



Special Service Newsletter

December 2021

Season Greetings to all,

Thank you for taking the time to read our newsletter. We hope that the information shared in our newsletters are both timely and essential. Hoping that in the next couple of weeks you can relax, recharge, and enjoy family time. I wanted to let you know a few things we are working on:

Special Services and the Special Education PTSA held listening sessions in November, to better understand the concerns and highlights those parents have about the IEP process. When we analyzed the comments the number one aspect discussed was communication. Families wanted more communication, both two-way communication at IEPs, and "information only notices", for example: when a case manager changes. With that in mind I thought I would take some time to define terms that are being used in IEP meetings and bring your attention to terms we are using when we are talking about increasing our inclusive practices.

Least Restrictive Environment (LRE): The placement for a student that will give them the best access to their education in relation to the general education setting. Each student's LRE is an IEP team decision and is based on their individual strengths and needs.

Specially Designed Instruction (SDI): Instruction that is designed and monitored by a Special Educator. All educators can deliver the instruction (para, SLP, general education teacher, counselor, etc) if the Special educators design it. We encourage the use of standards based general education curriculum when ever possible.

Functional Behavior Assessment/Behavior Intervention Plan (FBA, BIP): When a student's behavior impacts their education the IEP team can initiate a way to look at what might be causing the behavior to occur in the form of an FBA. The FBA must be consented to by the family, and the team will work together to create the assessment identifying the cause of the behavior, followed by the BIP to work on extinguishing the barrier behavior.

Inclusive Practices: Intentional moves to create opportunities for all students to be educated alongside their general education peers. Some examples of these practices include:

- Services that are incorporated in the general education classroom for students who are Multi-language learners or students with disabilities, rather than students being pulled out.
- Assuring that every student in a centered based classroom also has an assigned general education classroom to join for inclusion opportunities.
- Implementing Universal Design for Learning (UDL) - a framework for educators to support multiple means of engagement, representation, and expression of learning occurring in the classroom.
- Using assistive technology (immersive reader, speech to text, captions on zoom, etc.) to help all students achieve at higher level.

Thank you for taking the time to read our newsletter and Happy New Year!

~ *Kelley*

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Mindful Moment: Starting an Arrival Practice

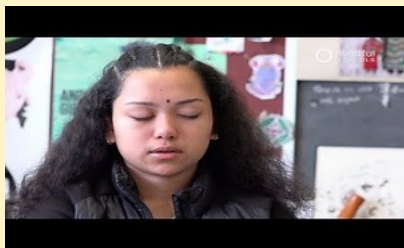
Whether you do this alone, with your students as they enter the room, or both, starting an arrival practice is a great way to center yourself and your class before the day starts. So how does it work? When you first arrive in your classroom, before doing anything else:

1. Take a moment to sit in your chair and get comfortable
2. Place your hands in your lap or on your heart
3. Before closing your eyes, look around you and orient yourself to the room you are in, notice your surroundings.
4. Begin to soften your gaze and focus on one thing in your room to look at. Or you can close your eyes completely.
5. Take in one slow deep breath for the count of 6, hold for 4, and exhale for 6. Imagine you are breathing in calm, and as you exhale, imagine yourself letting go of worry of what it yet to be.
6. Repeat this process 3 times, making your third round the deepest breath you've taken today, and exhale slowly.

Open your eyes and reorient yourself to the room and all of your surroundings.

Tips on how to implement this strategy with students.

https://www.youtube.com/watch?v=u3jBjSs_cpk



"Arrive" - A Mindful Minute Helps Students Arrive in the Classroom

At the start of class, Ms. O guides her students in a simple meditation. This allows them to quiet their nervous systems and get ready to learn. "Arrive" was filmed at Gateway High School in San Francisco. Learn more at www.mindfulschools.org.

Keep the season merry and bright with social and emotional learning (SEL)!

Educators and students alike welcome winter break and the recess from instruction, testing, and homework after a busy fall. But some still need support over winter break — especially those who do not feel comfort and joy during cold months and the holiday season.

SEL can help support students and educators during winter break. We've put together this Winter SEL Guide with social and emotional tips, strategies, and activities to support you and your students during the winter break. Included are resources for:

Students: We created a Winter SEL Challenge to help students build social-emotional competence during the winter months.

Families: We have lots of resources for families that will help them continue SEL at home.

Educators: We have included tips, activities, and advice to help you improve your own health and well-being and create a plan to start the New Year strong. Also included are resources to support your professional learning, such as top webinars and articles.

So bundle up, cozy up, and get ready to support students' needs and your own during the winter months with SEL



[Click here for more information!](#)

Message from Special Education PTSA

Everett Special Education PTSA (Parent, Teacher, Student Association) is a community of parents, staff and students who work together to enrich the learning environment and provide resources to students and their families through advocacy, information, training for educators and students receiving special education services.

Want to become a member?

<https://mp.gg/eaec8>

Other contact info links:

Website: <http://www.everettptsacouncil.org/esd-special-ed-ptsa.html>

Facebook: <https://www.facebook.com/EverettSpecialEducationPtsa>

Instagram: <https://www.instagram.com/everettspecialeducationptsa/>



Please join me for Compassion Cultivation Training (CCT)

CCT is an 8 week science based program, developed at **Stanford University** to help you uncover your natural ability to face life's challenges with greater resilience and ease, and to relate to others as fellow human beings regardless of their background, views and experiences.

COST: FREE TO PARENTS OF CHILDREN AND YOUTH WITH DISABILITIES. PAID FOR VIA GRANT FROM COMPASSION CORPS.*

*When: 8 consecutive Tuesdays
January 4 - February 22 ; Time: 7-9pm PST
Location: Online*

Taught by Krisy Banks, a Special Education Teacher for over a decade who wishes to bring compassion to more education communities.

RSVP or any questions to Kristy Banks at kristybanks@gmail.com

*For more information, please go to:
<https://www.compassioninstitute.com>*

*As a part of the grant, images and short recordings will be shared with CC.



EVERETT ELKS LODGE #479
Cordially Invites You to Our

CHRISTMAS PARTY

Sunday December 12th, 2021
2:00-5:00pm

2802 Hoyt Ave.
Everett, WA 98201

The Everett Elks are excited to invite you back to our annual Christmas party and dance for children and for the developmentally disabled citizens of Snohomish County. Mr. and Mrs. Claus and their helpers will be joining in on the festivities and have goodies for all who attend. There will also be dancing with music provided by the Voices of the Village band.

Please R.S.V.P. as soon as you can with how many guests and helpers will be attending. You can contact the Elks Lodge office at 425.252.4179 Mondays, Wednesdays, and Fridays from 10:00am-3:00pm.

Hope to see you there – Can't wait to celebrate with you!

