

KNIGHTLY PRESENCE

Forging Valor in Attendance

March 2025



North Country FSCS: Families, Students, Communities, Schools

Welcome to LaFargeville 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.

There are 21 school days in March!

March is one of the longest months of the school year, so we hope you can do your best to be here every day!



10 Facts about Attendance

1. Nationally, half of students who miss 2-4 days in September go on to miss nearly a month of school. [Read more...](#)
2. Chronic absence has almost doubled in the last five years.. [Read more...](#)
- 3, Absenteeism and its ill effects start early. [Read more...](#)
4. Poor attendance can influence whether children read proficiently by the end of third grade or be held back. [Read more...](#)
5. By 6th grade, chronic absence becomes a leading indicator that a student will drop out of high school. [Read more...](#)

[Click here for the other five facts!](#)

Daily Attendance for February 3–February 28, 2025

Elementary Pre-K – 5

Daily Attendance Average %

| | | |
|------------------------|--------------------|--------------------|
| PK a.m.: 90.31% | 1st: 92.47% | 4th: 94.71% |
| PK p.m.: 86.90% | 2nd: 93.29% | 5th: 93.05% |
| K: 96.65% | 3rd: 93.36% | |



Secondary 6 – 12

Daily Attendance Average %

| | | |
|--------------------|---------------------|---------------------|
| 6th: 92.60% | 9th: 85.20% | 11th: 87.86% |
| 7th: 90.64% | 10th: 88.37% | 12th: 86.26% |
| 8th: 93.70% | | |



Do you remember the Climate Survey that was offered for families to complete in October?

We want you to know that a team of teachers, administrators, and parents have received the results and are working hard to find solutions and make our school the best place for everyone.

Stay tuned for opportunities to give more feedback!

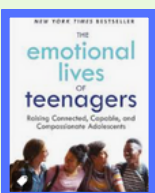
We have been in school for 103 days!

How many days has your child been absent?

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

[“How to Give Advice to a Teenager”](#)

- **Hint: Ask, Recognize, and Weigh**
- 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.



KNIGHTLY PRESENCE

Forging Valor in Attendance

February 2025



North Country FSCS: Families, Students, Communities, Schools

Welcome to LaFargeville 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 Knightly 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 Pre-K – 5

Daily Attendance Average %

PK a.m.: 84.52% 1st: 93.84% 4th: 94.03%
PK p.m.: 89.35% 2nd: 92.93% 5th: 92.19%
K: 88.48% 3rd: 92.12%

Secondary 6 – 12

Daily Attendance Average %

6th: 93.10% 9th: 88.69% 11th: 88.52%
7th: 91.95% 10th: 89.68% 12th: 87.89%
8th: 91.50%

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

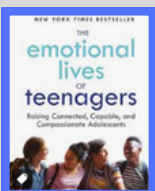
We have been in school for 91 days!

How many days has your child been absent?

If you answered **9 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 get more tips for your teens and almost-teens.



KNIGHTLY PRESENCE

Forging Valor in Attendance

January 2025



North Country FSCS: Families, Students, Communities, Schools

Welcome to LaFargeville 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 LCS community to develop and reach for their aspirations in the new year!

HAPPY
New Year

This edition of *Knightly 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 Pre-K – 5

Daily Attendance Average %

| | | |
|------------------------|--------------------|--------------------|
| PK a.m.: 88.46% | 1st: 95.43% | 4th: 93.45% |
| PK p.m.: 94.87% | 2nd: 95.34% | 5th: 93.97% |
| K: 95.16% | 3rd: 95.42% | |



Secondary 6 – 12

Daily Attendance Average %

| | | |
|--------------------|---------------------|---------------------|
| 6th: 94.69% | 9th: 90.31% | 11th: 91.03% |
| 7th: 94.16% | 10th: 89.01% | 12th: 83.00% |
| 8th: 94.80% | | |



<https://www.thepathway2success.com>

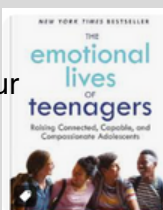
We have been in school for 71 days!

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 from Lisa D'Amour for your teens and almost-teens.



KNIGHTLY PRESENCE

Forging Valor in Attendance

December 2024



North Country FSCS: Families, Students, Communities, Schools

Welcome to LaFargeville 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 25, 2024

Elementary Pre-K – 5

Daily Attendance Average %

PK a.m.: 89.42% 1st: 93.26% 4th: 96.43%
PK p.m.: 81.77% 2nd: 94.51% 5th: 92.76%
K: 94.91% 3rd: 91.28%

Secondary 6 – 12

Daily Attendance Average %

6th: 95.47% 9th: 90.28% 11th: 94.79%
7th: 92.46% 10th: 91.25% 12th: 89.53%
8th: 92.65%

Holiday Letter

(Click to read).

Holiday Family Joke

Knock, knock!

Who's there?

Snow.

Snow who?

Snow time to waste. It's almost Christmas!

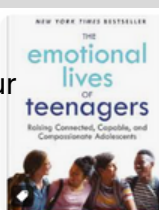
We have been in school for 58 days!

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 from Lisa D'Amour for your teens and almost-teens.



KNIGHTLY PRESENCE

Forging Valor in Attendance

November 2024



North Country FSCS: Families, Students, Communities, Schools

Welcome to LaFargeville Central School District's monthly attendance newsletter.

It is our goal to support families and educate the community on the importance of school attendance.

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 Pre-K – 5

Daily Attendance Average %

PK a.m.: 93.36% **1st:** 96.17% **4th:** 96.92%
PK p.m.: 92.42% **2nd:** 94.21% **5th:** 95.22%
K: 95.29% **3rd:** 96.51%

Secondary 6 – 12

Daily Attendance Average %

6th: 95.30% **9th:** 93.82% **11th:** 95.61%
7th: 94.51% **10th:** 92.17% **12th:** 88.33%
8th: 95.32%

LaFargeville CSD has a new part-time Counseling Assistant, Cheryl Felt. Mrs. Felt 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.

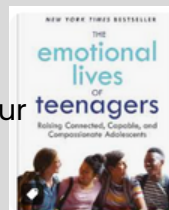
We have been in school for 42 days!

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 from Lisa D'Amour for your teens and almost-teens.



KNIGHTLY PRESENCE

Forging Valor in Attendance

October 2024



North Country FSCS: Families, Students, Communities, Schools

Welcome to LaFargeville Central School District's monthly attendance newsletter.

It is our goal to support families and educate the community on the importance of school attendance.

A website that schools use, 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 signs of any of these, please know that LCS teachers, staff, and administrators want to support you and your child. Please call us (315-658-2241), come in, or send us an [email](#). We are here for you.

| Barriers | Aversion | Disengagement | Misconceptions |
|--|--|---|---|
| <ul style="list-style-type: none">Chronic and acute illnessFamily responsibilities or home situationTraumaPoor transportationHousing and food insecurityInequitable access to needed servicesSystem involvementLack of predictable schedules for learningLack of access to techCommunity violence | <ul style="list-style-type: none">Struggling academically and/or behaviorallyUnwelcoming school climateSocial and peer challengesAnxietyBiased disciplinary and suspension practicesUndiagnosed disability and/or disability accommodationsCaregivers had negative educational experiences | <ul style="list-style-type: none">Lack of challenging, culturally responsive instructionBoredNo meaningful relationships to adults in the school (especially given staff shortages)Lack of enrichment opportunitiesLack of academic and behavioral supportFailure to earn creditsNeed to work conflicts with being in high school | <ul style="list-style-type: none">Absences are only a problem if they are unexcusedMissing 2 days per month doesn't affect learningLose track and underestimate TOTAL absencesAssume students must stay home for any symptom of illnessAttendance only matters in the older gradesSuspensions don't count as absence |

Daily Attendance for September 3–September 30, 2024

Elementary K–5

Daily Attendance Average %

PK a.m.: 97.31% 1st: 96.35% 4th: 97.68%
PK p.m.: 98.33% 2nd: 95.88% 5th: 94.47%
K: 97.6% 3rd: 96.98%

Secondary 6–12

Daily Attendance Average %

6th: 97.24% 9th: 95.42 11th: 96.94%
7th: 94.48% 10th: 94.73% 12th: 93.11%
8th: 91.62%

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!

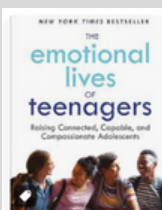
How many days has your child been absent?

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



KNIGHTLY PRESENCE

Forging Valor in Attendance

September 2024



Welcome to LaFargeville CSD'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.

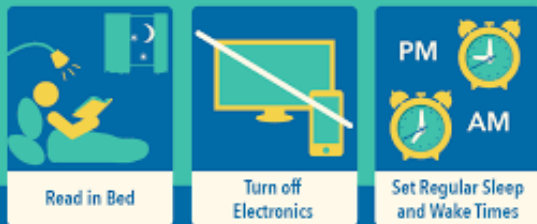
We hope you will find each newsletter helpful and informative.

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:

79% of our 7th-10th graders report that they don't always 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.