

Well-being at school and school attendance.

Parents' evening
Jokainen kohtaaminen on tärkeä!



J•ENSUU

Students have a right to attend school on a regular basis.



School purpose together with other professionals and parents is to assure and support students' ability to attend school.



Teachers and other professionals can contribute to students' commitment to school by investing in their well-being and social relations .



Cooperation between home and school can help to prevent prolonged school absences.

First signs leading to non-attendance often appear at home

Increased general anxiety or fear

Avoiding social interactions or fear of them

Changes in friendships especially at school

Trying to get rewarded outside the school

Having big troubles waking up in the morning

Increased somatic symptoms such as head ache, stomach ache

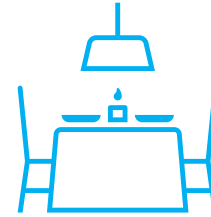
Increasing irritation, animosity or depression

Repeated requests to stay at home on school days

How can I, as a parent (guardian), support my child's studying?



Try to maintain a verbal connection with your child in all situations. Everyday routine supports school attendance.



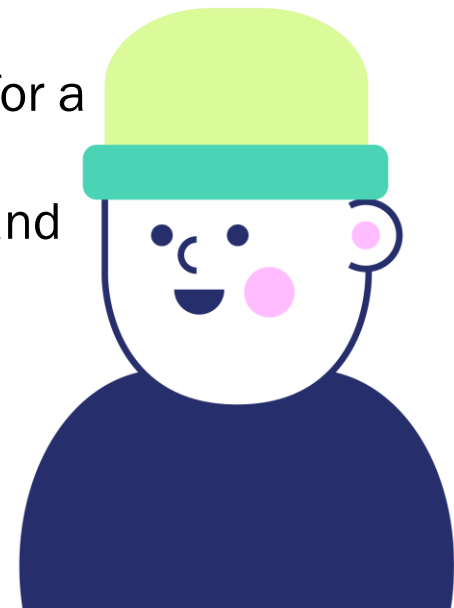
Assure regular meals and healthy diet.



Help your child to get enough night sleep and keep their circadian rhythm. This means limiting screen time at night.



Exercise and hobbies have a positive impact on staying active and maintaining friendships. It is crucial for a child to actively discover different environments and not to be stuck at home.



If you get worried about something..

- Tell your child/teenager what is it that is bothering you.
- Contact the school(Class teacher/teacher, Special Education Teacher, Education Coordinator etc.).
- Initiate arranging a meeting focusing on providing a specific support to a child/teenager.
- Keep in touch with other related services.