Safe kids Healthy kids Happy kids

Prepare for a New School Year

Mom, dad, brothers, sisters, grandparents, aunts, uncles and friends *all* play important roles in a teen's life. They boost the teen's self-esteem and help them stay out of trouble.

1. Look at the school calendar. Highlight all the events that parents are encouraged to attend.
2. If you cannot attend a school event, maybe a grandparent or other relative could attend and **show support.**

Organization helps everyone stay positive and feel less stressed.

1. Get ready for school two weeks before school starts.
2. Look at the school calendar in advance. Plan work and family schedules to include school events.
3. Have clean clothes, book bags, shoes and other items ready the night before school. It takes less than 15 minutes to prepare.

Parents and teachers play different roles in educating teens. Both are important.

1. Respect teachers and school administration.
2. Ask the best way to contact teachers: phone, notes, e-mail or school visits. Contact them as soon as you see problems or have questions.
3. Attend the meet-the-teacher/staff meeting at the beginning of the year. This is one of the most important school meetings.
4. Call PHL if you need tips or have questions about talking with teachers.

Volunteering in your teen's school is *not the only way to be an involved parent.*

1. Effective parent involvement includes learning activities at home such as: learning skills like house work and yard work, learning to budget by grocery shopping, reading for enjoyment or reading a newspaper for current events, and, building social skills by talking to neighbors.
2. Set aside a place for your teen to do homework and school projects (not in front of the television.)
3. Talk to your teen *everyday*. Ask her about school and homework. Show that you are interested.

Every school has behavior and safety standards and discipline rules.

1. Read the school handbook. Keep it in a special place. Refer to it if you have questions about rules.
2. If you do not clearly understand a rule, ask a teacher or principal. (*Call PHL if you have questions about anything you read.)*

Make this school year a successful year for your teen.

Teenagers may not show it, but they want and need the support of their parents and their family. Look for ways to guide and support your teenager at home and at school.

Brought to you by Parent Help Line and St. John's Children's Hospital