



**FAIRFIELD SCHOOL**

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Maureen McMullin  
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Dear Parents,

One of the most important things you can do to help your child achieve academic success is also one of the most basic; attending school every day. In fact, research has shown that your child's attendance record may be the biggest factor influencing his/her academic success. Your commitment to school attendance will also send a message to your child that education is a priority for your family, going to school every day is a critical part of educational success, and that it's important to take your responsibilities seriously including going to school every day.

What you can do:

Help your child get to school on time every day. Frequently coming to school late will make it difficult for your child to transition into school routine and to stay caught up with the first lessons of the morning.

Set a regular bed time and morning routine.

Lay out clothes and backpacks the night before.

If your child seems anxious about going to school, talk to teachers or the school counselor for advice on how to make him/her feel comfortable and excited about learning.

Develop back up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.

Avoid medical appointments and extended trips when school is in session.

Create a restful environment.

Make sure that your child can relax before bedtime by doing something quiet like reading rather than doing something stimulating, like watching television. Ensure that your child gets enough quality sleep, ideal amounts range from 8 to 12 hours. Getting enough sleep will help him/her get up on time, be refreshed in the morning, and feel ready for a full day of learning!

.....When you miss a day you miss a lot! ☺