

# Back-to-School

## READINESS

### HELPING STUDENTS (AND PARENTS) HAVE A GREAT YEAR

#### COMMUNICATION

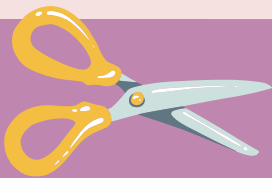
- Contact the school to explain PHACE, your child's risks, etc.
- Continue communication with school personnel on a regular basis regarding any medical changes, recent test results, etc.
- Caregivers are more knowledgeable about how to best help their child stay calm and focused, manage difficult transitions, and/or interact with peers.
- If you have already developed great ways to help your child manage behaviors at school, share them with your child's new teacher and/or staff.

#### SUPPLIES

Your child should have all the supplies needed to start off the school year.

Some examples of supplies are: adaptive pencil, ipad/laptop, grid paper, etc.

If your child has an IEP or 504 Plan be sure the school is providing the necessary supplies and tools. Throughout the year, check the quality of the supplies and restock supplies that are running low, or assess supplies that are not being used.



#### HELPFUL HINTS

- Pack lunch, snacks, and backpack the night before each school night.
- Continually help your child go through their backpack to ensure that it is organized, important papers are collected, etc.
- Choose the next day's outfit the night before.
- If your child is starting a school with lockers, contact the school to see what type of locks are on the locker. Have them practice using this type of lock daily until they have it down!
- If you child is starting a new school, set up a time to take a tour. Walk the route they will take going from class to class (if applicable).
- If you child is taking a bus, drive the route, discuss getting on/off the bus and write down the bus number in multiple places (in a planner, on a sticky note inside their lunchbox, etc.). Talk to your child about the bus number until they have it memorized





## UNDERSTANDING IEP/504/IHP

**IEP (Individualized Education Program/Plan)** is a legal document under US law that is developed for each public-school child who needs special education. It is created by a team (including the parent) who are knowledgeable about the child's needs. IEPs must be reviewed every year to keep track of the child's educational progress.

**504 Plan** is intended for a child with a disability who does not need or qualify for special education but could benefit from accommodations and/or specialized help in school. These plans identify accommodations a disabled child needs to fully participate in the classroom and set up ways to help the child succeed

**IHP (Individualized Health Plan)** is a formal agreement that outlines a student's medical needs and a plan for addressing those needs. It is designed to address medical issues that do not impact the student's learning. The IHP is developed by the professional school nurse in collaboration with lawful custodians and others. The IHP is a plan of action for management of actual and potential health care needs during the school day, on field trips, and at school-sponsored activities.

- Review your child's current IEP or 504 Plan with school personnel within the last few months of the school year AND before the new school starts (or within the first few weeks of school). Things may have changed over the summer regarding your child's health or learning.
- Reviews and modifications can be made at any time.
- If your child does not have an IEP or 504 Plan, meet with the teacher, school counselor, or principal to begin the process to create one.
- Meet with the school nurse to create an Individualized Health Plan (IHP).
- An IHP can also be created if your child has an IEP or 504 Plan.



"At the end of the day, the most overwhelming key to a child's success is the positive involvement of the parents".  
-Jane D. Hull

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