A M HEMS

Showing up matters for R.E.A.L. because it is an opportunity to:

- Build Routines
- Increase Engagement
- Provide Access to resources
- Support Learning

Routines: A daily attendance routine can help you reduce stress and develop habits that help you keep a job.

Engagement: Being in school gives you a chance to see your friends and build relationships with school staff.

Access to Resources: When you show up to school, you can get access to meals, health services, mental health supports,

.