

School Connectedness

Information for Parents & Families

Research shows that students who feel a genuine sense of belonging at school are more likely to do well in school. This sense of belonging is often describes as school connectedness. Here are some actions that you can take to help your child become more connected to his/her school:

- Encourage your child to talk openly with teachers, school counselors and other school staff about their ideas, needs and worries.
- Find out what the school expects your child to learn and how your child should behave in school. You may find out this information by contacting teachers, attending school meetings and reading information your child brings home.
- Help your child with their homework and teach your child to use time wisely.
- Read school newsletters, attend parent teacher conferences, and check out the schools website to learn what is going on at school.
- Meet regularly with teachers to discuss your child's grades, behaviors and accomplishments.
- Encourage your child to participate in school activities.
- As your schedule allows, volunteer in your child's classroom, attend after school events, or participate on a school committee.
- Get involved with your child's school to help plan school policies, and school-wide activities.
- If your first language is not English, ask for materials that are distributed at school to be translated into the language you speak at home and ask for an interpreter for school events.

Children who feel they are connected to their school are:

- More likely to attend school regularly, stay in school longer and have higher grades and test scores.
- Less likely to smoke cigarettes, drink alcohol or have sexual intercourse.
- Less likely to carry weapons, become involved in violence or be injured from dangerous activities such as drinking and driving or not wearing seatbelts.
- Less likely to have emotional problems, suffer from eating disorders, or experience suicidal attempts or thoughts.

For more information on school connectedness:

http://www.cdc.gov/healthyyouth/adolescenthealth/pdf/connectedness_parents.pdf

