



Utah High School  
Salt Lake City, Utah 88888

Dear Student,

Welcome to the 2014-2015 school year. My name is Ms. Psych and I am the school psychologist at Utah High School. I am very excited to have you and your parents become part of the Utah High School family this year. Every staff member has been working very hard to prepare for the return of our wonderful student body. Our school has set very high expectations and made plans to help guarantee that every student at Utah High will be successful this school year.

Student academic success is the main goal of every staff member at Utah High School. We believe that every student will learn to the highest level and we are prepared to offer more time and support to every student that needs it. As part of this goal, you have been selected to participate in our Check & Connect student program. If you've never heard of Check & Connect before, this program is made up of four components:

1. A mentor (teacher, school psychologist, counselor, etc.) who will work with you and your family as you go through high school
2. Check: regular checks with your mentor where they will look at data of your school adjustment, behavior, and educational progress **with you**
3. Connect: create interventions, driven by the data, to reestablish and maintain your commitment to school and learning and also enhance your social connections to make high school a fun experience
4. Engagement with families: your mentor will talk to your guardians (parents, grandparents, other important adults in your life) and make sure that they are also active in participating in your education

The first few days of school will be a little stressful due to all the excitement (and kind of nerve-racking) experience of meeting new friends and being in a new environment. In order for you and your mentor to start connecting, please come to the office sometime during the first week of school and let the staff know you are there to sign-in to the Check & Connect program. They will give you a letter from your mentor letting you know a little more about them and what you can expect from them. Your mentor is excited to work with you and your family and we hope you have a great year at Utah High School!

See you soon,

Ms. Psych



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Dear Guardian,

Welcome to the 2014-2015 school year. My name is Ms. Psych and I am the school psychologist at Utah High School. I am very excited to have you and your student become part of the Utah High School family this year. Every staff member has been working very hard to prepare for the return of our wonderful student body. Our school has set very high expectations and made plans to help guarantee that every student at Utah High will be successful this school year.

Student academic success is the main goal of every staff member at Utah High School. We believe that every student will learn to the highest level and we are prepared to offer more time and support to every student that needs it. As part of this goal, you and your student have been selected to participate in our Check & Connect student program. If you've never heard of Check & Connect before, this program is made up of four components:

1. A mentor (teacher, school psychologist, counselor, etc.) who will work with your student and your family as they go through high school
2. Check: regular checks with their mentor where they will look at data of their school adjustment, behavior, and educational progress **with your student**
3. Connect: create interventions, driven by the data, to reestablish and maintain their commitment to school and learning and also enhance their social connections to make high school a fun experience
4. Engagement with families: their mentor will talk to **you** and make sure that you are also active in participating in your student's education

As part of our school's Check & Connect program, your student will need to "connect" or meet up every day with their mentor to make sure everything is going okay in their classes (homework, teachers, classwork, etc.) and figure out way to help you if they aren't going okay. They can also talk about social things that may be worrying them like friendships, bullying, getting involved in extracurricular activities, or whatever else they want to talk about. Their mentor is there to help them succeed and to feel safe at school and at home.

You have access to your student's webpage (Skyward) and I will also have limited access to make sure their classes are going well. **Please stay active on your student's page because you will be sent emails to let you know how your student is doing. You will be expected to send your student's mentor a short email at least once a week to discuss concerns you may have or any great positive experiences that have happened at school.**

Thank you.



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Hi Student!

Welcome to the tenth grade. I am very excited that I will be your mentor and look forward to meeting you the first week of school. I hope that like me, you have enjoyed a wonderful summer and that you ready to start a new year at Utah High School.

This year is going to be busy as you get ready to start thinking about what will happen after high school. That could be planning on going to college, a trade school, work, or other new and exciting life experiences. I am here to make sure you fulfill all your academic goals and graduate high school so you focus on what you'd like to do as an adult.

As part of our school's Check & Connect program, we will need to "connect" or meet up every day and make sure everything is going okay in your classes (homework, teachers, classwork, etc.) and figure out way to help you if they aren't going okay. We can also talk about social things that may be worrying you like friendships, bullying, getting involved in extracurricular activities, or whatever else you want to talk about. I'm here to help YOU succeed and I would like you to feel safe at school and at home. Please feel free to talk to me about anything and we can work on figuring out solutions together.

I am including my classroom number as well as my school email address to help make our connections easier to access. Your guardians already have access to your student webpage (Skyward) and I will also be watching your grades to make sure your classes are going well. If you start to have any issues with your teachers (grading, assignments, tests, tardies, absences, etc.) I would encourage you to talk to them first, but I am more than happy to meet as a group and figure out a solution that will work for everyone. **Stay active on your student page because I will be sending you messages to check up with you. I will be expecting an email at least once a week letting me know how you're doing.** Your guardians will also be asked to send me updates so they aren't off the hook either. 😊

I hope that you have a great year and look forward to work with you!

Ms. Mentor

[Mentor@utahHS.edu](mailto:Mentor@utahHS.edu)  
(801) 555-5555

Check & Connect Status

Name: \_\_\_\_\_

DID I EMAIL MY MENTOR THIS WEEK?

	Week 1	Week 2	Week 3	Week 4
YES				
NO				

If NO, why? \_\_\_\_\_

DID MY MENTOR EMAIL ME?

	Week 1	Week 2	Week 3	Week 4
YES				
NO				

If NO, why? \_\_\_\_\_

DID MY MENTOR EMAIL MY GUARDIAN (S)?

	Week 1	Week 2	Week 3	Week 4
YES				
NO				

If NO, why? \_\_\_\_\_

DID MY GUARDIAN (S) EMAIL MY MENTOR?

	Week 1	Week 2	Week 3	Week 4
YES				
NO				

If NO, why? \_\_\_\_\_

**\*\*This document needs to be filled out by Student and Mentor together every week\*\***

I've earned...

- ✓ 8/16 points      My reward is:
- ✓ 10/16 points    My reward is:
- ✓ 12/16 points    My reward is:
- ✓ 14/16 points    My reward is:
- ✓ 16/16 points    My reward is:



Administrator Initial \_\_\_\_\_

Student Initial \_\_\_\_\_

Parent Initial \_\_\_\_\_