

# Every Minute Counts

## Why consistent school attendance matters



Regular attendance is one of the strongest predictors of a student's success—academically, socially, and emotionally. Even small amounts of missed time add up, affecting learning progress, confidence, friendships, and long term wellbeing.

### 1. Attendance supports wellbeing

- Students who attend regularly feel more connected to their school community and make friends more easily.
- Strong attendance builds routines that reduce anxiety and increase confidence.
- Schools that promote wellbeing and attendance together help reduce school avoidance behaviours and support positive mental health.

### 2. Attendance boosts learning

- Consistent attendance improves academic outcomes and expands future career options.
- Missing even one day every few weeks can create learning gaps that are hard to close.
- Students who attend regularly are more likely to stay engaged and achieve long term success.

### 3. Attendance builds strong relationships

- Being present helps students form friendships and feel part of the school community.
- Regular attendance strengthens relationships with teachers, making it easier to ask for help and stay motivated.

### 4. What happens when students miss school?

- Learning becomes harder, and students may feel overwhelmed catching up.
- Social connections and friendships weaken, increasing feelings of isolation.
- Patterns of absence can lead to long term disengagement from learning.

### 5. How families can support strong attendance

- Establish consistent morning and evening routines.
- Schedule appointments outside school hours whenever possible.
- Schedule holidays for term breaks.
- Communicate early with Mater Christi if challenges arise—we can help.
- Celebrate attendance milestones and progress.

## 6. Our obligations and commitment to you

- We will record and monitor attendance **every day** for **every class**.
- We will follow up unexplained absences.
- We will contact you if your child is absent for more than two days or if a pattern of irregular attendance emerges.
- We will provide support to improve attendance.
- We will comply with statutory obligations where there is continued unexplained non-attendance.

### Key References

- NSW Department of Education. *Every Day Matters: Consistent attendance improves student outcomes and wellbeing*.
- Be You (Beyond Blue). *Promoting School Attendance: Supporting wellbeing to reduce school refusal*.
- Julie Grantham (2024). *Why Your Child's School Attendance Matters*.
- AERO (2025). *Interventions to Promote School Attendance and Address Student Absence*.
- [https://www2.education.vic.gov.au/pal/attendance/policy?utm\\_source](https://www2.education.vic.gov.au/pal/attendance/policy?utm_source)

