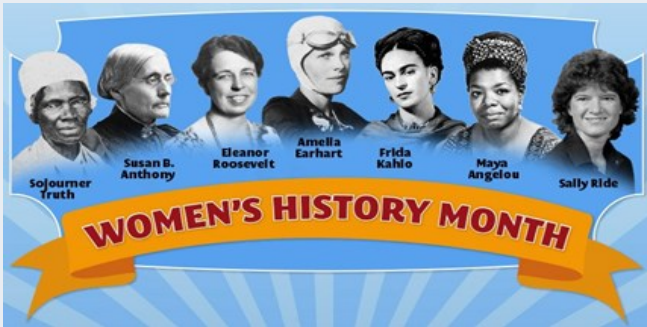


SPEDITION NEWSLETTER

Office of Special Services and Student Equity
Pontiac School District

Arnella Jamison, Ph.D., Director
Jennifer Parker, Supervisor
March 2022

Kelley Williams, Superintendent
Dr. Desheil Echols, Assistant Superintendent



1916 - Margaret Sanger opens the first birth control clinic

1903 - Marie Curie is awarded the Nobel Prize for Physics for the discovery of radioactivity

1849 - Elizabeth Blackwell becomes the first American woman to receive a medical degree

1928 - Women compete for the first time in Olympic field events

1854-1860 - Susan B. Anthony crusades for women's rights in the United States and internationally

1966 - National Organization for Women (NOW) is founded

1920 - With the passage of the 19th Amendment to the U.S. Constitution, U.S. women get to vote

1542 - Mary, Queen of Scots is the first known female golfer

1969 - Golda Meir becomes prime minister of Israel.

2570 B.C. - Queen Nefertari rules Egypt, calling herself "God's wife."

Women's History Month

- | | |
|----------------------------|-------------------------|
| Clara Barton | Althea Gibson |
| Harriett Tubman | Aretha Franklin |
| Sacagawea | Junko Tabei |
| Rosa Parks | Sandra Day O'Connor |
| Sojourner Truth | Sally Ride |
| Maya Angelou | Amy Tan |
| Suzanne B. Antony | Toni Morrison |
| Jennifer Lopez | Elizabeth Taylor |
| Mary McCloud-Bethune | Madeleine Albright |
| Dorothy Vaughn | Michelle Kwan |
| Mary Jackson | Simone Biles |
| Katherine Johnson | Dorothy Hamill |
| Dr. Mae C. Jemison | Sonia Sotomayer |
| Alberta Jones Seaton | Maggie Lena Walker |
| Lucy Higgs Nichols | Sherly Swoopes |
| Lenah Higbee | Malala Yousafzai |
| Shirley Chisholm | Dr. Kizzmeka S. Corbett |
| Cmdr. Billie J. Farrell | Jane Austin |
| Audrey Hepburn | Sybil Ludington |
| Shirley Temple Black | Claudette Colvin |
| Dr. Allison S. Finkelstein | Hedy Lamarr |
| Julia Child | Rosalind Elsie Franklin |
| Florence Nightingale | Jeannette Rankin |
| Margaret Hamilton | Chien-Shiung Wu |
| Marie Curie | Margaret Thatcher |
| Amelia Earhart | Mother Teresa |
| Grace Hopper | Coco Chanel |
| Anne Frank | Alexa Canady |
| Ella Fitzgerald | |
| Elizabeth Eckford | |

“
Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength.
”

✦
G.D. ANDERSON

GH

WOMEN'S HISTORY

be brave
be bold
Be Fearless

Spotlight on Our School Social Workers



- **Lois Holman—Herrington**
- **Mary Rodgers—Owen/SEA**
- **Melissa Vincke—PHS**
- **Lisa Jacob—PMS**
- **Shelly McClatchey—Kennedy Center**

School Social Work Services

RELATED SERVICES:

- ◆ Participating in special education assessment meetings as well as individual Educational Planning Meetings
- ◆ Working with those problems in a child's living situation that affect the child's adjustment in school. (home, school, and community)
- ◆ Preparing a social or developmental history on a child with a disability.
- ◆ Counseling (group, individual and/or family)
- ◆ Mobilizing family, school, and community resources to enable the child to learn as effectively as possible in his or her educational program
- ◆ Assisting in developing positive behavioral intervention strategies.

SERVICES TO STUDENTS:

- ◆ Providing crisis intervention.
- ◆ Developing intervention strategies to increase academic success.
- ◆ Assisting with conflict resolution and anger management.
- ◆ Helping the child develop appropriate social interaction skills.
- ◆ Assisting the child in understanding and accepting self and others.

SERVICES TO PARENT/FAMILIES:

- ◆ Working with parents to facilitate their support in their children's school adjustment.
- ◆ Alleviating family stress to enable the child to function more effectively in school & community.
- ◆ Assisting parents to access programs available to students with special needs.
- ◆ Assisting parents in accessing and utilizing school and community resources.

SERVICES TO SCHOOL PERSONNEL:

- ◆ Providing staff with essential information to better understand factors (cultural, societal, economic, familial, health, etc.) affecting a student's performance and behavior.

- ◆ Assessing students with mental health concerns.
- ◆ Developing staff in-service training programs.
- ◆ Assisting teachers with behavior management.
- ◆ Providing direct support to staff.

SCHOOL-COMMUNITY LIAISON:

- ◆ Obtaining and coordinating community resources to meet students' needs.
- ◆ Helping school districts receive adequate support from social and mental health agencies.
- ◆ Advocating for new and improved community/school service to meet the needs of students and families.
- ◆ Helping the system respond effectively to each child's needs.

SERVICES TO DISTRICTS:

- ◆ Assist in developing and implementing educational programs for children for exceptional children.
- ◆ Developing alternative programs for students with attendance concerns or involvement with the law.
- ◆ Identifying and reporting child abuse and neglect.
- ◆ Providing consultation regarding school law and school policy including IDEA and Section 504.
- ◆ Providing case management for students and families requiring multiple resources.

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Ms. Veedra Francis, CCC-SLP

SLI Department Coordinator

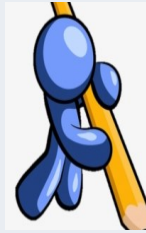
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10 PROJECT MANAGEMENT TIPS

Tips you can use to simplify, delegate or eliminate tasks and lighten your workload.



- 1. Create Daily Task Lists**—One way to be more productive is to create a to-do list the night before and then review it before diving into emails or other responsibilities the next day. This helps you sort through what you need to accomplish in the day ahead without getting distracted by things that pop up.
- 2. Control the Process**—Projects tend to get sidetracked when there is a lack of control. Set reasonable goals, delegate whenever possible and manage the process.
- 3. Set Clear Expectations**—Avoid taking on any tasks that do not have clear expectations. When you take on additional tasks, you increase the risk of other things not getting done.
- 4. Define Outcomes**—It is crucial to define outcomes so you do not spend time working on something only to find out you did not produce the results that were required.
- 5. Stop Trying to Multitask**—When we try to do multiple things at once, our brains are switching quickly between tasks. There is a pause as we move attention from one task to another, which can cause us to be less efficient.
- 6. Deal with Problems Quickly**—Problems in a process can multiply quickly and they rarely get better with age. When you deal with a problem early on, it is much easier to manage the situation.
- 7. Schedule Everything You Can**—Project managers use software to plan out every phase of a project. They set deadlines for completion because many phases cannot begin until the previous stage has been completed. Scheduling steps in advance allows you to create deadlines for key tasks.
- 8. Limit Distractions**—If you are working from home, there are plenty of distractions like doing laundry, sleeping in, etc. Set a schedule and stick to it.
- 9. Resist Being a Perfectionist**—Life is a balancing act and some things take higher priority than other. When you spend too much time worrying about one thing, you may be taking time away from something more important. Focus on the big picture.
- 10. Be Kind to Yourself**—When you hit overload, ask for help from your team members. Your job is to get projects completed.

