



Parent and Family Updates

[Exceptional Children | NC DPI](#)

North Carolina Department of Public Instruction Office of Exceptional Children website contains resources for parents, teachers, and administrators.

www.dpi.nc.gov

Welcome back to school

Starting a new school year can be intimidating for students and parents. Here are some ideas to help with the transition back to the classroom:

- Organize Individualized Education Programs (IEPs) by year and keep the most current documents in an easily accessible location.
 - If you're a digital filer, create separate folders for each school year
 - Review the current IEP
- Organize other important information: progress reports, evaluations, and medical records, if appropriate.
- Create a one page "Meet my Child," if your child will have a new teacher.
- Create a one page "Updates from Summer," if your child will continue with their teacher from the previous school year. List new skills learned, summer experiences, and changes that may impact school.
- Create a school communication log for yourself for the new year.
- Attend back to school or open house events.
- Establish communication with your child's teacher.
- Confirm with the teacher the best way to communicate with them in writing: email or classroom communication app?
- Participate in school activities, including the Parent Teacher Association, if you are able.
- Help your student prepare for their new year.
- Review accommodations/modifications with your child.
- Practice advocacy skills with your child.

The IEP team is required to meet at least once annually to review and update a student's IEP. If you have concerns about your child's progress or goals, you can

request an IEP meeting at any time by sending a request in writing to your child's Exceptional Children's Case Manager and the principal.

Setting up for success

Summer break may be a continuation of daily schedules and routines, or it may be a more relaxed time with little routine or consistency, depending on the home and family. Either way, re-establishing school routines before the start of the school year can be important to help students prepare for the transition, the rigors of school, and potential changes to their environment. Here are some ideas to help you and your family prepare:

In the weeks leading up to the new school year, consider:

- Talk with your child about their feelings on returning to school.
- If your child has concerns, discuss and reassure your child.
- Re-establish bedtime and morning routines.
- Discuss your child's wishes/goals for the new year.
- If children are welcome at back-to-school events, take your child with you.
- Prepare for after-school and homework routines.

Parents can prepare themselves by reviewing their child's Individualized Education Program (IEP) to refresh their memory and establish expectations. If your Local Education Agency (LEA) has a special education advisory council, follow them on social media and watch for upcoming events or opportunities to meet with other parents and families.

Agencies of Interest:

[Office of Special Education Programs](#) (U.S. Department of Education)
[N.C. Department of Public Instruction](#)

Upcoming events:

[Autism Society of North Carolina](#)

[Autism Speaks](#)

[The Center for Appropriate Dispute Resolution in Special Education](#)

[Exceptional Children's Assistance Center](#)

[Family Support Network](#)

[National Alliance on Mental Illness](#)
[NC ABLE](#)
[NC Down Syndrome Alliance](#)
[Special Olympics North Carolina](#)
[Triangle Disability & Autism Services](#)

Do you have an event you would like to share with the community? Please email with information.

Contact information:

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Historical Newsletters can be found in the [Parent Newsletter Google Folder](#)