

再为您家学生的学习或行为挑战寻找帮助？

考虑是否需要额外支持？

# 你并不孤单。



12%

我们学区约有12%的学生通过个性化教育计划(IEP)或504计划获得特殊服务与协助。大部分有学习障碍需要帮助的学生是在上学之后才被发现。五分之一的青少年经历过可诊断的心理健康问题。有具体的支持和指示能积极影响学生的成果。

## 获得帮助和更多信息

### 和您学校的家长谈话



**Charlene Liao**  
xcliao@yahoo.com

**Ann Xu**  
ann\_xu@yahoo.com

这些家长是会说中文的志愿工作者，他们可以帮助您与其他家长联系，浏览 PAUSD 和社区资源，并在私密的基础上与您交谈。每校也有 PTA 特殊教育和包容代表(说英语的家长)能跟您商讨。请上学校的 PTA 网站或 [www.cacpaloalto.org](http://www.cacpaloalto.org) 找您学校的代表。

### 在您的学校



不知从何开始？先问班上老师或校长，初高中学也可找学校辅导员。团队会评估学生的强项和挑战，并建议下一步，包括各等级的干预和支持(如 IEP 或 504)。

### 在我们的学区

**Palo Alto**  
Unified School District

浏览 [www.pausd.org](http://www.pausd.org) 查询PAUSD特殊教育资源和联系方式，包括家长手册。家庭互动专家作为学校、家长和社区之间的纽带。

家庭互动专家作为学校、家长和社区之间的纽带。  
Denise Li, [dli@pausd.org](mailto:dli@pausd.org), (650) 329-3700

### 与PTA家长老师协会



[specialed@paloaltopta.org](mailto:specialed@paloaltopta.org)  
PTA致力于为每位家长，老师和学生创建一个欢迎和包容的社区。

### 来自Palo Alto CAC



[www.cacpaloalto.org](http://www.cacpaloalto.org)  
[paloaltocac@gmail.com](mailto:paloaltocac@gmail.com)

教育，社区和咨询。  
自1988年以来帮助家庭获得资源和支持。加入我们的父母邮件列表。

查看PTA电子新闻或CAC网站查看与特殊需求相关的活动。

学习挑战和特殊需求可能在不同的时间出现在学生身上。所有PAUSD家庭均收到此传单。

Looking for help with your student's learning or behavioral challenge?  
Wondering if your student needs additional support?

# You are not alone.



12%

About 12% of students in our district receive special services or accommodations, through an Individualized Education Plan (IEP) or 504 plan. The majority of students needing support for a learning difference (like reading or attention challenges) are identified only after starting school. One in five teens will experience a diagnosable mental health issue. Specific supports and instruction are available which positively impact students' success.

## Getting Help and More Information

### Speak with a fellow parent



**Charlene Liao**  
xcliao@yahoo.com

The parents listed here are Chinese-speaking volunteers who can help you connect with other parents, navigate PAUSD and community resources, and speak with you on a private and confidential basis. Each school also has a PTA Special Ed/Inclusion Rep (a parent, usually English-speaking) who can talk to you as well. Check your school's PTA website or [www.cacpaloalto.org](http://www.cacpaloalto.org) to find your representative.

**Ann Xu**  
ann\_xu@yahoo.com

### At your School



**Not sure where to begin?** Start by asking your classroom teacher or principal, or for middle & high school, your counselor. A team may assess your student's strengths and challenges and propose next steps, including tiers of intervention or support (such as an IEP or 504).

### In our District



Visit [www.pausd.org](http://www.pausd.org) for PAUSD Special Education resources and contacts, including parent handbook.

The Family Engagement Specialist serves as the link between the school, parents, and community: Denise Li, [dli@pausd.org](mailto:dli@pausd.org), (650) 329-3700

### With the PTA



[special@paloaltopta.org](mailto:special@paloaltopta.org)  
The PTA seeks to create a welcoming and inclusive community for every parent, teacher and student.

### From the Palo Alto CAC



[www.cacpaloalto.org](http://www.cacpaloalto.org)  
[paloaltocac@gmail.com](mailto:paloaltocac@gmail.com)  
Education, Community Building & Advice.  
Helping families with resources & support since 1988. Join our parent email list.

Check PTA eNews or CAC's website for events relating to special needs