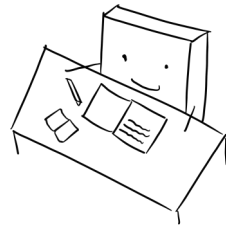


How do you help your child at school?



School supplies: You have provided all school supplies, for example notebooks or glue, for your child. Check the school bag and pencil case regularly with your child. Purchase any missing school supplies.

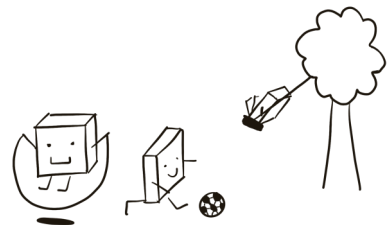
Homework: You check: has your child done the homework? Your child learns best in a quiet place.



Snack: Provide your child with a healthy snack.

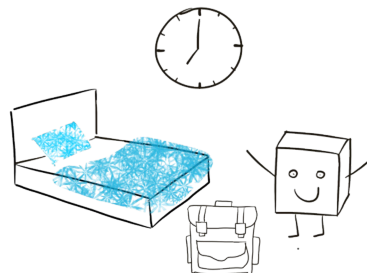
Media:

Check: is the content already appropriate for my child?
Your child should be in front of a screen (TV, video, computer, game consoles, tablets, smartphones) for no more than 45-60 minutes.



Exercise: Your child will be able to concentrate better at school if he or she gets plenty of regular outdoor exercise.

Sleep: Your child should go to bed on time in the evening in order to be well-rested and fit for school.



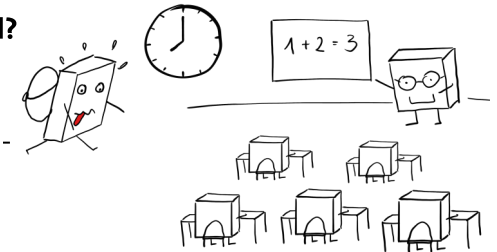
© Fachstelle imMigra-KID an der Jugend- und Familientherapeutischen Beratungsstelle der Stadt Regensburg; Bildquelle: Daniela Weinbach

Welcome to school

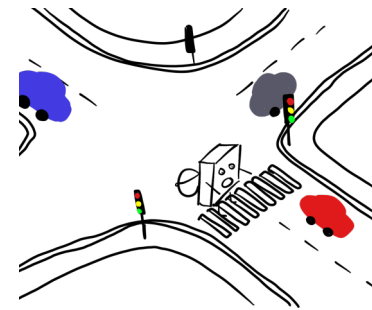
Dear parents, dear guardians,
here you will find important information for you and your child:

When does your child go to school?

Your child should be on his or her way to school on time in the morning.



Classes start promptly at _____.



How does your child get to school?

Practice a safe route to school with your child.
Talk to your child about dangerous situations on the way.

For example:
Changing sides of the road or watch out for street entrances, ...

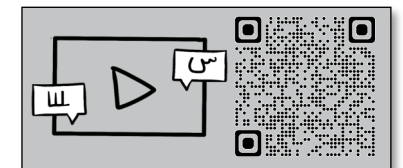
If your child is sick:

Contact the school before _____.

Your child is sick for more than 3 days:
Then the school can ask for a certificate.

Your child has a contagious disease, for example scarlet fever?

Inform the school (Schulstempel/ Kontaktdaten):



© Fachstelle imMigra-KID an der Jugend- und Familientherapeutischen Beratungsstelle der Stadt Regensburg; Bildquelle: Daniela Weinbach

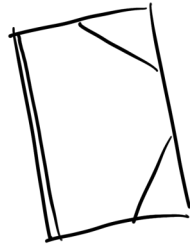
How do parents and teachers communicate?

Written information:

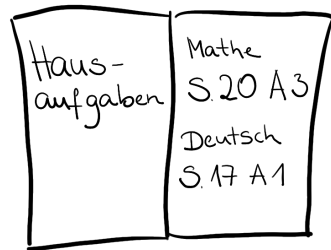
Parent Letter: The parent letter contains important information from the teacher or school administration to parents on various topics.



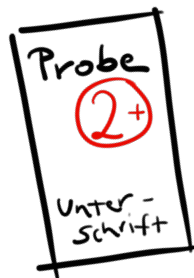
Folder: All important information (e.g. letters to parents, rehearsals, report cards) can be found in a folder: the folder is often called "Postmappe" or "Jurismappe". Please check the folder regularly.



Homework diary: This diary says: this is what my child still needs to study or do at home for school. Please check the homework diary.



Your signature: Teachers need to know that you have seen a parent letter, rehearsal, or report card. Please always sign all rehearsals, report cards, and parent letters.



© Fachstelle mMigra-KID an der Jugend- und Familientherapeutischen Beratungsstelle der Stadt Regensburg; Bildquelle: Daniela Weinbach

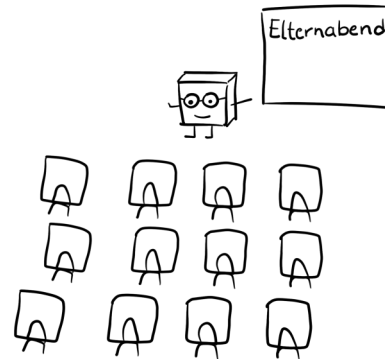
Conversations:

Parent interview: The teacher and the parents make a joint appointment for an interview.



Consultation hour: Each teacher has a fixed appointment during the week.

Parents can come for a talk.



Parents' evening: All parents of a class and the teacher meet at the school. The teacher informs you about different topics. You can ask questions and get involved in the school.

The teacher can organize a **free interpreter** for the talks.



© Fachstelle mMigra-KID an der Jugend- und Familientherapeutischen Beratungsstelle der Stadt Regensburg; Bildquelle: Daniela Weinbach