School-to-Home Notes: Getting Parents Involved in Teaching Social Skills

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Research Aim:
Evaluate stakeholder perceptions of a school-to-home note program used to involve parents in teaching and reinforcing social skills as part of a universal level Positive Behavior Support intervention.

Setting and Participants
This study examined a suburban elementary school in central Utah that is currently in its 6th year of PBS implementation.

436 Students, K-6
- Over 50% Free and Reduced Lunch
- Ethnicity: 21% Hispanic
- 2% African American
- 2% Other
107 Parent Participants
20 Teachers

Social Skills Program

<table>
<thead>
<tr>
<th>Month</th>
<th>Skill</th>
<th>Home Note Return Rate</th>
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<tbody>
<tr>
<td>Sep</td>
<td>Social skill introduced by teacher in the classroom</td>
<td>70%</td>
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<tr>
<td>Oct</td>
<td>Parent volunteer teaches social skill lesson in the classroom</td>
<td>90%</td>
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<tr>
<td>Nov</td>
<td>Home notes are distributed to students</td>
<td>85%</td>
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<tr>
<td>Dec</td>
<td>Librarian teaches social skill lesson using a library book</td>
<td>80%</td>
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Results

Data Collection

Survey
- 7 Point Likert-type scale
- Perceptions of:
  - Favorability
  - Time Commitment
  - Effectiveness
  - Ease
  - Continued Use
  - Three versions
  - 12-15 questions

Respondents
- Students
- Completed in Class
- Parents
- Stratified Sample
- Paper/Phone Survey
- Teachers
- Completed in staff meeting


Conclusion
All stakeholder groups tended to rate home notes positively, with parents being particularly supportive. The use of home notes appears to be a feasible and acceptable approach to increase parental involvement and potentially improve generalization of social skills taught in schools as part of a universal level PBS intervention.

Parents
- Inform early about scope of the program
- Consolidate across grade levels
- Keep parents involved in the process

Teachers
- Get teachers more involved
- Share what is learned

Students
- Integrate with homework assignments
- Be consistent in procedures
- Use activities that appeal to a broad age range