

PARENTS AS PARTNERS

St. Johns County School District

Volume 9, Issue 1

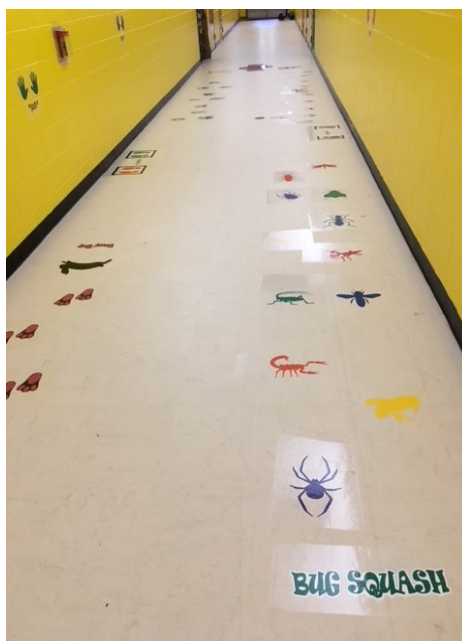
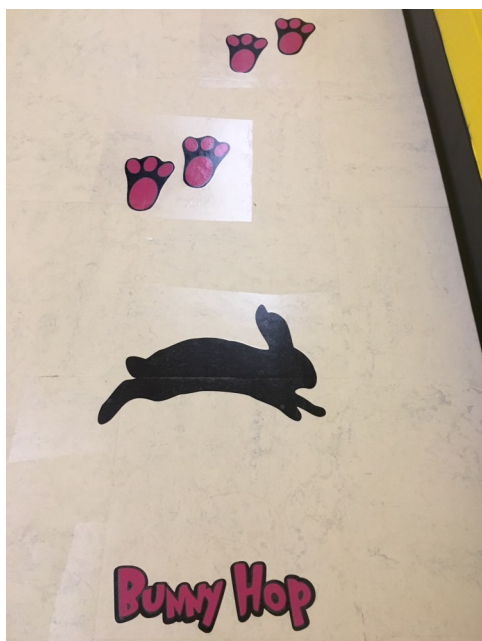
Back to School



We're hoping this first newsletter of the 2019-2020 school year finds you and your family have weathered Hurricane Dorian safely. Fingers crossed that this is the end of our weather excitement!

Cunningham Creek Elementary School has a new sensory hallway!

When the students returned from summer break, the colorful decals were an inviting addition to the floors. The sensory hallway will hopefully help all students regulate their behavior/emotions so that they are ready to learn when they get into their classrooms. The PTO generously donated the funds to purchase the floor decals. So far, both students and adults can be seen taking advantage of this fun addition.



*Contributed By: Jennifer Baracz, Occupational Therapist,
Cunningham Creek Elementary*





WELLNESS ACROSS THE SPECTRUM

A COMPREHENSIVE STRESS MANAGEMENT WORKSHOP FOR ASD PARENTS/CAREGIVERS

- Offered at no cost to participants
- Workshop includes a brief before and after survey to assess your wellbeing and the effectiveness of the workshop content

*Body, Mind,
& Spirit*



Do you have a Child/Teen/Young
Adult diagnosed with
Autism Spectrum Disorder?

Are you burned out?
Do you want to reduce your & your
family's stress and improve overall
wellness?

Then join other ASD caregivers
for this workshop series to
improve your Body, Mind, &
Spirit!

When?

Starting Thursdays 9/5/19
6:30-8:30pm for 8 Weeks
OR

Starting Saturdays 9/7/19
9:30-11:30am for 8 Weeks

Where?

First Florida Credit Union
1950 CR 210 West, St. Johns 32259

**—SEATS ARE LIMITED—
REGISTRATION IS
REQUIRED**

Contact –
Sandra Rebeor, PSY.D
Email –
S.Rebeor@Hotmail.com
Call/Text –
813-716-6446

ESE PARENT ADVISORY COMMITTEE

The Parent Advisory Committee (PAC) is composed of parents, educators, administrators, business representatives, and other interested community members concerned with the education of students with disabilities.

The purpose of the committee is to provide information to parents and input to district staff regarding our ongoing effort to continuously improve services for students with disabilities.

2019/2020 PARENT ADVISORY COMMITTEE MEETING TOPICS, DATES, AND LOCATIONS:

Topic: THE PRINCIPLES OF READING DEVELOPMENT, WHAT CAN GO WRONG AND WHAT YOU CAN DO

Presenter: Edward C. Taylor, Ph.D., Child and Adolescent Psychologist

Date/Time: 10/01/19 from 6:00 pm – 7:30 pm

Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

Topic: PURSUING DEEP WORK: LEAVING THE SHALLOWS TO CREATE VALUE

Presenter: Craig A. Davis, Ph.D.

Date/Time: 11/05/19 from 6:00 pm – 7:30 pm

Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

Topic: STRESS MANAGEMENT FOR CAREGIVERS OF STUDENTS WITH DISABILITIES

Presenter: Sandra M. Rebeor, Psy.D., M.S.H.S.

Date/Time: 12/03/19 from 6:00 pm – 7:30 pm

Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

Topic: ASSISTING INDIVIDUALS WITH DISABILITIES & THEIR FAMILIES TO SUCCESSFULLY MANAGE EMERGENCY SITUATIONS IN THE HOME & COMMUNITY

Presenter: Bart Barta, Retired First Responder

Date/Time: 01/07/20 from 6:00 pm – 7:30 pm

Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

Topic: THE ABC'S OF ADHD – Part 1

Presenter: David O. Childers, M.D., Neurodevelopmental-Behavioral Pediatrician

Date/Time: 02/04/20 from 6:00 pm – 7:30 pm

Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

Topic: BEHAVIORAL & EDUCATIONAL STRATEGIES FOR STUDENTS WITH ADHD – Part 2

Presenter: Marlena Jenkins, UF Jacksonville Diagnostic Learning & Resource Systems Multidisciplinary Center at University of Florida Jacksonville

Date/Time: 03/03/20 from 6:00 pm – 7:30 pm

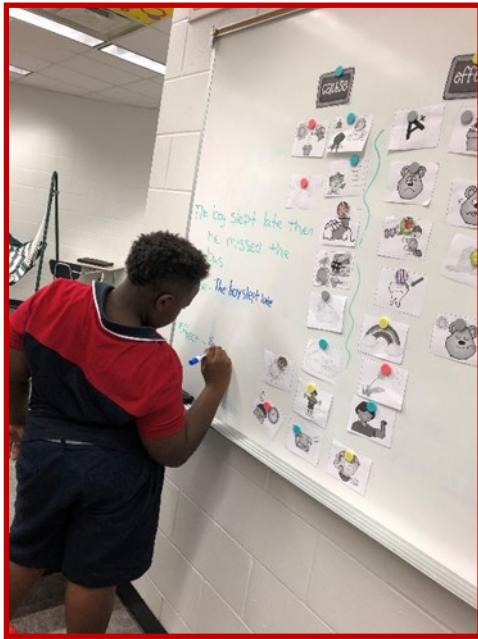
Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

Topic: GUARDIANSHIP: HOW TO BEST PROTECT YOUR CHILD WHEN HE OR SHE TURNS 18

Presenter: Stephen Furnari, Florida Attorney, Founder of GuardianProject.US

Date/Time: 04/07/20 from 6:00 pm – 7:30 pm

Location: Fullerwood Training Center – 10 Hildreth Drive St. Augustine, FL 32084

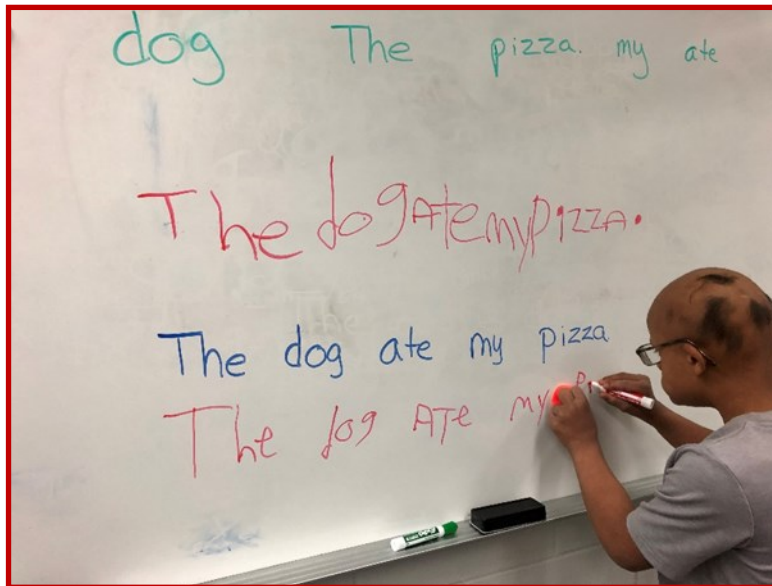


Students at Gamble Rogers Middle School are stepping up their game in writing this year in Mrs. Banks ELA ACCESS Points class.

This 6th grade student is working on cause and effect relationships. Students first matched and sorted cause and effect cards, then they broke down sentences to determine the relationships. Once that was mastered, they began to create their own cause and effect sentences.



Gamble Rogers Middle School



This 7th grade student is working on correct spacing of his letters and words by using the “Spaghetti and Meatball” method. Students make sure they have the spacing of a spaghetti noodle in between each letter and the space of a meatball between each word. This student is using a pom-pom as a visual reminder to represent the meatball.

Contributed by: Ashley Banks, ESE Teacher, Gamble Rogers Middle School



FDLRS Parent Webinar



The FDLRS Administration Project is proud to host the Age of Majority: What Families Need to Know Webinar in collaboration with Project 10.



Age of Majority: What Families Need to Know Webinar

presented by
Carly Detlefsen, Project 10 Regional
Representative, Northeast Florida

This presentation will discuss what it means to become the age of majority and how all educational rights transfer to the soon to be adult age student. Project 10 Regional Transition Representative will explain the legality of the paperwork parents receive in preparation for the transfer of rights, basic information on parental retention of the students' rights, provide some resources for families, and answer any audience questions pertaining to the topic.

Please register for either the AM or PM session.

Thursday, September 19, 2019 at 10:00 AM – 11:00 AM ET

Registration Link: <https://impact.fdlrs.org/x/events/view/?id=290&pw=9ed51272>

Thursday, September 19, 2019 at 7:00 PM – 8:00 PM ET

Registration Link: <https://impact.fdlrs.org/x/events/view/?id=291&pw=d82af137>

Adobe Connect Link for Webinar: <https://fdlrs.adobeconnect.com/parentwebinars2019/>

For additional questions about this webinar, contact Sallie Rose at (407)569-8444 or roses@nefec.org
FDLRS Administration Project Office (386) 312-2265 Mary Ann Ahearn, Administrator

CREEKSIDE HIGH SCHOOL

HOME OF THE KNIGHTS



This year, three of our Best Buddies officers accompanied by Mrs. Presnell attended the Buddies Leadership Conference in Bloomington, Indiana. Creekside Best Buddies was awarded one of the top fundraising schools internationally raising \$17,000. They were also awarded Chapter of the Year for the Jacksonville area.



Contributed by : Linda Carnall and Kaley Presnell, Creekside High School.

Top 9 Things Not to Say to Your Child About Learning and Attention Issues

Normal

Avoid comparing your child to what's "normal." If you use this word, you may imply your child is abnormal.

Disabled

Try to choose words that are more positive than "disabled."
Instead talk about your child's abilities.

Illness

Learning and attention issues are not "illnesses." Try to show them celebrities who have learning and attention issues.

NO

No may prompt negative responses. Instead try saying: "Can you try this task another way?"

You're Wrong

Offer criticism in a way that doesn't deflate. Instead sandwich criticism between two positives to help motivate your child.

Just try harder

This phrase might imply your child is just being lazy—when he's actually working very hard.

Suffering

Avoid describing your child as suffering from learning and attention issues. This word can communicate weakness or hopelessness.

Cure

Learning and attentions issues are lifelong challenges. Remind your child there are many things he can do to work around challenges.

Slow

Such terms not only can be offensive but may also give the impression that your child's difficulties are more severe than they really are.

Source: <https://www.understood.org/en/learning-attention-issues/understanding-childs-challenges/talking-with-your-child/top-9-things-not-to-say-to-your-child-about-learning-and-attention-issues#slide-1>



ADAPTIVE DANCE SUPERSTARS

MISSION

Every child should have the opportunity to experience the joy of dance! We want to allow children with special needs to flourish and grow in a setting where they can enjoy dance on their own terms.

Ages: 4-12

Location:
St. Augustine Dance
Conservatory
3670 US-1 St. Augustine 32086

Cost: \$50
(Scholarships available)

SCHEDULE

★ Saturdays 9-10am

September 14- Get to Know You Meetings

September 21- October 26- Dance Classes

November 2- Party and Performance!

CLASS STRUCTURE

Warm up
Rhythmic exercises
Across the floor
Dance routines
Freestyle/Games
Stretch

GOALS

Fun and positive social interactions with peers!

Learn basic dance steps and rhythm!

Use their creativity to express themselves!

Upcoming Events

- **Kiddin' Around**

A program consisting of small group instruction which focuses on opportunities for social interaction with peers via board games and card games. Skill areas include: sharing the conversation, waiting, turn taking, giving compliments, accepting feedback, playing games fairly, oversharing of information, and making friends. Children must be between the ages of 8 and 12 and registered with CARD to participate. Sessions are offered once a month. All group meetings are held at the UF Health Neurodevelopmental Pediatrics Center, 6271 St. Augustine Rd, Suite 1, Jax, FL 32217. CARD is a discretionary project of the Florida Department of Education. This grant funded program does not charge for its services. For more information contact Ashley.parker@jax.ufl.edu.

- **Sensory Nights @ MOSH**

August 30, September 27, October 25, 6:00P.M.-7:30P.M., Enjoy MOSH with modifications to sound and lighting, fewer guests, and an accepting and inclusive environment during Sensory Night! Individuals and families of all ages are welcome to participate in fun, engaging activities such as hands-on crafts, science experiments, and much, much more. Monthly topics include exploring space, walking with dinosaurs, and the science of slime! For more information click [here](#).

- **Special Olympics Lions Clubs International – Opening Eyes**

September 9, Special Olympics Florida is offering free eye exams once per month at the Healthy Community office located in Jessie Ball DuPont Center, Downtown Jacksonville. Exams are open to anyone with an intellectual or developmental disability. For more information contact susanreckner@sofl.org, phone: (813) 280-9863.

- **Wellness Across The Spectrum – Stress Management Workshop for ASD Parents and Caregivers**

Thursdays, 6:30P.M.-8:30P.M. (begins 9/5/2019), Saturdays 9:30-11:30A.M. (begins 9/7/2019), Do you have a child/teen/young adult diagnosed with Autism Spectrum Disorder? Are you burned out? Do you want to reduce both your and your family's stress and improve overall wellness? Then consider joining other ASD caregivers for this workshop series to improve your Body, Mind, & Spirit. Sessions are offered at no cost. Location: First Florida Credit Union, 1950 CR 210 West, St. Johns, 32259. Seats are limited. Registration is required. Click [here](#) for more information or contact s.rebeor@hotmail.com.

Adam Levine



Adam Levine is no stranger to success. The Maroon 5 front man has won Grammys, performed at the Super Bowl, and is even happily married to a supermodel. Thus, some may find it rather surprising that Levine has had ADHD since childhood. Though he's been supported and properly medicated since first being diagnosed, Levine admits he still struggles at times. As he shared with *ADDitude*, "My struggles continued as an adult. I had trouble sometimes writing songs and recording in the studio. I couldn't always focus and complete everything I had to do. I remember being in the studio once and having 30 ideas in my head, but I couldn't document any of them"

Source: <https://www.topcounselingschools.org/rankings-30-celebrities-you-didnt-know-have-learning-disabilities/>



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Mission Statement: To identify and meet the unique educational needs of exceptional students and to provide support and resources to enhance educational opportunities so they become productive citizens.

ESE programs and services address the unique needs of students who are gifted in kindergarten through 12th grade and those with mild, moderate and severe disabilities from age three until they graduate with a regular diploma or until their 22nd birthday. ESE programs and services are designed to assist students in reaching their educational goals through the use of instructional and behavioral approaches which are research-based and exemplify best practices. Technology is used in many creative ways to meet student needs as well.

ESE services are available at all district schools for gifted students and students who have mild to moderate disabilities. PreK students with disabilities and students with more significant disabilities are served in cluster programs at selected sites. Program support is provided to students, parents and school personnel by program specialists based at the district office. Students with disabilities who are not eligible for services through the ESE program may be eligible for an accommodations plan under Section 504 of the Rehabilitation Act of 1973.

We hope that you find this newsletter informative and useful. *Parents As Partners Newsletters* are posted to the St. Johns County School District web site at:

<http://www.stjohns.k12.fl.us/ese/>