

The Special Extra!

Special Education Newsletter

May 2023

From the Desk of Shirden Prince

Director of Special Education

“Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful.” ~Margaret J. Wheatley~

As we come to the end of another school year it is time to enjoy the moment and acknowledge our successes, great and small. It is also a time to reflect on what went well and what could have been done better. As we head into the summer months, please take some time to relax and rejuvenate but don't forget to remember those successes while you reflect on what you can do to make next year an even greater success. This is how we grow and become better versions of ourselves.



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.

This month's kudos go to all of the Special Education staff for all of your hard work and dedication to our students this school year. Your willingness to work together as we strive to provide for the most vulnerable population of students is appreciated.

Kudos!




TEAMWORK MAKES THE DREAM WORK!

WHO IS THE MOST AWESOME PERSON TODAY?



Quote of the Month

A scenic landscape featuring a range of blue mountains under a vibrant orange and yellow sunset sky. The mountains are layered, creating a sense of depth. The quote is centered over the middle of the image.

Education is for improving the
lives of others and for leaving
your community and world
better than you found it.

Marian Wright Edelman

 quote fancy

~~Classroom~~ Summer *Hacks*

Rest and Rejuvenation Ideas

This month we are going to take a break from the regular routine and share some ideas on how to get the most out of your time off this summer, because you deserve it!

Spend Time with Your Family

Time with the family is very important. Enjoy being together without the pressure of a schedule. Travel or just hang out and enjoy each other's company. Time is something that you never get back so enjoy it while you can!

Sleep In!

Turn off the alarm clock and allow your internal clock to guide you.

Take Time to Appreciate the World

Hit a farmer's market for some fresh fruit and vegetables, put your chef hat on and try out some new recipes. Go to the beach, go for a hike, enjoy the outdoors. It's easy to miss all the beauty around us when we are working so slow down and take it all in.

Get Your Exercise On

Let's face it, we could all exercise a little more so use that time off to take a yoga class, go for a bike ride or just walk your neighborhood. Exercise is a proven stress reliever so seize the day!

Unplug

Take a break from social media and turn the news off. Instead, read a book or try a new hobby. My wife enjoys sitting for hours just working on a jigsaw puzzle. It doesn't do much for me but give it a try, you may think differently.

Find Adventurous Ways to Teach in New Ways

If you are like me then you can never really let work go completely so spend some time refining your approach to working with students. We all now how challenging it is to engage students. Summer is the perfect time to consider classroom procedures and how we interact with our students.

CHECK THIS OUT!

Apps and Websites to Help Manage Stress

Life as an educator can be both stressful and demanding. Here are some apps and websites that you can access to tackle stress and practice some self-care.

Calm

Calm is a popular app for meditation, relaxation, and getting some much needed shut-eye and it's free for educators. You can get free access to Calm's paid subscription service and access a library full of guided meditations, mindfulness exercises and soothing tunes. The app is available on iOS and Android devices.

Simple Habit

Simple Habit is an app that offers simple five-minute meditations to help ease your mind. You can personalize it and choose interests that matter to you – increased focus, productivity, fitness and more – and then you choose from various short meditation practices. It is free to try and then requires a subscription. The app is available on iOS and Android devices.

Insight Timer-Meditation App

This app is home to free offerings geared toward mindfulness, stress reduction, learning and healing. It is home to one of the largest free libraries of free meditation and music. It allows you to explore and try out courses, guided meditations and deep breathing exercises and talks. The app is available on iOS and Android devices.

[15 Stress Management Techniques to Calm the Mind and Body](#)

This website provides helpful information and techniques for stress management.

[Resilient Educator](#)

A website that provides useful tips to educators on how to “unplug” and destress their lives.

[7 Relaxation Ideas to Reduce Stress](#)

This website provides information on 7 educator relaxation ideas that you may find beneficial.



Upcoming Events

May

3rd – Late Start
9th – Board Meeting @ RFK
17th – Late Start
25th – Gabriela Sandoval 🍰
26th – Denise Mendoza 🍰
31st – VHS Graduation
31st – RFK Graduation

June

1st – CCHS Graduation
2nd – DHS Graduation
3rd – Amanda Shepherd 🍰
6th – Rufina Lara 🍰
15th – Elizabeth Manjarres 🍰
19th – Shantelle Andrade 🍰
21st – Leah Oung 🍰
23rd – Kendyl Chavez 🍰
26th – Rudy Arellano 🍰
27th – Luke Magnia 🍰



OH WHAT A YEAR IT WAS!



