 559-685-7222

Child Welfare & Attendance Liaisons 559-685-7390
Cindy Burleson
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It's Important to Be In School On Time Every Day and Stay in School for the Whole Day

(Don't leave early)



EVERY MINUTE IN SCHOOL MATTERS

Two missed days a month adds up to being a half a year behind by the time your child reaches 4th grade.

And once a child falls behind, they rarely catch up.

WHY IT'S IMPORTANT TO BE ON TIME TO SCHOOL EACH DAY

Enjoy More Time to Prepare

Students arriving to school with time to spare have the luxury of settling in, preparing their class materials and focusing their minds on the lessons to come. They have all the time they need to literally and figuratively wake up. Showing up on time can soften the often-jarring transitioning between sleepy rides on a bus to concentrating on the day's first lessons. Students showing up to class in the middle of a lesson miss out on this natural transition period and may lose even more of the lesson as they scurry to settle into an academic focus. This ultimately contributes to the lower grades and graduation rates associated with chronic tardiness.

Develop Positive Lifelong Habits

Arriving late to school on a consistent basis can have longer-term academic effects. If showing up late to school becomes a habit, students may develop the notion that tardiness is acceptable behavior. This belief can negatively impact their future work ethic and employment opportunities. Alternatively, showing up on time to school everyday can help students develop the habit of being punctual with important commitments. This habit can serve high school students well through college and into their future careers.

Never Miss Important Information

Arriving to school after classes have begun can cause students to miss more than just the introduction to a new lesson. While waiting for the "tardy bell" to ring, teachers often share important information: reminders of upcoming quizzes, class trips, new classroom rules, essay due dates and other school-related specifics. Students who show up late may miss out on these details and as a result, be unprepared for some future class event. While a teacher will likely remind students of crucial information throughout the day, latecomers may miss out on courtesy reminders about homework assignments and other projects. Students who show up on time everyday can rest assured they have all the necessary information.

Disciplinary Consequences

Tulare City Schools has specific policies concerning student tardiness. Generally, these policies allow for the occasional late arrival; rare instances of excused tardiness throughout the school year are often forgiven. Students sometimes have legitimate reasons for showing up late, such as transportation problems and doctor's appointments. School administrators often consider such events to be "excused tardies." However, after a child has tardies or days in which they left school early on more than 10% of the days they have been enrolled, the child may be put on a structured disciplinary plan to address any further late arrivals. Depending on their continued infractions, students may be issued after-school detention, lunch or morning detention, campus cleanup duty or even suspension.



Young children are easily distracted. A classmate who comes into the classroom after an activity has started causes a disruption. Many children are embarrassed when everyone's attention is drawn to them because they are late. Being on time allows your child to be a part of the normal flow of the classroom and means they will not be the center of unexpected negative attention.

Your child needs time to visit with his or her friends and settle into the classroom routine. Being late doesn't make that transition easy for them and may cause your child to be anxious about school and their peer relationships.



How Much Sleep Do You Really Need?

Age	Sleep Needs
Newborns (0-2 months)	12-18 hours
Infants (3 to 11 months)	14 to 15 hours
Toddlers (1-3 years)	12 to 14 hours
Preschoolers (3-5 years)	11 to 13 hours
School-age children (5-10 years)	10 to 11 hours
Teens (10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National Sleep Foundation

Teachers say: "Every minute of class time is precious. When the bell rings, we're off and running. If a student is late, he or she will easily have missed the introduction to the lesson, interrupted the class, and then be in need of an explanation of what they have missed. Make that two or three students and things get really difficult."

