

Is your student missing school due to anxiety?

Anxiety is normal and temporary. However- it can become a problem if it persists and interferes with your child's relationships and their education.



Anxiety can cause loss of sleep, loss of appetite, and lack of concentration and/or ability to pay attention.

Sometimes a stomachache or headache are symptoms of anxiety. Keeping your child home may actually worsen the situation.

Having trouble getting out of bed and avoiding activities, including school.



Dwelling on failure rather than learning from it.



Feeling tired, irritable, and overly emotional

Overthinking about everything all the time and having negative thoughts that something "bad" is going to happen .

When at all possible, avoid letting your child stay home. Although this provides short-term relief, the absences add up and cause a feeling of being disconnected to school and peers, falling behind in work and only making it harder for them to return.



ANXIETY

Talk with the school and ask for help to identify challenges and a plan to help your student

Speak with your child freely and without fear of them being punished. Get to the root of why they might be avoiding school.



THrive

Seek additional support and resources. Your school counselor or school social worker have many community and outside resources to share with you.

There is help!
Talk to your school staff.