

First Week Checklist

FVLHS.ORG | INTERNATIONAL@FVLHS.ORG | FVLHS.ORG/PARENTS (LOOK FOR "HOST FAMILY RESOURCES")



MOBILE PHONE CONTACTS

The student should add . . .

- Host family phone numbers & address
- FVL address
- International Program Director phone & email
- Local agency phone & email (if applicable)
- Principal phone & email

The family should add . . .

- Student phone number & email
- Contact information for student's parents
- Student's secondary guardian information in case of emergency (someone other than a parent, if available)

MOBILE PHONE

The host family will take the student to get a local mobile phone carrier or a pay-as-you-go plan so the student has a USA phone number. This is a requirement of FVL. It is strongly advised that you do **not** add the student to your family plan.

BANK

There are some students who may need a local bank account and assistance with setting it up here after they arrive. If this is needed, note that everything should be in the student's or student's family's name rather than the host family's name.

SECURE STORAGE

The student should place their passport and visa documents in a secure location that is always accessible to them. Please note that students should not give these documents to anyone other than their host family. The student may purchase a small lock box to keep these documents themselves in a secure place including any cash or other items of value during their stay.

SCHOOL INFORMATION

The host family should review important school information to make sure the student is set up for success.

- Go over classes and ensure needed school supplies (*fvlhs.org/parents*) are purchased.
- Discuss when school starts, and what the student can expect at the start of school day at home and at FVL.
- Show the student the daily schedules and other resources in the planner (consider showing the *FVLHS News App* as well, which also includes the schedules and resources).
- If the student is taking hot lunch, have the student log into his/her *Skyward Family Access* account to add money to their lunch account.

COPIES OF OFFICIAL DOCUMENTS

The student and host family should have a digital copy (or picture) of the insurance card, medical authorization, host family letter, and immunizations.

LOCATION / COMMUNICATION APPS

- The student should share their location with host parents so that they know where the student is at all times. (Life 360 or an app of the host family's choice.)
- The student and family should install an agreed-upon communication app (e.g., WeChat or WhatsApp)

SPORTS PHYSICAL

Take the student for a sports physical. This is recommended in case the student wants to do a sport for any of the seasons—sports physicals might not be available at a later date. It is also helpful to have an interaction with an American doctor or medical facility before there is a need during illness or injury.

HOUSEHOLD GROUND RULES

The host family and student go through the *Household Ground Rules Worksheet* together.

YOUR NOTES