

# Class Pass/Structured Break

Enter School Name:

Dear parents and/or guardians,

Class Pass/Structured Break is a goal-oriented, self-regulation program aimed at helping students build both self-regulation and resiliency. The goal of Class Pass/Structured Break is to support students in displaying expected behaviors for social wellness and academic success.

**Your student has been nominated to participate in Class Pass/Structured Break!**

**Here's how it works:** Students participating in Class Pass Structured Break will start each with \_\_\_\_\_ Class Passes for each day. Each Pass allows the student to take a break for up to \_\_\_\_\_ minutes. During the break, the student may engage in one of these preferred activities \_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_ as long as the student does not disrupt instruction or distract fellow learners and as long as the student re-enters the learning environment following the timed break.

At the end of each week, students participating in the Class Pass/Structured Break program will have the option to redeem un used passes for \_\_\_\_\_. Passes may not be held for future weeks.

On Fridays, your student will bring home a data sheet of how many passes were used and how many redeemed for prizes. The goal over the next four weeks is that each week your student will redeem more and more Class Passes and will be rewarded with more success in managing emotions during instruction and build more confidence as a learner.

**On the back of this page, you'll find strategies for supporting Class Pass from home.**

If you would **not** like your student to participate in Class Pass/Structured Breaks or have any questions, please feel welcome to call me at (425) 385-XXXX, or email me at [insertcontact@everettsd.org](mailto:insertcontact@everettsd.org).

In care,

**Insert Contact**

## How to best support Class Pass from home:

- **Celebrate success, resist punishment:** Ask your student each day how many passes they used. If they used passes, ask them open ended questions that start with positive outcomes:
  - Was your break successful? Were you able to relax? What activity did you choose?
  - When you went back to the learning activity, were you able to focus better?
  - What were you feeling before you used your Class Pass?

Praise your student for using the Class Pass successfully and encourage them to continue to use positive strategies for self-regulation. At the end of each week, go over your students Class Pass Data Sheet and engage in the same reflective conversations. Praise your student for appropriate use, help set goals for redeeming Class Passes on future Fridays.

- **Utilize incentives:** Is there something positive your student could work towards each week by redeeming Class Passes? Incentivizing student success at home can be supportive by helping motivate students to work hard at meeting their personal goal.
  - Examples: picking what to eat for dinner; getting to play a game of choice with you; play date with a friend; getting to choose a movie to watch.
- **Consistency:** Class Pass is a program aimed at helping student work through emotional friction that is caused by engaging in activities they find to be challenging or stressful. Understanding that this is stressful to your student is important for your student to be able to reflect and grow but it is also important that parents set the expectation that with support, your student can work through stress and challenge and engage in more learning minutes.