

# School Supports

## (New Brunswick)

Preparing for a PLP / Education Support Services (ESS) meeting.

### Key terms

In New Brunswick, schools may use a Personalized Learning Plan (PLP) when a student needs individual strategies, goals, and supports.

A school's Education Support Services Team (ESS Team) helps coordinate supports and problem-solve barriers to learning.

### Accommodations vs. modifications

Accommodations remove barriers to learning without changing learning outcomes (for example: extra time, visuals, sensory supports).

Modifications change what is being taught/assessed (for example: different learning outcomes).

## Before the meeting: a quick prep list

Bring notes — bullet points are fine.

- **Strengths & interests:** what your child enjoys and does well
- **What's hard:** times of day, environments, tasks, transitions
- **What helps:** visuals, movement breaks, quiet space, clear language, written instructions
- **Signs of distress:** what you see first (before a shutdown/meltdown)
- **Goals:** 1–3 realistic priorities for the next 6–12 weeks
- **Any reports:** OT/SLP notes, assessment summaries, medical info (only what you choose to share)

### In the meeting, it helps to ask:

Who will do what, and when?

How will progress be tracked?

What will the classroom plan look like on hard days (transitions, substitutes, assemblies)?

#### Sources:

- Government of New Brunswick (Dept. of Education): Educational planning / PLP guidelines
- New Brunswick Human Rights Commission: Accommodating students with disabilities (duty to accommodate)

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Accommodation ideas + a simple follow-up email template.

### Accommodation ideas you can discuss with your school team

#### Communication & processing

- short, concrete instructions + extra processing time
- written/visual directions; first-then; checklists
- choices (2 options) instead of open-ended questions

#### Sensory & environment

- seating options; movement breaks; access to a quiet space
- headphones/ear defenders (as appropriate); lighting adjustments

#### Transitions & changes

- visual schedule; warnings before transitions; consistent routines
- preview changes (calendar/countdown); transition objects

#### Workload & assessment

- extra time; reduced quantity with same goal; chunking tasks
- alternative ways to show learning (oral, visual, typed, etc.)

### Optional follow-up email template

Subject: Follow-up to our PLP/ESS meeting

Hi [Name],

Thank you for meeting with us on [date]. Here's my understanding of the plan we agreed on:

- [Support / accommodation #1] — [who/when]
- [Support / accommodation #2] — [who/when]
- [How we'll track progress]

If I missed anything, please let me know. Thank you again.

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