FOLSOM MIDDLE SCHOOL • HOME OF THE JAGUARS

Supporting Your Student

A family guide to getting help when your student is struggling

Every student hits a rough patch now and then, and asking for help is a sign of strength, not weakness. At FMS, we believe students thrive when families and school work together as one team. If your student is having a hard time, here is how we can support them, step by step. **You are never alone in this, and you are always welcome to reach out.**

1

Step 1: Connect with the Teacher

If your student is struggling in one class specifically, reach out to that teacher first. Teachers know your student's day-to-day work best and can share what they are seeing, along with classroom-based supports that are available to help your student get back on track.

2

Step 2: Reach Out to Your Student's Counselor

Your student's counselor will sit down with them to listen and understand what is getting in the way. Based on that conversation, the counselor may recommend supports such as building an organization system, practicing self-advocacy skills, and/or tutoring.

3

Step 3: Student Study Team (SST) Meeting

If more support is needed, the counselor may schedule an SST meeting. You, your student, their teachers, and an administrator come together to share insights and brainstorm interventions. At the end of the meeting, the team agrees on next steps together.

4

Step 4: Additional Support, If Needed

If the SST decides that a 504 Plan or special education testing may be helpful, an administrator or our school psychologist will follow up with you directly to walk you through the process and answer your questions.

We're in this together. Your student's success is our shared goal.

Questions? Contact your student's teacher, counselor, or the FMS front office.