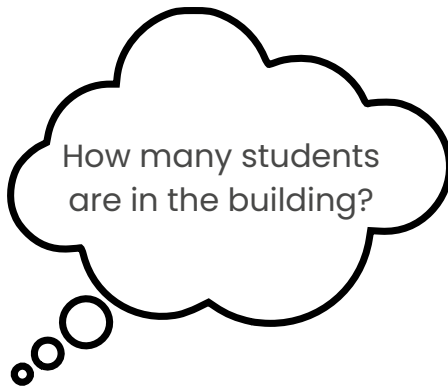


How to Prepare when Transitioning from Middle School to High School for Students with Disabilities



Stay involved and support your student's education.

Even though teenagers are known to want independence, it is important to approach high school as a team

- When parents participate you;
 - Have the opportunity to ask questions
 - Can express your concerns
 - Are an active team member
- Encourage your student to also participate
 - Attend meetings
 - Learn to communicate their strengths and needs in various formats
 - Understand their own IEP
 - Practice self advocacy

Take initiative and schedule regular contact with the school.

- Parents should initiate the contact - DO NOT WAIT FOR THE SCHOOL TO CALL YOU
- Communicate often
- Identify a main contact (social worker, case manager, teacher, etc.) and include the whole team in written correspondence
- Consider setting up a recurring check in time (weekly, monthly, etc)

Check your school's online parent portal system or other record keeping methods.

- At the beginning of the year make sure you have the correct log in information
- Check the website, at least weekly
- Communicate with your student about:
 - Tardies and absences
 - Missing assignments
 - What is working and what isn't

Show your support at home.

- Ask about your student's day at school:
 - "What was the best thing about your day?"
 - "If you could change one thing about your day, what would it be?"
 - "Tell me about your classmates."
 - "Tell me about your teachers."
 - "How are your classes going?"
 - "How can I help with a project/assignment?"
- Be open to when your student wants to talk and be non judgmental
- Attend school events if appropriate