

## Tips for Getting Ready for the School Year!

### **At School:**

- 👤 Tape a copy of your child's schedule to his desk if in elementary school or in his locker or main binder/planner if in middle school or high school.
- 👤 Organize their locker in advance.
- 👤 Visit the school and classroom your child will be in. Walk through your child's daily schedule.
- 👤 Make sure your child's teachers understand the IEP. Don't forget to include special area teachers such as: Art, Music, Library, PE.
- 👤 Schedule a meeting with your child's teachers to discuss the upcoming year. Remember that teachers may not be available to meet the first week or two of school.
- 👤 Resolve old concerns and issues. If you have concerns or issues that were not addressed during the last IEP/CSE meeting, request in writing another CSE meeting immediately.
- 👤 Be sure to attend your school's open house.
- 👤 Know the special education system and your procedural safeguards. Contact SUPAC with questions and we can help guide you in the right direction.

### **At Home:**

- 👤 For students taking the school bus, parents should determine where the school bus stop is and the time the bus will be picking up and dropping off their child.
- 👤 Confirm your before- and/or after-school care arrangements.
- 👤 Color code binders/folders per class and highlight them on the schedule
- 👤 Review your child's records & IEP. Is everything on the IEP as it should? Are changes needed?
- 👤 Make sure your child understands the IEP, accommodations, and services.
- 👤 Make a list of important people in your child's school day. Include their name, title, email, phone number and any other information that may be helpful.
- 👤 Get a three-ring binder and keep important information here. In this binder, keep your child's IEP, any recent evaluations, your important person contact logs, correspondence to and from the school, and so on.
- 👤 Keep a daily communication journal between home and school.

- 👤 Network with other parents. Join a parent group. Attend a SUPAC training.
- 👤 Slowly move bedtimes and wakeup times back to what they should be during the school year.
- 👤 Start practicing your morning routine.
- 👤 Consider getting a current well-child checkup for your child and request updated medical files if needed.
- 👤 Declutter and streamline your child's workspace. Plan what kinds of items and distractions are permitted to be in that area.
- 👤 Set goals for yourself for this upcoming school year. Your child has goals established and so should you. (i.e., volunteer at the school or dedicate a certain amount of time each day to talking about school.)
- 👤 Let your child choose his own school supplies, whether from around your house or from the store, and ready them in his backpack. This increases excitement and independence.
- 👤 Write up a brief, one-page document that covers your child at a glance. Note their likes, dislikes, preferences and strengths. Note any food allergies or medical needs the school should know about, things that are likely to be a trigger for your child, and strategies that will calm him/her down, as well as emergency contact information.
- 👤 Review any school policy changes as well as, state and national news about legislation, advocacy, and educational movements.
- 👤 Expect anxiety and make a plan. Both you and your child will have times of stress. Create a plan with concrete actions to ease the effects.

***Remember—meaningful parent involvement promotes and protects your child's success and families and schools are equal partners in the education of children.***

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**Contact SUPAC and discuss any questions or concerns you may have about starting the school year.**

SUPAC  
SU Center on Human Policy  
School of Education

805 S. Crouse Avenue, Room 110  
Syracuse, NY 13244-2280  
[www.supac.org](http://www.supac.org)  
[supac@syr.edu](mailto:supac@syr.edu)

TEL 315-443-4336  
FAX 315-443-4338  
Toll Free 877-824-9555