#ChooseToInclude

Special Olympics Virginia

2022 RPS Inclusion Week

Special Olympics Virginia is excited to be a part of the **2022 RPS Inclusion Week for December 5-9**. Below are ideas for Middle and High Schools on how to Choose to Include everyone in the school during the week of activities. When students, teachers or admins post anything on social media they should use the hashtag #RPSchooseToInclude and Hashtag their school. i.e. #Boushall. That way we can see that RPS chooses to include and we can see which school posted it. The below activities are suggestions. If you have other things you plan to do instead, please share with us so we know how you will Choose to Include.

If you have questions, please reach out to your **RPS Special Olympics Coordinator Ms. Torrie Lashley** (tlashley@rvaschools.net) or your **Special Olympics Region Director Ms. Pam Mines** (pmines@SpecialOlympicsVA.org)

Ideas to get you started

- **INCLUSION BANNER:** Encourage everyone in the school to sign the Choose to Include Inclusion Banner. Take PICs of you and your friends signing the banner. Include those with and without intellectual disabilities. Use the following hashtag when posting #RPSchooseToInclude #YourSchoolName
- **BLACK OUT FRIDAY:** Everyone in the school wears black to show that everyone CHOOSES TO INCLUDE. Take PICs with the Inclusion banner wearing your black. Include those with and without intellectual disabilities. Use the following hashtag when posting #RPSchooseToInclude #YourSchoolName
- **TIK TOK VIDEOS THROUGHOUT THE WEEK:** Students create a Tik Tok Video about inclusion and perform it near the inclusion banner. Include those with and without intellectual disabilities. Students should use "Have It All" by Jason Mraz. Use the following hashtag when posting #RPSchooseToInclude #YourSchoolName
- **VIDEOS MONDAY – FRIDAY:** Choose a time during the day that all teachers at the same time will ask the students to watch the video on their chrome books. If the teachers have a smart board in their room, they can show it on that instead. All but Friday's video can be found HERE on the SOVA website. For the Monday – Thursday videos, the teachers can ask the discussion questions under each video to engage the students more. If questions need to be modified or changed for those in Exceptional Education that's fine.

Video Schedule

Special Olympics Virginia

Monday - Lesson 1 (5:38)

Tanner's Moment

Tanner had a reputation at Fife High School in Washington. His motivation was low and his behavior at school reflected that. This is all until he got involved with the Unified Programming at Fife. Being involved in Unified Sports was different than what Tanner expected it to be. He found love and acceptance through his new friends both with and without ID.

Tuesday - Lesson 2 (7:25)

Jenni's Moment

Jenni's younger brother Jason has Down syndrome. Growing up, Jason was one of the first students with Down syndrome in their school district. This lead to isolation and exclusion. Through Special Olympics and youth leadership opportunities, Jenni and Jason witnessed inclusion for the first time. This gave Jenni the inspiration to create the PALS program and the "Congratulations Project".

Wednesday - Lesson 3 (7:45)

Catherine & Claude's Moment

Catherine and Claude Dayas-Tokoto emigrated from Cameroon to the United States. They did this to provide a better life for their children. This includes their son Prince who has autism. Prince got involved in Special Olympics Unified Sports® at Kenmore Middle School. Through the power of sport, Catherine and Claude's perceptions of their son's future changed.

Thursday - Lesson 4 (6:30)

There's Nothing Kate Can't Do

"Born with Down Syndrome, bubbly, courageous, creative—Kate Decotis has made extreme leaps and bounds from creating Kate and Co, selling bark at Ponaganset High School in Rhode Island to playing unified basketball on the court Kate has made a positive impact on her best friend, teammates, teacher, and very supportive family. The connection between Kate and her best friend, Emily is so powerful."

Friday - Close Out Video (.54)

Special Olympics Join the Revolution
https://youtu.be/kQzPuOjYV74

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