

May 3, 2021

Pupil Services Newsletter

Welcome to the Monthly Susquehanna Township School District Pupil Services Newsletter! The purpose of this letter is to support our families by providing them information about training opportunities for parents as well as exciting new information about our classrooms.

May is Mental Health Awareness Month

By: Dr. Bravener, Secondary School Psychologist

The COVID pandemic has caused additional stress on our learners due to various changes in the academic environment and means of instruction, in addition to social distancing recommendations. Now more than ever we need to self-check our mental health and how we are coping with the stressors of today.

The National Alliance on Mental Illness continues to amplify the message "You Are Not Alone." It is important for our kiddos to find ways to engage in positive activities to improve mood and mental health.

1. Stay connected to family and friends, which enhances mental wellness. Play a game, have a meal together... spend some time reconnecting.
2. Stay physically active. With the change in the weather quickly approaching, take time to go for a walk, feel the grass under your feet, ride a bike, get moving!
3. Help others. Helping others and getting involved reinforces being part of a community. So get out there, help with a food drive, mow your neighbor's lawn, pick up trash...
4. Express gratitude. Write a letter to someone who has had a positive impact on your life, send a thank you note, or simply write down three things that you are thankful for.
5. Engage in enjoyable activities. Experiment with a new recipe, color, go roller skating, dance, hike, take pictures.... Find what brings you happiness.
6. Take time to laugh. Hang out with your fun friend, watch a comedy or check out those funny Youtube videos that you love. Laughing can be the best medicine!
7. Pet a furry friend. Time with animals lowers stress hormones and stimulates feelings of happiness.
8. Smile. Have you heard "Fake it until you make it?" Smiling can help lower your heart rate and calm you down.
9. 15 minutes of sunshine. Now of course, that depends on the weather but get out there and experience some Vitamin D.
10. *** and Wear GREEN during the month of May, the ribbon color of mental health awareness.



Susquehanna Township School District is incorporating Co-Teaching in the Classroom for Inclusive Education

By Anthony Gish, STHS Teacher

Co-Teaching is a collaborative approach that allows students with disabilities to remain in the general education classroom. This model of inclusive education will help ensure that all students have access to the general education curriculum. Working together as a team is a key component to having a successful Co-Teaching experience not only for the students, but for the educators as well. I teach with one of the best and most experienced educators in the district, Joseph Headen, or Coach Headen.

Coach Headen and I are like two peas in a pod using every resource possible to make our students successful. If that means adjusting lessons in the middle of a unit because projects work better than tests as a core assessment, we will do it. Coach Headen takes care of the core teaching part of the class, while I work on grading and making sure our students receiving the modifications and accommodation's they need to be successful. He logs the class on an gets the lesson started while I take attendance and answer any questions students may have online. Creating lessons for both general education students and special education students is the hardest aspect of what we do. Finding this middle ground is challenging, but once you know your students and what they are capable of, success will follow.

I think incorporating Co-Teaching to create inclusive educational experiences is going to become more and more a part of the student's overall education in the future. As teachers we must be able to work together, share ideas, and create an educational environment that students on every level can be successful in.

Science Project: Bean Growth

By: Caitlin Uffelman, MS Teacher

The Autism Support Classroom at Susquehanna Township Middle School planted yellow and green beans. The six students were evenly split on which plant would grow faster.

The clear winner: GREEN BEANS!



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