再为您家学子的学习或行为挑战寻找帮助? 考虑是否需要额外支持?

# 你并不孤单。



12%

我们学区约有12%的学生通过个性化教育计划(IEP)或504计划获得特殊服务与协助。大部分有学习障碍需要帮助的学生是在上学之后才被发现。五分之一的青少年经历过可诊断的心理健康问题。有具体的支持和指示能积极影响学生的成果。

## 获得帮助和更多信息

## 和您学校的家长谈话

Ann Xu ann\_xu@yahoo.com

Jinsong Guo dear\_jinsong@yahoo.com 这些家长是会说中文的志愿工作者,他们可以帮助您与其他家长联系,浏览 PAUSD 和社区资源,并在私密的基础上与您交谈。每校也有PTA 特殊教育和包容代表(说英语的家长)能跟您商讨。请上学校的PTA 网站或 www.cacpaloalto.org 找您学校的代表。

#### 在您的学校



不知从何开始?先问班上老师或校长, 初高中学也可找学校辅导员。团队会评估学生的强项和挑战, 并建议下一步, 包括各等级的干预和支持(如IEP 或 504)。

## 在我们的学区



流览 www.pausd.org 查询PAUSD特殊教育资源和联系方式,包括家长手册. 家庭互动专家作为学校,家长和社区之间的纽带。

家庭互动专家作为学校, 家长和社区之间的纽带. Denise Li, dli@pausd.org, (650) 329-3700

### 与PTA家长老师协会

Palo Alto Council

PTT

everychild.one voice.\*

ptac.paloaltopta.org/special-education specialed@paloaltopta.org

PTA致力于为每位家长, 老师和学生创建一个欢迎和包容的社区。

#### 来自Palo Alto CAC



www.cacpaloalto.org paloaltocac@gmail.com

教育, 社区和咨询。

自1988年以来帮助家庭获得资源和支持。加入我们的父母邮件列表。

查看PTA电子新闻或CAC网站查看与特殊需求相关的活动。

学习挑战和特殊需求可能在不同的时间出现在学生身上。所有PAUSD家庭均收到此传单。

Have questions about possible learning or behavioral challenges? Wondering if your student needs additional support?

## You are not alone



About 12% of students in our district receive special services or accommodations, through an Individualized Education Plan (IEP) or 504 plan. The majority of students needing support for a learning difference are identified only after starting school. Specific supports and instruction are available which positively impact students success.

## Getting Help and More Information

## SPEAK WITH A FELLOW PARENT



Ann Xu

ann\_xu@yahoo.com

The parents listed here are Chinese-speaking volunteers who can help you connect with other parents, navigate PAUSD and community resources, and speak with you on a private and confidential basis. Each school also has a PTA Special Ed/Inclusion Rep (a parent, usually English-speaking) who can talk to you as well. Check your

Jinsong Guo

dear\_jinsong@yahoo.com school's PTA website or ptac.paloaltopta.org/special-education/ to find your representative.

#### AT YOUR SCHOOL



Not sure where to begin? Start by asking your classroom teacher or principal, or for middle & high school, your counselor. A team may assess your student's strengths and challenges and propose next steps, including tiers of intervention or support (such as an IEP or 504).

## IN OUR DISTRICT



Visit www.pausd.org for PAUSD Special Education resources and contacts, including parent handbook.

The Family Engagement Specialist serves as the link between the school, parents, and community: Denise Li, dli@pausd.org, (650) 329-3700

#### WITH THE PTA



ptac.paloaltopta.org/special-education specialed@paloaltopta.org

The PTA seeks to create a welcoming and inclusive community for every parent, teacher and student.

## FROM THE PALO ALTO CAC



www.cacpaloalto.org paloaltocac@gmail.com Education, Community Building & Advice. Helping families with resources & support since 1988. Join our parent email list.

## Check PTA eNews or CAC's website for events relating to special needs

Learning challenges and special needs can emerge at different times for students. All PAUSD families receive this flyer.