

The Special Extra!

Special Education Newsletter

December 2022

From the Desk of Shirden Prince

Director of Special Education

“It’s all about the quality of life and finding a happy balance between work and friends and family.” ~Philip Green~

Welcome to December! I hope that you all had a restful Thanksgiving break and that you were able to spend it with family. My wife and I were able to visit our daughter, Ilyana, in upstate New York where she is a senior at the Rochester Institute of Technology. She is our only child so it is always a blessing when we can make it out to the East Coast to visit her. If you have little ones at home, enjoy every moment because before you know it they are all grown up. If you are traveling over the holiday break be safe and I hope that all of you are able to get some quality time in with your loved ones while getting a little time in for some rest and relaxation.

Here are a few pictures from our trip.



THIS AND THAT

Gentle reminders:

- All IEP's need to be completed **3-5 days** prior to the meeting date for review by a site administrator.
- **All IEP's should be finalized and turned in to Ana within 5 days of when the meeting was held.**
- **RSP Teachers** – please monitor student schedules for any changes that might affect service delivery.
- Please make sure you are inviting all necessary personnel to your IEP meetings (nurse, psych, etc.) and giving them as much notice as possible so that they are able to attend.

Kudos!

Each month this section of the newsletter will be used to give kudos to one (or more) of our awesome staff members.

Kudos and a huge thank you to Mrs. Tallman for taking the lead on organizing the first Special Olympics event in our district since before the pandemic. The event was a great success that was enjoyed by all.

Check out some pictures from the event at the end of this newsletter.



WHO IS THE MOST AWESOME PERSON TODAY?



Quote of the Month

I've learned that
people will forget
what you said.
people will forget
what you did. but
people will never
forget how you
made them feel.

Maya Angelou

Classroom *Hacks*

Social Emotional Learning (SEL)

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success.

The Collaborative for Social Emotional Learning (CASEL) breaks SEL into five core competencies. Incorporating these competencies into your lessons would be very beneficial to your students.

Self-Awareness

Understanding your emotions and thoughts and how they influence your behavior. Skills include: identifying emotions, self-perception, recognizing strengths, self-confidence, and self-efficacy.

Self-Management

The ability to regulate your emotions and behaviors in different situations and to set and work toward goals. Skills include: executive function and self-regulation, stress-management, and self-discipline

Responsible Decision-Making

The ability to make positive choices and take responsibility for positive and negative outcomes. Skills include: identifying problems, analyzing situations, solving problems, and reflection.

Social Awareness

The ability to take the perspective of and empathize with others. Skills include: empathy, appreciating differences, and respect.

Relationship Skills

The ability to establish and maintain healthy and meaningful relationships with others. Skills include: communicating clearly, listening, cooperation, resisting negative pressure, resolving conflicts, and supporting one another.

[12 SEL Activities for High School Students](#)

CHECK THIS OUT!

A space to share websites that provide helpful information and ideas for your classrooms, students and families.

[Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)

World's leading organization with a mission to foster leadership based on enduring values and to provide a nonpartisan venue for dealing with critical issues.

[Committee for Children](#)

Since 1979, Committee for Children has advocated for policies to enhance, gathered research to support, and developed education programs to advance the safety and well-being of children through social-emotional learning (SEL)

[National Conference for State Legislators: Social and Emotional Learning](#)

Information on social emotional learning legislation for each state that is in process or has been passed or failed. If there are standards for a state, it includes a link to those standards.

[SHLS Toolkit: Social-Emotional Learning](#)

Explicit social-emotional learning instruction and complementary recreational and creative games.



Upcoming Events

December

4th – Ruby Castillo 🎂
9th – Jasmine Guerrero 🎂
13th – Jessica Villalobos 🎂
13th – Board Meeting @ RFK
18th – Isabel Soto 🎂
18th – Steven Short 🎂
26th – Start of Winter Break 🎁 (No School)
30th – Mirissa Sotelo 🎂
30th – Alyssa Blanco 🎂

January

1st – Gabriel Inguito 🎂
10th – Board Meeting @ RFK
12th – Abigail Cortez 🎂
21st – Michele Lumabao 🎂
30th – Deanne Sanchez 🎂





Oh so Special Olympics

