

ECSE NEWSLETTER

NOVEMBER 2023

MR. ARMSTRONG-GRUNDY



TEACHER'S MESSAGE

Welcome to November! This is going to be a busy month! With conferences and Thanksgiving break the month will fly by! In class, we are working on our new Area of Study- *Exploring Change in My World*. We will have the opportunity to explore a pumpkin, paint colorful leaves, and talk about all of the changes we are seeing, feeling, hearing, smelling, and touching as we welcome a new season. If you are willing to send a photo of your family to me, I would love to use it for our family tree project!

All conference dates and times have been sent to all families. I have reached out to you to see if you'd prefer in-person or virtual conferences and I have heard back from most families. If you would like to change your choice, please let me know.

Please check our class website regularly as I update it often!

<https://mrarmstrongecse.my.canva.site/>

Important Dates:

November 2

Conferences: 5-8 PM

November 9

Conferences: 5-8 PM

November 10

Conferences: starting at 8 AM

November 23

NO SCHOOL:

Thanksgiving Break

November 24

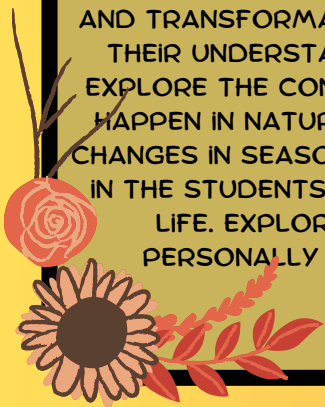
NO SCHOOL:

Thanksgiving Break



WHAT ARE WE LEARNING?

UNDERSTANDING THE NATURE OF CHANGE IN OUR WORLD IS FOUNDATIONAL TO UNDERSTANDING MOST AREAS OF LIFE SCIENCE. NOTICING CHANGE IS THE FIRST STEP TOWARD UNDERSTANDING THE SEQUENCE OF A CYCLE THROUGH OBSERVATION AND INQUIRY SKILLS. THIS AREA OF STUDY STARTS BY HELPING YOUNG STUDENTS UNDERSTAND THE ROLE THEIR CHOICES PLAY IN CHANGING BIG FEELINGS BY LEARNING TO USE CALMING STRATEGIES AND BUILD SELF-REGULATION SKILLS. BUILDING ON THIS CONCEPT OF CHOICES AFFECTING CHANGE, STUDENTS THEN EXPLORE THEIR ROLE IN CREATING CONCRETE INTENTIONAL CHANGE AND TRANSFORMATION THROUGH HANDS-ON EXPERIENCES IN CENTERS WHICH WILL BE FOUNDATIONAL TO THEIR UNDERSTANDING OF THE ABSTRACT CONCEPT OF BEING CHANGE AGENTS. NEXT STUDENTS WILL EXPLORE THE CONNECTIONS BETWEEN THEIR OWN GROWTH AND DEVELOPMENT AND THE CHANGES THAT HAPPEN IN NATURE. LASTLY, STUDENTS EXPLORE THE CHOICES WE NEED TO MAKE AS WE PREPARE FOR CHANGES IN SEASONS AND OTHER CHANGES AROUND US. THIS AREA OF STUDY FOCUSES ON THE CHANGES IN THE STUDENTS' WORLD. THIS IS THE FIRST STEP IN UNDERSTANDING CYCLES IN NATURE AND IN FAMILY LIFE. EXPLORING CHANGE IN OUR WORLD WILL FOCUS ON THE CHANGES STUDENTS EXPERIENCE PERSONALLY (GROWTH, CLOTHING, ACTIVITIES), IN THEIR FAMILIES (FOOD, SHELTER) AND IN THEIR COMMUNITY (SCHOOL AND OUTDOOR ENVIRONMENT).



WHAT ARE CONFERENCES ABOUT?

Parent-teacher conferences are a great opportunity for parents and guardians to sit down one-on-one with their child's teacher! Mr. Armstrong-Grundy will talk about your child's growth so far this year and briefly touch on how their IEP goals and objectives are coming along! This is also a great opportunity for you as parents and guardians to bring any questions you may have about your child's IEP, goals, objectives, or any other area of their educational development and well-being. Mr. Armstrong-Grundy has also created a slideshow of photos of your child throughout the various activities they've engaged in so far this year as well as work samples.

NOVEMBER DISABILITY AWARENESS DAYS

INTERNATIONAL STRESS AWARENESS WEEK – NOVEMBER 7-11

GLOBAL USABILITY DAY – NOVEMBER 10

WORLD DIABETES DAY – NOVEMBER 14

WORLD COPD DAY – NOVEMBER 17

EPILEPSY AWARENESS MONTH – NOVEMBER

PANCREATIC CANCER AWARENESS MONTH – NOVEMBER

A NOTE FROM SUSAN LARSON, SPEECH LANGUAGE PATHOLOGIST

ENGAGING YOUR CHILD IN COMMUNICATION AND JOYFUL ACTIVITIES ✨

DEAR PARENTS,

WE'RE EXCITED TO EMBARK ON A PROJECT TO ENCOURAGE YOUR CHILD'S COMMUNICATION. WE'RE CREATING PERSONALIZED BOOKS THAT INCLUDE FAVORITE AND FAMILIAR TOPICS LIKE FAMILY MEMBERS, PETS, AND OUTINGS. YOUR CONTRIBUTION IS INVALUABLE.

PLEASE SHARE PHOTOS OF YOUR FAMILY (LABEL EACH PERSON IN THE PICTURE PLEASE), PETS, OR PLACES YOUR CHILD LIKES TO VISIT VIA EMAIL (SUSAN.LARSON@SPPS.ORG, MITCHELL.ARMSTRONG@SPPS.ORG OR KATIE.IVERSON@SPPS.ORG) OR SEND PRINTED COPIES TO THE SCHOOL. THESE PICTURES WILL SERVE AS TOOLS FOR YOUR CHILD TO SHARE THEIR EXPERIENCES.

TO FURTHER ENHANCE YOUR CHILD'S EXPERIENCE, WE KINDLY REQUEST YOU TO COMPLETE AN INTEREST SURVEY. *MR. ARMSTRONG-GRUNDY WILL SHARE THIS WITH YOU. THIS SURVEY WILL HELP OUR STAFF UNDERSTAND WHAT ACTIVITIES AND EVENTS THAT BRING YOUR CHILD JOY. KNOWING THESE PREFERENCES WILL ENABLE US TO CREATE A PERSONALIZED AND ENGAGING LEARNING ENVIRONMENT FOR ALL LEARNERS.

PLEASE SUBMIT YOUR PICTURES AND INTEREST SURVEY BY MONDAY, NOVEMBER 20TH TO BE A PART OF THIS ENRICHING PROJECT.

THANK YOU FOR YOUR ONGOING SUPPORT.

WARM REGARDS



NOVEMBER FAMILY ACTIVITY

Take your family on a Fall Scavenger Hunt! Head out to find all things Fall!

- RED LEAF
- YELLOW LEAF
- ORANGE LEAF
- GREEN LEAF
- ACORN
- PINECONE
- PUMPKIN
- WINGED SEED
- FLOWER
- GRASS
- STONE
- TREE BARK
- TWIG
- BIRD
- BUTTERFLY
- BEE
- ANIMAL TRACKS

Fall Scavenger Hunt

Can you find them all?

- red leaf 
- yellow leaf 
- orange leaf 
- green leaf 
- acorn 
- pinecone 
- pumpkin 
- winged seed 
- flower 
- grass 
- stone 
- tree bark 
- twig 
- bird 
- butterfly 
- bee 
- animal tracks 

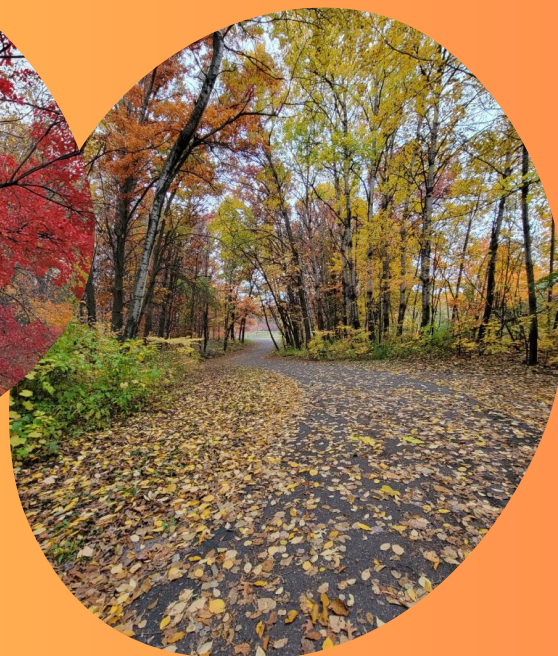


Picture day update

Most families have been given their child's pictures from picture day. There will be a re-take day for those who were not at school on picture day. Stay tuned!

PICTURES OF LEAVES FROM AROUND FROST LAKE!

AS WE LEARN ABOUT OUR CHANGING WORLD, WE HAVE BEEN ABLE TO EXPLORE THE TREES AROUND OUR SCHOOL AND IN THE CLASSROOM AS WELL.



ECSE Talking Point

November 2023

Is your child taking their clothes off multiple times a day?

Parents often get worried when their young child takes their clothes, shoes, and/or diapers off. While this is something that can be addressed while a child is still very young, it is something that many parents face when their child has an exceptionality. We first want to know why our children may be wanting to remove their clothes so many times a day. Some reasons may be;

- A child may be overly sensitive to scratchy seams and tags.
- They may react to clothes or waistbands that are too tight.
- They may react to clothes that are too loose and likely to slip off.
- They may be reacting to itchiness caused by allergies.
- They may find a new piece of clothing or a fabric pattern distressing.
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As we can see, there may be many reasons a child may take their clothes off multiple times a day, and the reasons may be complicated. That being said, there are a few tips and tricks to try when working with your child on keeping their clothing on. Some ideas are;

Start off by experimenting.

- Do they like heavy fabrics or soft and lightweight fabrics? Some children prefer heavy-weight clothing and blankets, some like fuzzy clothes, and some may like lighter fabrics.

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Find or Make Sensory Friendly Clothing

- The next big issue to look out for in clothing is the way that they are sewn and put together. Tags, zippers, buttons, pulled elastic, and seams can be big problems for some children. First off, it's super easy to turn clothes inside out so all seams and tags are away from the bare skin. Always try this option first since it's so simple and no cost. Next, you can look for clothing that are tagless. These are becoming more and more popular, especially for T-shirts and underwear.

Build in Fidgets

Even though some kids don't like tags inside their outfits, they often like to fidget with them if they're on the outside where their hands are supposed to be. Sew fidgets into their clothes to keep clothes on such as tags to pull on, elastic pieces to fidget with, or even fake hair extensions to twirl. Not only can this be helpful with keeping clothes on but it can be a big deterrent for those individuals that inappropriately use their hands for physical engagement or self-fondling.

Schedule a time when it's OK to not wear clothes!

While school cannot schedule this time, you can at home. A great time to do this is after dinner but before bedtime. If your child doesn't want to wear pajamas to go to sleep that's fine. As long as the schedule says to put clothes on in the morning before you go to school, the store, the library, or any other place in the community, you're good to go!

-Mr. Armstrong-Grundy

Contact Information:

mitchell.armstrong@spps.org, (612) 446- 8033 as well as seesaw messages.