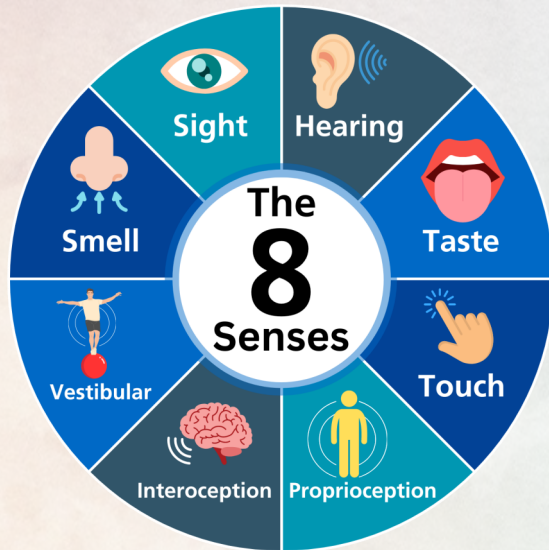


# Preschool Special Education

Teacher Brianne's Newsletter

December 2025

## What We Worked on in November



## Coming up...

**December 22–January 2** – Winter Break, No school/sessions

**January 19** – Martin Luther King Jr. Day, No School/sessions

**January 23** – No school/sessions (non-instructional work day)

**February 16–23** – Mid-winter break, no school/sessions

## Information Spotlight: Sensory Integration

Our brains work to interpret and organize information that we gather through our various senses including sight, hearing, touch, taste, smell, and also proprioception (awareness of our body in space), vestibular (balance), interoception (internal sensations for organs) etc. And although people are typically born with all those sensory systems, each person's profile of sensitivity within each sense or sensory system can be dramatically different across individuals. For example, a person can be hypersensitive to auditory input, making loud and unexpected noises very difficult to bear while being hyposensitive to vestibular input and not only will swing and spin endlessly without getting dizzy, but will deeply crave movement to activate that sense to get adequate input for their brain and sensory system. There are several questionnaires available online to help you identify your child's or your own unique profile. This will help you to understand and support your child better.

No matter the profile, it is important to remember that all children's sensory systems are still immature and underdeveloped, and thus they engage in much more movement and sensory exploration than adults as they require more sensory input to integrate helping to organize their brains.