



FDLRS Heartland's Newsletter

March 2020

Serving: DeSoto, Glades, Hendry, and Highlands Counties

www.heartlanded.org/fdlrs

FDLRS Heartland Welcomes New Director



FDLRS Heartland has selected a new manager! We welcome Director Sonja Bennett to our center. Sonja has worked for twenty eight years in public education having served as a guidance counselor and a school site administrator. She has professional experience in all three levels of education from elementary to middle to high school and even worked as an adjunct professor for a short time. Sonja believes education is one of the most powerful things we have in life to change the future. She strongly believes in the work we do with teachers, administrators, and school sites to enhance the learning of ESE and underperforming students. She looks forward to serving in this new capacity in the

Heartland. She encourages you to reach out to her with any questions or needs you may have.

Quick Facts!

- The attention span for adults is 20 minutes. For Children, it is equal to their age in minutes (AS=Age). The average attention span for a 4 year old is 4 minutes; a ten year old is ten minutes and so on. Therefore, it is important to create instructional activities in intervals.
- 3 times is the minimum number of times a student needs to hear something before it sticks.
- Students tend to remember best that which comes first in a learning segment, and remembers second best that which comes last (Primacy-Recency effect). Make sure to effectively utilize the first few minutes of your instruction and the last few minutes to ensure memory and minimize forgetting.

Taken from: "Worksheets Don't Grow Dendrites" Marcia Tate

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How to Excel at Verbal Intervention & De-escalation

The best way to recognize and defuse challenging behavior early is to have good verbal intervention and de-escalation skills and the confidence to use them in the midst of chaos.
(This training is not recommended for individuals currently CPI certified)

April 3rd, 2020

8:30am to 3:30pm

**Heartland Educational Consortium-Training Rm B
10 SWD In-Service Points**

Deadline to Register: March 27th, 2020

Highlands County ERO#: 20200868013

All other counties/private schools please use the
survey monkey link or QR code:

<https://www.surveymonkey.com/r/CNSG29H>



For More Information:

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Assistive Technology

FDLRS Makers Workshop



April 7th, 2020

8:30am to 3:30pm

Heartland Educational Consortium

1096 US Hwy 27N, Lake Placid, FL., 33852

Registration Deadline: April 1st, 2020

Highlands County ERO# 20200051029

All other counties/private schools use the survey monkey

Link or QR Code below:

<https://www.surveymonkey.com/r/S6PYTZG>



Engage the Brain During Testing Prep

It is that time of the year when teachers are methodically reviewing standards to ensure students are thoroughly prepared for the Florida Standards Assessment and End-of-Course Exams. As a classroom teacher, your goal is to maximize retention and minimize forgetting. You can increase students chances of success and ensure they excel at a high level by implementing Marcia Tate's 20 brain based strategies. Regularly include them in your lessons and watch your students excel.

- **Brainstorming and Discussion:** We remember what we talk about with each other.
- **Drawing and Artwork:** Drawing helps encode new content for later recall.
- **Games:** When playing a game, the stress level goes down and the retention rate goes up.
- **Graphic Organizers, Semantic Maps, and Work Webs:** Having students design a mind map addresses both hemispheres of the brain.
- **Humor:** *He who laughs most, learns best.*—John Cleese
- **Metaphors, Analogies, and Similes:** Take what is unfamiliar to students and connect it to what is familiar and they will get it.
- **Mnemonic Devices:** Acronyms and acrostics enable students to memorize lists of items.
- **Movement:** Anything the brain learns while the body is in motion is long remembered.
- **Music, Rhythm, Rhyme, and Rap:** Nursery Rhymes and song lyrics learned while we are children are easily remembered as adults.
- **Project-Based and Problem-Based Solving:** When students are completing real-world projects or solving real-world problems, comprehension is facilitated.
- **Reciprocal Teaching and Cooperative Learning:** We remember 90% of what we teach someone else.
- **Roleplay:** *Involve me, I understand.* Chinese Proverb
- **Storytelling:** The brain remembers stories because they are connected together with a beginning, middle, and end.
- **Visualization and Guided Imagery:** *Everything happens twice: once in the mind and once in reality.* Stephen Covey
- **Visuals:** A picture is worth a thousand words.
- **Writing and Journals:** The brain remembers what we write in long hand better than what we type on a computer.
- **Field Trips:** We remember where we go in the real world. A virtual field trip from the class will work as well.
- **Manipulatives, Experiments, Labs, and Models:** There is a strong correlation between what our hands hold and what our minds comprehend.
- **Technology:** Technology is a workplace competency which enables students to be college-or career—ready.
- **Work-study and Apprenticeships:**



Joyce Dean and Rebecca Cox will be presenting at the 22nd Annual Family Café this June 5-7 in Orlando, Florida.

The Café is a three day event designed to present information and provide networking opportunities for people with disabilities, their families, and professionals in Florida.

There will be over one hundred exhibitors and 150 information sessions. The ladies will be offering a session entitled "A Parent's Tool Kit for Actively Engaging in the IEP Process" where parents will receive a toolbox to organize their paperwork. There are room and conference scholarships available.

Interested families and professionals can visit the website at www.familycafe.net

We hope to see you there!

FDLRS Parent Trainings



Rebecca Cox and Joyce Dean facilitated the parent training "Conquering Homework and Test Anxiety for Super Parents" at Labelle Elementary School on February 18th. Parents were given homework charts and tools to create a space for work completion. Deep breathing, guided imagery and the importance of maintaining a schedule were taught. Fun was had by all learning how to win the homework battle. Rebecca Cox and Joyce Dean are FDLRS Child Find and Parent Services Specialists. They cover Highlands, Hendry, DeSoto, and Glades counties, screening children ages 3-5 and sharing educational information with parents, teachers, and caregivers. If you would like to schedule a free parent training at your school, please contact them at 863-531-0444 ext 231 or 232.
