

My School Plan:

What my teachers know about my loss: \_\_\_\_\_

\_\_\_\_\_

What I would like shared with classmates: \_\_\_\_\_

\_\_\_\_\_

My Supports:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

How to let my teacher know I am having a tough time: \_\_\_\_\_

\_\_\_\_\_

How to let my teacher know I need a break and a chance to go to my safe space: \_\_\_\_\_

\_\_\_\_\_

My safe space:

In the classroom: \_\_\_\_\_

Outside the classroom: \_\_\_\_\_

Something I can do in my safe space to make me feel more comfortable: \_\_\_\_\_

\_\_\_\_\_

Communication Plan:

Best method of communication between my parents/guardians and teacher:

- Notes
- Email
- Phone call

What to let your family and teacher know:

- It helps to know they care without pressure to express my feelings.
- When I did not sleep well.
- When I did not understand something or had difficulty paying attention.
- When I feel like you need a break.
- When I am worried about a test or a special day that it coming up.
- \_\_\_\_\_
- \_\_\_\_\_

Extra help is available:

With who? \_\_\_\_\_ Where? \_\_\_\_\_ When? \_\_\_\_\_

\_\_\_\_\_

\*To be discussed between parent/guardian and child

KID

My School Plan:

What my teachers & school counselor know about my loss: \_\_\_\_\_  
\_\_\_\_\_

What I plan to share with peers: \_\_\_\_\_  
\_\_\_\_\_

My Supports:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How to let my teachers & school counselors know I am having a tough time: \_\_\_\_\_  
\_\_\_\_\_

How to let my teacher know I need a break: \_\_\_\_\_  
\_\_\_\_\_

Where I can go when I need a break: \_\_\_\_\_  
\_\_\_\_\_

Something I can do during my break to make me feel more comfortable: \_\_\_\_\_  
\_\_\_\_\_

Communication Plan:

Best method of communication between my parents/guardians and teachers, school nurse and or guidance department:

- Notes
- Email
- Phone call

What to let your family and teacher know:

- It helps to know they care without pressure to express my feelings.
- When I did not sleep well.
- When I did not understand something or had difficulty paying attention.
- When I feel like you need a break.
- When I am worried about a test or a special day coming up.
- \_\_\_\_\_
- \_\_\_\_\_

Extra help is available:

With who? \_\_\_\_\_ Where? \_\_\_\_\_ When? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*Discuss with parents and teacher

Teen

**Guidelines for Parent/Guardian Discussion with Teacher**

Explain the loss your son or daughter and family are coping with?

Communicate how you and your son or daughter would like information shared with classmates?

Concerns:

- Academic
- Emotional
- Behavioral

Support Resources

- From Teacher
- From Nurse
- From School Counseling Staff
- Availability of Extra Academic Help
- Other available supports (such as support groups)

Extra help is available:

With who? \_\_\_\_\_ Where? \_\_\_\_\_ When? \_\_\_\_\_

\_\_\_\_\_

How can my son or daughter let teachers & school counselors know when he or she is having a tough time?: \_\_\_\_\_

\_\_\_\_\_

How can my son or daughter let teachers & school counselors know when he or she needs a break?: \_\_\_\_\_

\_\_\_\_\_

Where is an appropriate break place?: \_\_\_\_\_

\_\_\_\_\_

What can my son or daughter do during that break time to feel better? \_\_\_\_\_

\_\_\_\_\_

Best means of communication

- Notes
- Email
- Phone call

Ask teachers to contact you when they observe or have concerns regarding the following:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_