

The Woodland WORD

THE NEWSLETTER FOR AND ABOUT WOODLAND DEVELOPMENTAL CENTER

2021-22 School Year • Fall Issue 3
November, 2021

From Principal Natalie Adair
2021-22 school year



WOODLAND
Developmental Center

St. Clair County
RESA

Woodland Developmental Center is operated by the St. Clair County Regional Educational Service Agency

ACES and Walk to School Day - 2021
Monster Mayhem 2021 was Monsteriffic!



Woodland School Office Hours and Contact Information:

Office Hours: 8:00 am - 4:30pm Monday - Thursday

8:00 am - 3:30 pm - Friday

Woodland Main Office Phone Number: 810-455-1011

North Secretary: Michelle Beeler

Secretary to the Principal: Kelley Yeager

Principal: Natalie Adair

Assistant Principal: Brian Jex

Dean Transportation Phone Number: 810-364-7757



November Happenings at Woodland

Tuesday, November 9, 2021 - Picture Day for Half of the School

Wednesday, November 10, 2021 - Picture Day for Half of the School

Thursday, November 11, 2021 - Red Glasses Whole School Kick-off Event

Wednesday, November 17, 2021 - Agency Informational Night for Families - 5:30 pm details to come

Monday, November 22, 2021 - Friday, November 26, 2021 - No School - Thanksgiving Break

Monday, November 29, 2021 - No School - Professional Development Day for Staff

Staffing Changes at Woodland:

We have had several staffing changes over the past few months at Woodland. I want to share a couple of staffing changes in the office area. We have a new school social worker, Chelsey Hull. Chelsey comes to us from Sanilac CMH and we are pleased at how quickly she has made relationships with staff and students. We also have a temporary substitute nurse Michelle Kelch working in the nursing office assisting Jessica Rowark. Michelle has jumped right in and is supporting our daily nursing needs within the building. Welcome Chelsey and Michelle.

Chelsey's contact information is: hull.chelsey@sccresa.org or (810) - 455 - 4366

Michelle's contact information is kelch.michelle@sccresa.org or (810) - 455 - 4364

School Picture Day - November 9, 2021 and November 10, 2021:

Woodland school picture day is back! Please read the schedule carefully to figure out which day your student has picture day. Envelopes from the photography company were sent home on October 27, 2021. If you have misplaced your envelope, please call the main office at 810-455-1011.

| Tuesday, November 9, 2021 |
|---|
| Rooms: Dodson-217, Morley - 216, Smith - 121, Collins - 119, Brown - 120, Sunday - 113, Jackson - 101 |
| Wednesday, November 10, 2021 |
| Rooms: Scahill-219, Ebmeyer- 208, Blake - 102, Rogers - 203, Roelens - 115, Abubakar - 207, Osborn - 106, Petrucci - 206 |

Red Glasses Kickoff - Live Boldly. Love Big. Pass it on. - November 11, 2021

On Thursday, November 11, 2021 - Woodland will kick-off the Red Glasses Movement. The Red Glasses Movement was started in honor of a very special 5-year old girl, Audrey Jandernoa, who passed away on Friday, January 26, 2018. Audrey was born with Down syndrome and a congenital heart defect, but these were not things that defined her.

Audrey was defined by her bright Red Glasses, her contagious smile, and her lack of inhibitions. She went through life like a little bulldozer, pushing her way through every door possible to achieve her goals again and again. She had a way of loving indiscriminately and without restrictions. She was a shining example of love, kindness, and courage in this world.

The Red Glasses Movement is Audrey's living legacy. We're glad we get to share it with you - Students and staff will participate in projects and will all receive a pair of red glasses. Eventually the red glasses will come home, a more detailed parent letter is coming home.

Parent Representatives Needed for Parent Advisory Committee (PAC)

The parent advisory committee of St. Clair County, is a group of parents of students with disabilities who come together for the purpose of representing individual school districts within St. Clair County. As parents of the advisory committee, they stay informed of the current county plan changes and current trends in special education within the county and state. Parents connect and support each other, encourage empowerment, and provide opportunities to educate through sharing innovative and creative ideas. Parents serve as a resource and assist other parents in understanding special education rules and regulations, the IEP process and procedural safeguards. PAC meetings are held monthly on Tuesdays from 9:30 am to 12:00 pm. If you are interested in becoming one of the advisory parents for Woodland, please contact Natalie Adair, principal. Parents are also encouraged to attend the monthly meeting without becoming the school representative. Any questions please feel free to contact Natalie Adair, principal (810-455-1011).

In The Event of a School Closure

Our new system, school messenger, has been purchased. Office staff are completing the training process. We will be running a test to ensure that the system is up and working, details to follow on this. School closures will continue to be announced on the Remind System, news media sources (exp. Channel 4, WPHM 1380), and on our Woodland Facebook page and through school messenger. If you are not registered with the Remind system, please call the office and Michelle Beeler will assist you in getting signed up for the Remind system (810) 455-1011.

Contacting Woodland and Reporting an Absence

If you have general questions please call the school office directly at (810) 455-1011. For questions regarding bus transportation or to report an absence concerning transportation, call the transportation department at (810) 364-7757. If your child is not transported to school via bus transportation please report the student absence by calling the school office.

Parent Mentors Available

If you are a new Woodland parent or a parent just wanting more information or guidance, we would be happy to connect you with a "parent mentor" who can help answer your questions and share their experiences and knowledge with you. Please call principal Natalie Adair at (810) 455-1011 for further information.

Look for Woodland News on our Facebook Page



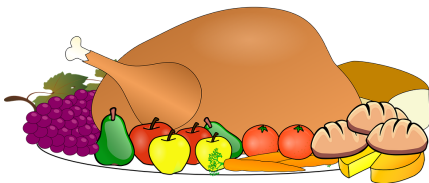
Woodland is on social media! If you haven't already, please search for "Woodland Developmental Center" on Facebook and like our page. We post pictures, reminders, notifications, and share other important information on this page. We would love it if you would "like" and "share" our posts so more people in our community can see how truly amazing our students and staff are. Many Woodland items are also posted on the "St. Clair County RESA" Facebook page, so please look for that, too!

**Reminder: No School Monday, November 22, 2021 -
Friday, November 26, 2021 - Thanksgiving Break**

**Reminder: No School Monday, November 29, 2021 - Staff
Professional Development Day**

Article of Potential Interest:

How to Enjoy a Healthy and Happy Thanksgiving with Your Autistic Picky Eater



Serve at least one food you know your child eats

No matter where the Thanksgiving meal is served this year, include at least one of your child's favorite foods. This makes the meal feel safer and more inviting to your child. It also takes some of the stress away from you because you know that your child will eat at least one thing.

A mom in my community shared with me that she lets her son make a dish to take with them to dinner. That way he not only has one thing he will definitely eat, but also gets excited seeing his contribution among the rest of the meal.

Be lenient with tradition

Without taking away from any traditional foods or activities, think about adding in everyday comforts that will make the day easier for your child. Whether this is serving his preferred crackers, letting your child eat on his own, or starting the meal with some heavy work activities, embrace the adaptations that will allow your child to participate more comfortably.

Prepare guests

Everyone has expectations for holidays. Whether you're visiting friends or family or hosting the meal, let your hosts or guests know ahead of time about your child's eating needs and how you're working to make them more comfortable.

Share meal planning with your child

Ask your child to help with some of the Thanksgiving menu decisions. Pose simple questions like: "Would you prefer sweet potatoes mashed or roasted?" Together find recipes. A child who helps with menu and meal preparation is more likely to actually eat.

Invite your child to cook

Invite your child to help prepare the Thanksgiving meal. Toddlers can clean or chop vegetables. Older kids can use the stove with supervision. When kids help cook food, they often sample what they are preparing, and are more likely to eat later.

Make food connections

Many Thanksgiving dishes might be new to your child. Find similar properties that link these new foods to your child's favorites. Show that the mashed potatoes are smooth and creamy like their favorite smoothie or that the stuffing has cinnamon just like the applesauce she eats.

These connections will make the unfamiliar foods seem more comfortable and will help your child anticipate what the new eating experience will be like. Both increase the likelihood of your child trying and enjoying a new food.

Keep the mealtime comfortable

When it comes to feeding, your job as a parent is to provide a meal that your child can eat. This includes making adaptations to the eating environment and/or providing your child with tools to make the meal more comfortable. This might include seating your child at the end of the table away from your aunt who chews loudly or making sure their chair is supportive. It might also mean bringing along the preferred plate or a tablet to use at the table.

Do what you can to support your child and if he doesn't eat as much or as varied a plate as you'd like, know that you did what you could.

Consider alternatives

Sitting with a large group, encountering different food, and being in an unusual place might be more than your child can handle. That's okay. Make whatever adjustments are necessary to help everyone have a comfortable and enjoyable day. Maybe this means your child eats his preferred foods or eats away from the group.

Think outside the box and don't be afraid to be a little less traditional. Do what you need to do so that you and your picky eater can both enjoy the holiday.

Stick to routines

Keep things as familiar as possible. If you follow any mealtime routines (like washing hands before the meal), stick to these. Serve the meal at the same time. Try to eat in the same place using the same plates and serving spoons. If you normally light candles, light them. If you don't, maybe skip them this year.

Veering from routine can make your child anxious. Anxiety suppresses the appetite which further reduces the chances that your child will eat.

Know that you did enough

If you're anything like parents in my coaching program, you're working extremely hard every day to help your child have an easier time eating. Thanksgiving is just one day – but it's also an unusual day. Know that you did what you could to prepare.

Recap

Thanksgiving – a day with different foods, different smells, a different routine, different people, and a lot of pressure to have fun – can be a rough day for kids with autism and especially kids with autism who are picky eaters. With some modifications and planning, you can still have a wonderful holiday that your child enjoys and a holiday meal that your child actually eats.

Reprinted from: <https://www.jennyfriedmannutrition.com/autism-thanksgiving-and-picky-eating/>

Reprinted from: Autism Society of Michigan November Newsletter

**Happy Thanksgiving From the Staff at
Woodland Developmental Center!**

Have a Healthy, Happy, and Safe Holiday!