Back to School Prep
CHECKLIST

MONTCLAIR SEPAC
SPECIAL EDUCATION PARENT ADVISORY COUNCIL

☐ **CREATE/UPDATE STUDENT "ABOUT ME" OVERVIEW**

- Describe your child - talents, strengths, learning differences and goals for this year.
- Provide a short recap of the previous year - achievements, struggles (e.g., math, SEL, etc.).
- Highlight the important IEP/504 accommodations or modifications that are key to your child's educational success.
- Share strategies that help motivate your child and any "tells" or behaviors when your child may be struggling with an assignment or task (e.g., bathroom breaks, multiple trips to sharpen pencils, etc.).
- Include any needs related to diet or sensory sensitives.

☐ **EMAIL STUDENT OVERVIEW TO NEW TEACHER(S)**

In your email, along with your student overview,
- Ask how the teacher(s) prefer to communicate and frequency—email, phone call, or a notebook sent back and forth between home and school? Daily, weekly or monthly communications?
- Ask how they plan to address any behavior or work refusal issues in the classroom?
- Be specific and clear on your communications expectations. Collaborate with your child's team to arrange a communication plan that will work for everyone.

☐ **REVIEW NEW CLASS SCHEDULE WITH YOUR CHILD**

- Review introduction letters from principals, teachers, counselors, and service providers (*if applicable*).
- Review new schedule and room assignments and where those rooms are within the building (e.g., first floor, second floor, etc.).
- Review bus name/number. Plan and practice your bus stop walking route, especially if you have a new stop location.
- Participate in any school building tours or socials to help orientate your child to their new building or schedule.

☐ **CELEBRATE THE FIRST DAY OF SCHOOL!**

- Celebrate the first day by continuing a tradition, such as first day signage photo, a special breakfast, or start a new one, such as creating a bus stop dance party!
- Be ready to welcome your child home with love and encouragement. Have your child share and reflect on their day - what were their favorite things and not so favorite things.

HAVE A GREAT FIRST DAY