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**FACT:** Forty percent of parents across the U.S. believe that they are not devoting enough time to their children's education.  
**PTA/Newsweek national education survey**

# THE **A.C.H.I.E.V.E.** APPROACH TO PARENT INVOLVEMENT

Educators from Hillsborough County Public Schools created the **A.C.H.I.E.V.E.** checklist to help parents support their child's academic success.<sup>o</sup>

- **Attendance** – This is a key factor for a child's academic success. Ensure that your child arrives at school on time and well-rested. When children regularly attend school, they are better learners and feel more connected to school and their teachers. If your child must miss school, let the school attendance office know as early as possible by calling the school or emailing the attendance office manager.
- **Communication** – Parents should take it upon themselves to stay informed about important school dates such as conferences and tests. One of the best ways to get to know your child's teachers and how well your child is performing is to attend parent-teacher conferences every time they are scheduled throughout your child's education. See the chapter "Getting the Most From your Parent-Teacher Conference" for using this time most effectively.
- **Health** – Ensure that your child gets plenty of sleep. Set an age-appropriate bedtime and stick to it. Make sure your child eats breakfast at home or at school (if your child's school provides it). Schedule yearly visits to your child's doctor, dentist or other health care provider/health clinic. Inform the school nurse of any health issues or special needs your child may have, and make sure the school has your child's most up-to-date medical records. When children feel their best they are better able to learn and succeed.



## ACTIONS FOR PARENTAL INVOLVEMENT

There are so many ways to become involved in your child's school that it may be difficult to choose. Consider your own strengths and the ways in which you most like to help others. Decide if you would like to be in charge or if you would prefer to help in a support role. If you are an expert in a subject area or passionate about a sport or arts program, this may be a great place to lend your support. In addition to the previous tips, some of the most popular ways to get involved in your child's school community include:

- Chair a PTA/PTSA or school event.
- Attend the Open House or School Night at the beginning of the school year. Introduce yourself to your child's teacher(s).
- Become a lunch monitor or carpool/bus assistant.
- Volunteer in the attendance office.
- Volunteer in the college and career resource center.
- If your child has special needs, email his/her teacher to schedule a time to meet to discuss your child's needs. Learn more in the section, *Parent Advocacy for Children with Special Needs*.
- The week before school, offer to help your child's teacher organize the classroom and materials. If you can afford it, offer to purchase some of the supplies, such as markers, tissues, hand sanitizer, photocopy paper.