The Virginia Department of Education (VDOE) cares about the well-being of both you and your child, especially as we face the COVID-19 pandemic. We are all in this together and our first priority is to keep our families and ourselves safe by seeking out meaningful supports. We should make every effort to stay positive and patient with one another and be compassionate in the understanding that everyone—administrators, teachers, students, and families—are going through this together. Please consider the following tips and resources when working with your child’s school team.

- Establish positive and collaborative two-way communication with teachers, Individual Education Plan (IEP) case managers, principals, and directors of special education.
- Make contact with your child’s IEP case manager to determine how instruction will continue for your child. Will the school be providing instructional packets, virtual check-ins, and instruction from teachers and related services staff? Will the school be conducting online courses or will they provide other options?
- Communicate with your school team regarding your child’s access to technology and Internet. Some school districts are providing devices and hotspots for internet access.
- Request information and support from your school team regarding your participation in virtual meetings.
- Keep good documentation on what is being provided during the school closure, as well any communications between you and school staff.
- Request assistance from your child’s teachers or team if you have questions or are not sure how to assist your child with instruction at home.
- Provide your concerns in writing to the IEP Team at your next IEP meeting.
- Remember that your children’s emotional well-being is even more important than their academic performance during this challenging time. Connect with your child’s school counselor for tips and resources that can help you to assist your child.
- Also, remember that your own emotional well-being is very important. If you are well and healthy, it will be much easier for you to help your child to be well and healthy.

**ADDITIONAL RESOURCES TO CONSIDER**

- COVID-19 and Virginia Public Schools
- VDOE Special Education and Student Services FAQ
- COVID-19 Parent Guide
- Virginia Learns Anywhere Resources

www.doe.virginia.gov