

I ATTEND. I LEARN. I SUCCEED.

# NEWSLETTER



## THE SOCIAL AND EMOTIONAL BENEFIT OF REGULAR SCHOOL ATTENDANCE

There are significant social and emotional benefits for students who attend school regularly.

Research shows that routines support healthy social emotional development. When teens have a predictable environment, such as a structured school day, they learn to self regulate in organized and predictable ways, leading to optimal mental health over time.



## IMPACT OF SOCIAL INTERACTION THROUGH ATTENDANCE

Regular school attendance encourages positive social interactions with others. Researchers from the University of Texas, Austin, have found that lack of Social interactions damage mental health. "People who feel more connected to others have lower levels of anxiety and depression. moreover, studies show they...have higher self-esteem, greater empathy for others, {and} are more trusting and cooperative.

<https://www.nytimes.com/2017/06/12/well/live/having-friends-is-good-for-you.html>



SCHOOL ATTENDANCE ENCOURAGES POSITIVE SOCIAL INTERACTIONS WHICH CAN POSITIVELY IMPACT YOUR STUDENT'S MENTAL HEALTH.

