

ESTABLISHING AND MAINTAINING POSITIVE RELATIONSHIPS

REACHING OUT TO SCHOOL



Are things not going well for your student? Maybe there have been conflicts with a teacher. Maybe grades are slipping. Perhaps your student just feels depressed at the end of most days. Here are some sample email and phone scripts to use when reaching out to the school.

Sometimes, schools may be able to link your student with a counselor or mental health specialist. Sometimes, teachers jump at the opportunity to build a partnership with you as a caregiver. While not every act of communication will end with the result you want, opening communication lines is always a good idea.

Concern about Grades

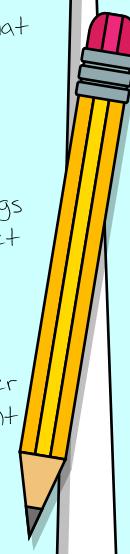
Dear (Teacher's name):

I've noticed that (Student's name)'s grades have started to slip, and I wanted to reach out to see how I might be better able to help. Here at home, (Student's name) has been acting very depressed, and I'm not sure exactly what is going on, but I know I want to help.

With everything going on, I know (Student's name) may be going through a lot of stress and developing anxiety and the last thing I want to do is make things worse, but I also know it is crucial to get schoolwork in order.

Can you help me develop a plan to get (Student's name) back on track? Do you have anyone at the school you can refer me to regarding (Student's name)'s recent depression and anxiety?

Thanks so much for your help!
(Caregiver's name)



Concern about Behavior

Dear (Teacher's name):

I know (Student's name)'s behavior has been off-track recently and I wondered if you can help. During this past year, (Student's name) has started to show new behaviors. I think this may be related to the stress and anxiety of everything happening in the world right now, but I'm not sure the best way to help.

Sometimes, when I try to discipline (Student's name), it just makes things worse.

Is there anyone at the school that can help me better work with (Student's name) on their behavior?

Thanks for your help!
(Caregiver's name)



Conclusion

It is important to remember that we are human, and even as adults, we still might struggle with our emotions and things like stress, depression, anxiety, and more. This is just as true for caregivers and teachers as it is for our students!

Most people respond positively to those that reach out for help. These scripts are just two samples of how to reach out to the school to ask for help.

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