

SAMPLE "All About Me" - 1st grade

Dear <School/Teacher>,

Hi, I'm <Child's Name>!

I'm 7 and excited to be starting 1st grade. I love music, dancing, swimming, books, riding bikes, and playing with friends.

I want to read, meet new teachers and friends, and work hard in 1st grade. I LOVE school and learning, so please invite me to play, participate and be a leader!



Two years ago, I had brain surgery to stop my seizures. I've worked hard to get stronger after surgery and I still take one seizure medicine (<name of medication>).

I'm very independent, but there are things I need grown-ups to know so I can be safe and successful at school:

- My surgery was on the left side of my brain, so the right side of my body is not as strong as my left. I wear an orthotic on my right foot and a brace on my right wrist. My right foot swings out and catches on things when I walk. I might not notice my right arm/leg is bumping into or bothering someone. When I'm tired or distracted, I trip and fall more than usual.
- My right arm and hand are very tricky for me to use. If I trip or something is thrown at me, I can't use my right arm to protect myself. When I'm walking in the halls or on stairs, my left hand needs to be free in case I need to use it. I do not like people touching my right hand or arm.
- Because of my surgery, I cannot see from the middle to the right in each eye. If you are to my right, I won't see you, might bump into you, or not notice you are talking to me. This makes walking around new or crowded places very dangerous and can make it hard to see the whole page of my work. I should always have a dedicated adult 1:1 aide with me. If you see me without an adult, I'm not where I'm supposed to be.

- When I get frustrated, sometimes I try to run away. I can sneak away unnoticed, figure out locks and find my way to the street easily. I have a hard time telling when things are dangerous for me and like to copy my friends.
- I can hear well in quiet places, but when things get loud or busy, it is hard for me to understand what you are saying. If you think I am not paying attention, or not sure I understand, please make sure I can see you, touch my left arm to get my attention, and get close enough for me to hear you.
- Until you get to know me, I might be hard to understand. I have great ideas and love to share them, but sometimes my voice is soft, high-pitched, or unclear. I don't mind if you say "Sorry, I didn't hear you – can you try again?" or "Can you try it a different way?"
- I don't have seizures now, but they could come back. I don't like to talk about them, but please read my seizure action plan to know what to look for and what to do.
- My IEP team has worked hard to write goals and find things that help me learn. If you work with me during the day, please look at my "IEP at a glance" to see what I'm working on and what I need to stay safe and learn.
- Thank you!

Love, <Child' Name>❤️

P.S. If you have questions or want to know more, contact my mom, <Name, contact info> or my dad, <Name, contact info>.

