

Connecting with School: Parent's Guide



Did you know that when a child feels connected to their school, it helps their mental health? You can help this connection by knowing who to contact and activities they can be involved in. Consider using this to guide your conversations with the school.

1) What are the names of my child's teachers:

How often should I be checking in with them?
(weekly / monthly / each quarter)

How do I contact them if I have concerns? (email /
call school / text teacher / send in a note with child)

Contact Information:

Teacher #1: _____

Teacher #2: _____

Teacher #3: _____

2) What is the school guidance counselor's name:

In what ways can a school counselor help?

Contact Information:

3) Are there other staff member(s) important for
my child (i.e., nurse or education specialist)?:

Contact Information:

4) Are there important events and meetings at
school for me to attend? When are they?

_____ Date: _____

_____ Date: _____

_____ Date: _____

_____ Date: _____

5) What are some important dates for my child
(this could include testing, safety drills, days off,
field trips, school dances)?

_____ Date: _____

_____ Date: _____

_____ Date: _____

6) What are some clubs, sports, or activities that
my child can participate in? How do I sign my child
up if we're interested?

