[Insert School District Letterhead here]

Translated Information:

[English](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Information-Sheet-2025.pdf) [عربي](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Arabic_2025.pdf) [简体中文](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Chinese-Simplified_2025.pdf) [繁体中文](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Chinese-Traditional_2025.pdf) [فارسی](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Farsi_2025.pdf) [Français](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_French-Canadian_2025.pdf)  [日本語](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Japanese_2025.pdf) [한국인](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Korean_2025.pdf) [ਪੰਜਾਬੀ](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Punjabi_2025.pdf) [Español](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Spanish-Latin-America_2025.pdf) [Tagalog](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Taglish_2025.pdf) [Tiếng Việt](https://blogs.ubc.ca/cheq/files/2025/03/CHEQ-Info-Sheet_Vietnamese_2025.pdf)

Dear Kindergarten Parents/Caregivers:

Our school district is partnering with the Human Early Learning Partnership (HELP), a research institute at the University of British Columbia, to do the Childhood Experiences Questionnaire (CHEQ). The CHEQ is an online questionnaire completed by parents and caregivers of incoming kindergarten students. It focuses on experiences your child has had over the last few years that are strongly linked to children’s health and well-being, education, and social outcomes. **As a parent/caregiver of a kindergarten student at [insert school district name], you are invited to fill out the CHEQ.**

The information from the CHEQ is shared with our school district and early years community to strengthen programs and services for families. Our schools and kindergarten teachers can also use it to better understand the different kinds of experiences children had before starting kindergarten so that we can support them better.

**The questionnaire does not assess your child’s skills or abilities, or your parenting. The CHEQ is simple and easy to complete and will take approximately 15 minutes of your time. Your participation is voluntary.**

When you click the link below, you will be presented with a consent form (available in multiple languages). It is up to you if you wish to participate and you will have the option to withdraw. **Please note, the CHEQ is available in English, Punjabi, and Simplified Chinese**. HELP is responsible for keeping CHEQ data safe; your child’s personal information is kept in a secure research environment at the University of British Columbia.

**To access your child’s questionnaire, please click on the following link:**

**<insert unique link>**

Please note: Your responses are saved as you complete the questionnaire. If you are unable to finish the questionnaire in one sitting, you are able to leave the questionnaire and come back at another time. When trying to re-enter the questionnaire, you will require a new link as this link will expire. Please connect with us to gain a new link.

If you would like more detailed information about the CHEQ or if you have any questions about this project, please visit the CHEQ website: [earlylearning.ubc.ca/cheq](http://earlylearning.ubc.ca/cheq) or contact the CHEQ Project Team: [cheq@help.ubc.ca](mailto:cheq@help.ubc.ca) or 604.822.3361. If you have any questions at any time about our school district’s participation, please contact [insert school district CHEQ contact name here].

**While your completion of the CHEQ is completely voluntary, we encourage you to participate as the data from the CHEQ can help us become more aware of ways to create early experiences to help children in our community thrive. We thank you in advance for your support.**

Warm regards,

[insert school district CHEQ contact signature here]