



# Colusa Unified School District

## Parent/Guardian Tools & Resources



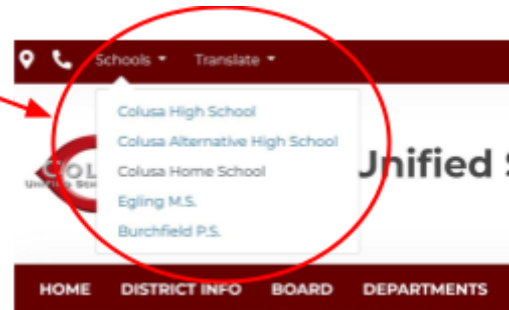
**Teachers WANT to hear from you!** They really do! How to get in touch with your child/tween/teen's teacher:

- **Email** - most email addresses are first initial + last name @colusa.k12.ca.us

**example:** Rebecca Changus, Superintendent:

[rchangus@colusa.k12.ca.us](mailto:rchangus@colusa.k12.ca.us)

- Phone - [check the school website](#) for specific phone numbers
- Class Website or Apps



### School Tools/Resources for you:

- Parent Meetings - You can set one up any time and for any reason, requesting that anyone from the school attend - take advantage of this!
- Identify a "go-to" person at the school; reach out to this person at any point in time with questions, comments, or concerns.
- [ParentSquare](#)
- [Social Emotional Support Contact Form](#)
- [Anonymous Community Reports](#)
- [Translation Services:](#)

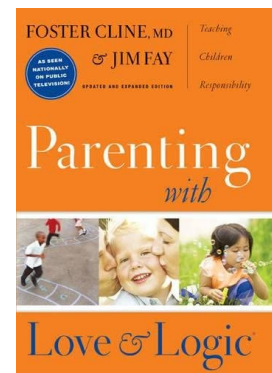
Ms. Lupe Espindola

(530) 458-7791 x4050

[lespindola@colusa.k12.ca.us](mailto:lespindola@colusa.k12.ca.us)

### Parental Power!

- Use CHOICE as much as possible
- Reinforce positive behavior/actions as much as possible
- Use privileges as a bargaining tool
- Enforce logical/natural consequences (example: if your child/tween/teen doesn't get school/homework done, they lose their video game/phone/electronics until schoolwork is done)
- Utilize teachers, counselors, and administrators to work together for challenging situations (see "Teachers WANT to hear from you")





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### Building Relationships

- **Sharing meals together** - questions/conversation ideas:

- "How was your day?"
- "Tell me about your day..."
- "Who got in trouble at school today?"
- "One thing you learned today was \_\_\_\_\_"
- "One thing that was hard today was \_\_\_\_\_"
- "One thing that was fun today was \_\_\_\_\_"

"Nothing"  
and/or  
"I don't know"  
don't count as answers

- **Having fun together**

- Games, coloring, crafts, going for walks, outdoor activities (fishing, hunting, hiking, riding bikes, going to the park, picnics, recreational swim, etc.)
- Attending child/tween/teen sporting/extracurricular activities
- **School events:**

#### Burchfield PS

- Fall Festival
- Jog-a-thon
- Halloween Parade
- Pumpkin Plunge

#### Egling MS

- Pond Day

#### Colusa HS

- Winterfest

- **Community events:**

- [Old Time Christmas](#)
- [Fireworks/4th of July](#)
- [Colusa County Fair](#)

- **Places to visit as a family in/near Colusa:**

- [Colusa Wildlife Refuge](#)
- [Community Parks and Pools](#)

