

The Woodland **WORD**

THE NEWSLETTER FOR AND ABOUT WOODLAND DEVELOPMENTAL CENTER

2022-23 School Year • Fall Issue 3

November, 2022

From Principal, Natalie Adair

2022-23 school year

Halloween Parade 2022



WOODLAND
Developmental Center

St. Clair County
RESA

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

Monster Mayhem 2022 was Monsteriffic!
Staff, students and families enjoyed being together for the evening!



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

Monday, November 21, 2021 - Friday, November 25, 2021 - No School - Thanksgiving Break

Monday, November 28, 2022 - No School - Professional Development Day for Staff

Friday, December 2, 2022 - Mobile Dentist for those that register/sign-up - More information to come

Woodland Staffing Updates:

Our Assistant Principal, Brian Jex, is moving on to another position after Thanksgiving break. We are thankful for his 15 years of service to our Woodland students and wish him great success in his new endeavor.

Woodland School Family Perception Survey:

Woodland School is collecting information from families. Please take a few minutes to complete this quick digital survey for us and share your thoughts about various topics. You can access the survey at:

<https://forms.gle/MfGJNM6cimt29Cyq8>

A message will also be sent via School Messenger if it is easier for you to complete the survey via the link in School Messenger. If you prefer to complete the survey on paper, please call the Woodland main office at 810-455-1011 and we will be happy to send you home a copy of the Family Perception Survey. The survey will remain open until Friday, November 18, 2022.

Updated Student Guidance on COVID-19:

Should your student test positive for COVID -19 the following guidelines are currently in place at Woodland Developmental Center for students:

Isolation: When your students tests positive for COVID-19

Regardless of vaccination status

- Student stays home for 5 days (Days 1-5)
- If your student does not have symptoms or your students symptoms are resolving after 5 days, your student may return to school (If the student has a fever or symptoms persist, continue to stay home until resolved)

- Upon return, your student must continue to wear a mask for 5 additional days (Days 6-10)
- If your student is unable to mask, they are out for 10 days

Exposure: If your student is exposed to someone with COVID-19

Regardless of vaccination status

- Student can remain in school and symptoms are monitored for 10 days after the exposure (Days 1-10)
- If your student develops symptoms, isolate and test for COVID
 - If test is negative, student returns to school
 - If test is positive, student follows the isolation protocols detailed above

Save the Date the Mobile Dentist is Coming:

The Mobile Dentist will be in the building on Friday, December 2, 2022. Mobile Dentist forms and more information will be available soon. Information will come home with students once we receive it explaining the process and information. If you have any questions regarding the mobile dentist, please contact Woodland School Social Worker, Chelsey Hull at (810) 455-1011.

Join the Woodland PTO:

Did you know the Woodland PTO meets monthly? Come join us at our second meeting of the year on Wednesday, November 30, 2022 at 12:00 noon. Our meetings are quick and efficient and only last about 45 minutes. Come learn about all the exciting things the Woodland PTO provides to the students at Woodland school. The meeting will be held in person in the Woodland large conference room, however, for those of you that can join us on your lunch, we have also provided a zoom link: Join Zoom Meeting <https://sccresa-org.zoom.us/j/82536382023?pwd=cHVzNmhmWGxjeXJTRU9mc1B1SW9MZz09>

Meeting ID: 825 3638 2023

Passcode: 588000

Hope to see you there!

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

School closures are announced using School Messenger and news media sources (ex: Channel 4, WPHM 1380). If you are not registered with the School Messenger system, please call the main office at (810) 455-1011 and Michelle Beeler will assist you in getting signed up.

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.

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 21, 2022 -
Friday, November 25, 2022 - Thanksgiving Break**

**Reminder: No School Monday, November 28, 2022
Staff Professional Development Day**

Holidays With Special Needs Children

by StressFreeKids | Articles, Holiday

Retrieved from: <https://stressfreekids.com/10026/holidays-with-special-needs-children/>

Holiday crowds, lights, noise, strangers, hugging, change in routine, and some chaos. This is a recipe for stress and sensory overload during the holidays with special needs children. As parents, we need to be flexible with our definition of what a holiday should look like. Our childhood traditions and rituals may not work with our special needs children. Let's create new memories and newly define what holidays look like for our own families. All children can benefit from this exercise, and for those with Autism, Aspergers, or Sensory Processing issues, self-regulating is a way of life. When you have a child with special needs a little stress-management planning can go a long way.



Tips to enjoy the Holidays With Special Needs Children

Set Up a Safe Brain Break Space: Your child can enjoy downtime when they feel over-stimulated at your house or your relatives. Set up a brain break space and be sure that the other children and guests know that this space is off-limits. Empower your special needs child to recognize when they need to go to their brain break space. Practice, practice, practice ahead of time to know when the mood is escalating. Did I say practice? Empower children by packing a relaxation bag they can go to if they are feeling anxious. Bring earphones and their special relaxation music or stories. Playdough, stress ball, music, video game, even a camera can help children relax and give them a focus if they have social anxiety.

The Indigo Dreams Series gives you stories that incorporate actual relaxation techniques. The other kids may be jealous give them their own space to de-stress. You may start a new trend!

Get Ready: Social stories, books, and movies can be a big help in preparing your child emotionally for holidays. Comfortable clothing and small dose exposures to holiday sounds can help physically. Think ahead with an eye for anxiety causing issues. If wrapping paper too loud? Use easy open bags or just decorate with a bow. Are the electronic bears with bells at Grandma's house going to cause sensory overload? Ask her to unplug them before you get there. Let friends and family know about triggers ahead of time. If your child doesn't like to be hugged suggest a handshake or just a wave. Your friends, family, and special needs children will be glad you did.

Prepare Your Children For Gatherings: Eliminate unnecessary anxiety associated with getting together with family members you rarely see by looking through photos of relatives prior to your event. Play memory games matching names to faces. This will help your children feel more comfortable with people they may not have seen in a while. Aunt Mary won't seem quite so scary when she bends down to greet your child.

Use Relaxation Techniques: Incorporate deep breathing or other coping strategies into your day. Let your children see you use techniques when you are feeling stressed. Encourage them to use relaxation techniques on a daily basis. Breathing, visualizing, and positive thinking are powerful tools.

Incorporate Positive Statements Into Your Dinner: This is empowering and reflective. Each person at the table can state an attribute of their own that they are thankful for. For example, "I am thankful that I am creative." Feeling stressed? Try, "I am thankful that I am calm." Your special needs child can prepare ahead with a drawing or sign language if they want to participate without speaking.

Don't Rush: It's simple; none of us are very good at rushing in a relaxed way. The two do not go together. Make sure you leave enough time to enjoy the journey and avoid meltdowns. Children with special needs should be given notice of transitions.

Write Things Down: Getting the constant chatter and lists out of your head decreases stress and anxiety. Kids love making lists. Give them a clipboard or dry erase board. Help your child make a list of what they want to do for the

holiday. It might be helping decorate or what to pack for a self-care relaxation bag. This will help you relax and help your children feel involved. Encourage them to add happy words like laugh or draw a smiley face on their list.

Schedule Downtime: Don't overbook your children. It's important to use holiday time for relaxation. Try staying in pajamas till noon. Pop your favorite popcorn and watch a movie when you wake up. You'll be surprised how an hour or two of relaxation can rejuvenate your children's bodies, minds, and spirits.

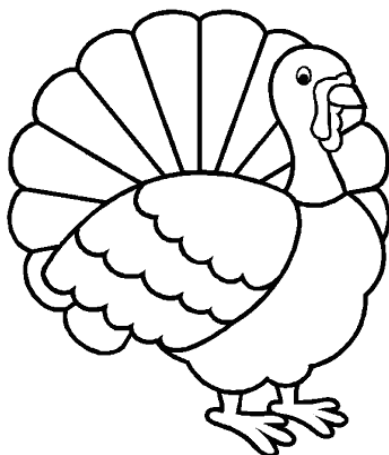
Shopping: Avoid taking your children shopping on the busiest shopping days of the year. The chaos, noise of large crowds, and long lines will add stress to your life. If your child is known to meltdown during shopping, you can select a few gifts and bring them home. Set up a shopping experience in your home for your child. The whole family can participate. Have a checkout counter and a gift-wrapping table.

Be Flexible: Relax your expectations and definitions of what a fun experience is for your children. Most of us do not need the full-blown exhausting experience of holidays to reflect that we had a good time. A few positive minutes is worth a lifetime of memories!

Let The Children Participate: Let your children do one thing for the holiday that makes them feel proud. Kids can collect acorns or place a few jingle bells into a bowl for a beautiful, stress-free centerpiece. Children can fold the napkins or put the forks out. Let them draw a special picture to place on your guest's chair. Be prepared to accept their participation as perfect and beautiful. Restrain from correcting or straightening out the napkins and enjoy the holidays with your special needs child!

Stress Free Kids founder Lori Lite is a freelance blogger, social media strategist, parenting expert, and successful entrepreneur. Her line of books and CDs are designed to help children, teens, and adults decrease stress, anxiety, and anger. Ms. Lite's books, CDs, and lesson plans are considered a resource for parents, psychologists, therapists, child life specialists, teachers, doctors, and yoga instructors. Lori's award winning books received national attention on Shark Tank and her sort after accessible tips have been featured in hundreds of publications to include: CNN Living, Real Simple Magazine, USA Today, Family Circle, Working Mother Magazine, and Web MD. For more information visit *Stress Free Kids* and for daily advice follow Lori on Twitter and Facebook.

**Happy Thanksgiving From the Staff at
Woodland Developmental Center!
Have a Healthy, Happy, and Safe Holiday!**



Build Your Own TURKEY



DIRECTIONS:

1. Color the parts above.
2. Cut out the parts along the outermost lines.
3. Glue or tape the parts together to make a turkey!