



AAA School Safety Patrol Parent Resource Guide

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In partnership with Prepared Parents





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Introduction

Thanks for downloading the AAA School Safety Patrol Parent Guide. This guide is intended for parents and caregivers of students who participate in the AAA School Safety Patrol program at their school. AAA has partnered with Prepared Parents to provide you with helpful information on supporting your student through this leadership development program. For more information on any of the activities or tips in this guide, please visit the [Prepared Parents website](#).

About AAA School Safety Patrol

The [AAA School Safety Patrol](#) program has been empowering students to become leaders at their school and in their community for more than 100 years. The safety and leadership skills they develop during their time in AAA School Safety Patrol inspire them long after they leave the school walls. Schools adapt the program to what works best for their students and community, including having students patrol during recess, become leaders in the classroom, and assist with before school drop-offs and after school pick-ups. Parents play an important role in encouraging student development and this guide will show you how to take an active role in ensuring your student is getting the most out of the AAA School Safety Patrol program.

About Prepared Parents

All kids deserve the opportunity for success in school and in life. Prepared Parents unboxes learning science, psychology and behavioral research for parents to support their kids' social-emotional and learning development needs at home. Visit [UNBOXED by Prepared Parents](#) for tips and activities to develop the habits and skills that nurture curious, independent, and resilient kids. Prepared Parents is supported by Summit Public Schools, a nationally-recognized public school network with 15 middle and high schools in California and Washington.

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How Parents Can Help Students Succeed

CONNECT

Connect Through Daily Check-In/Check-Out Routine

Why It Matters

Fostering a strong connection with your child allows you to tune in to how they're feeling and to offer support when it's needed. The Check-In/Check-Out method can become a daily routine that builds important habits like reflection, self-awareness, empathy and a secure attachment or bond. The Check-In and Check-Out can take 5-10 minutes. Think of a time during the day when this activity would work best for your family. This activity is great for your Safety Patroller to take charge in as it will encourage their leadership skills.

Take Action: The Check-In / Check-Out Routine

Start a Check-In and Check-Out Routine with Your Child

Check-In with these 4 steps:

1. **Share what you're feeling.** Go around the circle and have each group member choose 3 adjectives that describe how they are feeling.
2. **Talk about those emotions.** Go back around the circle, letting each person talk for 1-2 minutes about the adjectives they named and why they chose those emotions.
3. **Acknowledge the feelings of others.** Acknowledge where the group is emotionally. Do a round of "I noticed...", "I wonder...", or "I feel..." sentence starters to wrap up.
4. **Say "I'm in!"** At the end of the Check-In, everyone says "I'm in!" to signify that they are present and activated for the day to come.

Check-Out with these 3 steps:

1. **Show gratitude.** Each group member shares something they are grateful for, whether it actually happened during the day or it's just something that's top-of-mind.
2. **Share takeaways.** Everyone shares one takeaway from the day.
3. **Say "I'm out!"** At the end of the Check-Out, everyone says "I'm out!" to provide a calming marker that the day of work, learning and growth is done.



How Parents Can Help Students Succeed (cont.)

★ AAA School Safety Patrol Reflection

During your daily Check-In or Check-Out, prompt your student to think about how they are feeling about their role in Safety Patrol or what their most memorable takeaway was from their Patrol shift that day.

Learn more

[Connect during daily Check-In/Check-Out Routine](#)

Daily check-ins & check-outs



Check-In in the morning to help kids get grounded and name emotions.

Check-Out at the end of the day to share gratitude and takeaways.

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How Parents Can Help Students Succeed (cont.)

DISCOVER

Dig into “INGs” to Explore Interests

Why It Matters

What’s the number one question we always ask kids? “What do you want to be when you grow up?” But there is a better question to be asking our kids, one that helps them figure out who they are, what they care about, and ultimately, what they want to pursue in the future. That question is what we call the “ING” (or I-N-G) question. What do you like doING? What captures your attention and brings you joy? That’s kids’ ING—cookING, dancING, drawING, jumpING. Or even buildING, explorING, leadING. When a kid focuses on their ING they’re finding out what’s unique about themselves.

Take Action: Dig into “INGs” to Explore Interests

Help your student discover an “ING” following these easy steps.

1. **Make an observation** and see if they agree: “You seemed really excited about ____ing. Tell me about it and what went well for you.”
2. **Make further observations** about what they might like: “So it sounds like you enjoyed ____ing, is that true?” (Examples: cookING, writING, beING outside, helpING others)
3. **Ask questions about those observations:** “What did you like most about ____ing?” “I just heard you say you like ____ing, is it because you like [another ING]?” “Is there anything you don’t like? Understanding the ING we don’t like is as important as understanding the ones we do.”



How Parents Can Help Students Succeed (cont.)

★ AAA School Safety Patrol Reflection

As you ask these questions to explore different interests, ask your student if there's an "ING" they discovered they like or don't like while on Safety Patrol. Acknowledge that their "ING" could change throughout the school year or as they change positions on the Safety Patrol.

Learn more

[Dig into "INGs" to Explore Interests](#)

Tip 11



Discover an ING

what does your kid enjoy doING?

collaborating

solving problems

working hands-on

caring for others

being outside

writing

#WEGOTTHIS

How Parents Can Help Students Succeed (cont.)

CELEBRATE

Celebrate Small Wins to Motivate Students

Why It Matters

Small wins are signposts that lead to bigger wins later. The point of celebrating our kid's small victories is to give us a sense of progress and accomplishment along the way to accomplishing a much bigger task or goal. The Harvard Business Journal calls this the [Progress Principle](#), and it boosts our emotions and motivates us to do meaningful work in the long term.

Take Action: Celebrate Small Wins to Motivate Students

Celebrate your student's successes.

1. **Name it.** Our perception of losses and wins might be different from our kids'. Ask them what they consider their wins and losses to be and record their responses as reminders.
2. **Give kudos for the strong effort your kids put into their work— rather than the outcome.** The effort itself is a small win! This is especially important because while our kids might be building up their confidence, they are inevitably going to hit roadblocks and bumps.
3. **Cultivate gratitude for small wins.** Gratitude has the power to energize and heal. It improves psychological health by reducing such toxic emotions as envy, resentment, frustration and regret.
4. **Don't let them beat themselves up.** Negative self-talk can zap the energy kids need to pick themselves up and start again.
5. **Get realistic.** We get into trouble when we don't base our expectations in reality. Maybe the goal is too big. Break their goals into a series of smaller, more achievable steps that feel more achievable.

How Parents Can Help Students Succeed (cont.)

★ AAA School Safety Patrol Reflection

Talk to your student about the big and small ways they are keeping their school and community safe through their role on the Safety Patrol. They should be celebrated! Acknowledging successes along the way is important to keeping your student motivated and feeling as though they are making a difference.

Learn more

[Celebrate Small Wins to Motivate Students](#)



Don't forget to celebrate the
small wins

Any win is worth celebrating.

**Small wins are
signposts** that lead to bigger
wins, and better habits, later.

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Resources

Resources

Activity Downloads

 Check-In/Check-Out Resource

[Download in English](#)

[Download in Spanish](#)

 Dig into “INGs” Resource

[Download in English](#)

[Download in Spanish](#)

 Celebrating my Kid’s Progress Resource

[Download in English](#)

[Download in Spanish](#)

Parent/Caregiver to Teacher Email Template

 Engaging with your Student’s Teacher Email Template

[Download in English](#)

[Download in Spanish](#)

Note:
Make a copy of the templates to make them your own.
Write about your student’s experiences with AAA
School Safety Patrol and any concerns/questions they
have.





Partner with your kids teacher.

Because parents + teachers = better together

Reflect on **who your kid is**

Record what you’ve noticed about **how they learn**

Discuss the **habits and skills they’re developing**

Share their **small wins**

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