

(the page will not be closely monitored, so please continue communicating with us via email or phone).

Pupil Services Update

The end of Quarter 2 was December 16, 2022. Report Cards and IEP Progress Reports will be available to parents on Friday, January 6th on PowerSchool. For help on accessing your child's Elementary School Report Card, [click here](#). For help on accessing your child's Secondary Report Card, [click here](#). For help on accessing your child's IEP Progress Reports, [click here](#).

Preschool Update

We are hosting an informational night on Monday, January 9 from 6:30-7:30pm for parents to learn more about the Olentangy Preschool Peer Model program. This will allow parents to learn if the Peer Model program is the right fit for their child. You do NOT need to attend the information night to apply for the Peer Model preschool program. Please see the attached [flyer](#) for more information.

Olentangy Parent Mentors

Fran Gardner, Middle & High
School fran_gardner@olsd.us; (614) 332-6868

Autism: [Coffee Tea Autism & More](#)

January 17th, 6:30 PM

DCBDD Webinar: [Supported Decision Making & Guardianship](#)

January 18th, 10:30 AM & 6:30 PM

[Special Needs Parent Virtual Coffee Chat](#)

January 26th, 6:30 PM

Special Education Resource Series: [Virtual Office Hours](#)

January 28th, 9:00 AM

ASCO is excited to partner with The Adaptive Sports Connection to offer a ski experience including a lesson with a volunteer instructor, equipment rental, and a lift ticket for the participant with a disability. [For more information or to register.](#)

Anne Pistone, Preschool & Elementary
School anne_pistone@olsd.us; (614) 332-5269

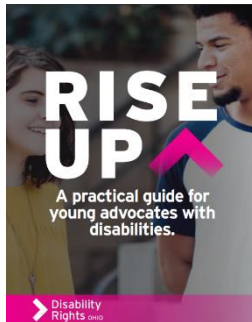
February 7th, 6:30 PM

DCBDD Webinar: [The Future: Benefits, Payees, & Trusts](#)



Parenting Through Depression

Feeling sad and exhausted, struggling to enjoy time with your kids? Depression can make parenting feel overwhelming and leave you worried and frustrated. Will this affect my children? How can I be the parent I want to be when I feel like this? But having depression doesn't mean you're a bad parent, and if you're experiencing it, you're not alone. Check out these resources shared by The ChildMind Institute:



A Practical Guide for Young Advocates with Disabilities

Disability Rights Ohio (DRO) has prepared [Rise Up](#) for transition-aged youth from 14 to 21. Throughout this guide, you will find helpful information about situations you may go through as you become an adult. This guide is meant to be read as you need it, so you can feel confident to take on any problems as they come. While it is a lot to read, the information shared is



How to Help Siblings Get Along

Siblings can be each other's playmates, confidantes, best friends — and worst enemies. Especially after the past few weeks together over the winter break, siblings may need a little extra help to keep the peace and work through disagreements. The ChildMind Institute has shared these resources to help families out:

- [How to Help Siblings Get Along](#)
- [5 Ways to Support Siblings](#)

- [Parenting Through Depression](#)
- [How Do I Tell My 10 Year Old About My Mental Health Issues?](#)
- [How To Avoid Passing Anxiety On To Your Kids](#)
- [When Parent and Child Both Have ADHD](#)
- [Anxiety and Being Kind to Yourself](#)

valuable as your child gets older.

- [in Special Needs Families](#)
- [Teaching Kids How to Deal with Conflict](#)
- [Teaching Kids about Boundaries](#)
- [Preparing Your Child for a New Sibling](#)



Self Regulation and Behaviors

The OT Toolbox has shared interesting resources about self-regulation. Regulation is difficult for all of us at one time or another. It requires the ability to self-monitor our thoughts, actions, feelings, internal body processes ([interoception](#)), utilize



ADHD Tips: Troubleshooting at School

Understood.org shared these articles to help you talk with your child's teacher about ADHD challenges and understand why kids with ADHD are more likely to be bullied in and out of school. Also, see an



Executive Function

To begin understanding how to improve executive function skills, check out these 8 recommended books from ADDitude, which contain skill-building strategies, expert advice, games, tips, and tricks to strengthen your [children's executive function skills](#), confidence, and resilience.

body awareness, consider praxis and metacognition, and then make choices. Self-regulation can refer to [emotional regulation](#) or [behavioral regulation](#). Self-reflection of feelings, emotions, and our response to situations is the ability to use emotional regulation. Check out the following resources for information, strategies, and supports:

- [Self-regulation activities](#)
- [Emotional regulation](#)
- [Behavioral regulation](#)
- [Sensory coping strategies](#)
- [Interoception](#)
- [Limbic system](#)
- [What's happening behind preschool behaviors](#)
- [How to support self-regulation development in preschoolers](#)
- [Emotional intelligence activities](#)

example of a 504 plan for ADHD.

- [Kids with ADHD can be targets for bullies](#)
- [Talking to your Child's Teacher about ADHD](#)
- [A Sample 504 Plan for a Child with ADHD](#)

1. "Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention"
 2. "Focus and Thrive: Executive Functioning Strategies for Teens: Tools to Get Organized, Plan Ahead, and Achieve Your Goals"
 3. "Smart but Scattered: The Revolutionary 'Executive Skills' Approach to Helping Kids Reach Their Potential"
 4. "Executive Functioning Workbook for Kids: A Fun Adventure with Bora the Space Cat to Learn How to Plan, Prioritize, and Set Goals in Everyday Life"
 5. "Scattered to Focused: Smart Strategies to Improve Your Child's Executive Functioning Skills"
 6. "The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens"
 7. "Executive Functioning Workbook for Kids: 40 Fun Activities to Build Memory, Flexible Thinking, and
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Self-Control Skills at Home, in School, and Beyond (Health and Wellness Workbooks for Kids)”

8. "Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning”
