



Orientation to Washington Schools:

After-School Activities and Family Engagement

Schools offer many activities when regular classes end for the day.

These activities help students make friends, stay healthy, and do better in their classes. They also help students build experience for college or future jobs.

Students can join school clubs. A club is a group of students who share an interest, like sports, music, science, or culture.

Students can also join sports teams to compete against other schools. Commonly offered sports include:

- **Fall:** Soccer, football, volleyball
- **Winter:** Basketball, wrestling
- **Spring:** Track and field, baseball, tennis



Some sports and clubs have fees or supply costs, like special shoes or an instrument. If these costs are a problem, contact the school office to ask about a waiver or help paying. Many schools also provide free transportation for students who participate.

Before your child can join a club or sport, you may need to:

Sign a permission form.

The school will send this home with your child.



Complete a physical exam

and submit required forms.



The school office can help you with this process. Schools respect your family's culture and religious beliefs. You can talk to the coach if your child needs an accommodation.



Summer and Holiday Camps

When schools are closed for holidays or summer break, your child can often attend day camps. These programs provide games, learning activities, and adult supervision while parents work. Many camps are free or low-cost.

To learn more, speak with your school office staff, visit your school's website, or talk with your counselor and teachers.



Family Participation

Schools in Washington welcome parents and families. Being part of the school helps your child succeed. Here's how you can participate:

- **Get to know your child's teachers and office staff.** Go to parent-teacher meetings to learn how your child is doing.
- **Get involved.** Go to school events, like sports games, concerts, family nights, college and financial aid sessions, and awards events.

How to Ask for an Interpreter

Communicating with the school is important for your child's success. You do not need to ask your child to interpret for you.

If you do not speak English, public schools are required by law to provide a free, professional interpreter.

You can ask for an interpreter for:

- **Meetings**
- **Parent-teacher conferences**
- **Phone calls**
- **Help reading emails or school documents**

To ask for an interpreter, call the school or go to the office. Just say your language. For example: "Ukrainian interpreter, please," or "Dari interpreter, please." The school will connect you with someone by phone or in person.

You can also send an email or give the school a written note. You can write:

Hello,

My name is [Your Name]. I am the parent of [Child's Name]. I want to talk with you about my child. Please call me with an interpreter. My phone number is [Your Number]. Thank you.

If school staff says they cannot get an interpreter, you can make a complaint to the school district.



Resources

- Office of the Education Ombuds (OEO): [Language Access](#)
- Office of Superintendent of Public Instruction (OSPI): [Interpretation and Translation](#), [Parent and Family Engagement Guides and Resources](#), [Health and Physical Education House Bill 1660](#)
- Spokane Public Schools: [Activities and Athletics](#), [Family Engagement](#)
- Mead School District: [Athletics and Activities Handbook](#)

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