

Alta Loma School District

Importance of Good Attendance

Developing habits for success

Routines

"Research shows that routines support healthy social emotional development in early childhood. In particular, children with regular routines at home have self-regulation skills, the building blocks of good mental health. When children learn to regulate feelings and behaviors, it means they are able to identify their feelings and have skills to manage those feelings so that they don't feel overwhelmed. Young children who learn to do this well are better able to adapt to everyday challenges, stressors, and new expectations." - Source : [ZERO TO THRIVE](#)



Sleep

"Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life. Everyone, from children to older adults, can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal."

Sleep needs vary by age according to The American Academy of Pediatrics.

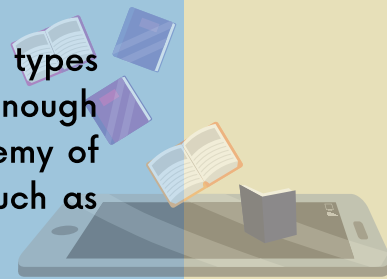
Source: [Sleep Foundation](#)

Children 6-12 years need 9-12 hours of sleep a night, Children 13-18 years need 8-10 hours.

Devices

"For students 6 years and older consistent limits on screen time; limits on types of media; and making sure screen use does not interfere with getting enough exercise and sleep is important for student success. The American Academy of Pediatrics also recommends that parents establish screen-free times (such as during dinner) and no-screen areas in the home (such as in bedrooms)."

Source : [Very Well Family](#)



Mental Health

Supporting student mental health is important as we develop the whole child. If you are interested in connecting your student with one of our licensed therapists, reach out to your site administration. Students can receive these supports during the school day, giving students the additional support to experience success.

Green Time

"Physical activity is important for kids' health, — it's beneficial for kids' mental, emotional, and physical health to go outside and run around and play."

Source - [Very Well Family](#)

"Something really simple you can do to improve your child's chance of future health and success: make sure he spends plenty of time playing outside."

Source - [Harvard Health Blog](#), October 2020

