

# Attendance Matters

Our goal is to ensure that every student attends school regularly. When you miss school, you miss out on carefully planned instruction. It can be hard to recover from this, especially in subjects where it's important to build a strong foundation. Did you know that by 9<sup>th</sup> grade, good attendance can predict graduation rates? Even when you are remote, try to be present and participate.



## Reminders

Feb 1: High School Hybrid Starts  
Feb 15 – 19: Mid-Winter Break

## Welcome Back Crusaders

We have missed seeing you on campus! School still won't look the way you remember, but we hope that this is one step closer to school as we know it. If you are feeling stressed about returning to school, please reach out to your school counselor. You are not alone in feeling anxious or stressed about the new routines.

## 5 Tips TO HELP TEENS COPE WITH STRESS

<p><b>GET SOME SLEEP</b></p> <p>Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about <b>8-10 hours each night</b>.</p>	<p><b>FOCUS ON YOUR STRENGTHS</b></p> <p>Take time to <b>think about what you're good at</b> and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.</p>	<p><b>DO THINGS THAT MAKE YOU HAPPY</b></p> <p><b>Find activities or hobbies that make you happy</b> and incorporate them into your daily life.</p>	<p><b>ENGAGE IN PHYSICAL ACTIVITY</b></p> <p><b>Exercise takes our mind off stress</b> and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.</p>	<p><b>TALK TO SOMEONE</b></p> <p>It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find <b>ways to manage your stress</b>.</p> <p>MHFA.org/teens</p>
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What is stress?  
How do I manage it?

## IDEAS TO HELP YOU DECOMPRESS

Coming back to school in this hybrid setting can be overwhelming. Try some of these quick activities to help you decompress.

- \* Take a walk around your neighborhood when you get home
- \* Close your eyes and take 10- deep breathes
- \* Stand up and stretch