



# EVERY DAY COUNTS

## 7 Tips for being Present & Punctual

- 1. Stick with the Plan:** Make sure your students keep a regular bedtime and establish a morning routine.
- 2. Avoid Distractions:** Turn off all electronics including TVs, phones and tablets at bedtime.
- 3. School Prep:** Make sure clothes and backpacks are ready the night before.
- 4. Ask the Nurse:** Getting better is important to your child's success and for the health of students and teachers. Check with our school nurse or office staff if you are not sure about when to keep your child at home due to illness. Here is a good [rule of thumb](#).
- 5. School Comes First:** Avoid scheduling vacations or doctor's appointments when school is in session.
- 6. Emotional Wellness Matters:** Talk to teachers and counselors for advice if your student feels anxious about going to school.
- 7. Expect the Unexpected:** Develop back up plans for getting to school if something comes up. Call on a family member, neighbor, or another parent to take your student to school.



**Darelle Jordan**

District Nurse  
Wimberley ISD  
512-847-5729

[darelle.jordan@wimberleyisd.net](mailto:darelle.jordan@wimberleyisd.net)



Read about the many reasons why academics and attendance go hand-in-hand.

[Early Grades](#)

[Middle & High School](#)