

March 2023 Volume 2, Issue 4

#### SPEDITION NEWSLETTER

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### Happy St. Patrick's Day







## °° Mental Wellness

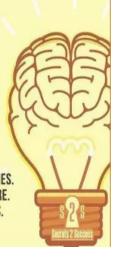


Try a new guided meditation (InsightTimer is good!)	Focus on creating a good-for- you morning routine	Learn a new CBT or DBT coping skill	Intentionally do one thing good for your mental health	Now focus on your evening routine & bedtime
Practice mindfulness and being in the moment	Take care of a thing you've been putting off	Make time for your favorite hobby	Focus on where you need a li+tle self- compassion	Do a little tidying up to your physical space
Yoga. Dance. Walk. Enjoy	you are feeling and	Take a step back from something that drains you	Make your social media a more nourishing space.	Give a relationship a little extra love today
outside and get some fresh air &	Download a new app that can benefit you in some way	Check in & enforce any boundaries that need	Make a list of little things that make you happy	Focus on how you are talking to yourself in your head

SelfLoveRainbow

#### **HOW TO BE MENTALLY STRONG**

- 1. DON'T FEAR ALONE TIME.
- 2. DON'T DWELL ON THE PAST.
- 3. DON'T FEEL THE WORLD OWES YOU.
- 4. DON'T EXPECT IMMEDIATE RESULTS.
- 5. DON'T WORRY ABOUT PLEASING EVERYONE.
- 6. DON'T WASTE TIME FEELING SORRY FOR YOURSELF.
- 7. DON'T WASTE ENERGY ON THINGS YOU CAN'T CONTROL.
- 8. DON'T LET OTHERS INFLUENCE YOUR EMOTIONS.
- DON'T RESENT ON OTHER PEOPLE'S Successes.
- 10. DON'T SHY AWAY FROM RESPONSIBILITIES.
- 11. DON'T GIVE UP AFTER THE FIRST FAILURE.
- 12. DON'T FEAR TAKING CALCULATED RISKS.





## WOMEN'S HISTORY MONTH WORTING PROMPT IDEAS

#### to Inspire Young Writers

- Who is the most influential woman you know?
   How does she inspire you?
- Do you think women have equal rights to men today? Why or why not?
- Why do we need a special month to honor women?
- What types of stereotypes do people have about women? Why can stereotyping be dangerous?
- List three important qualities women should have and three important qualities that men should have. Were the traits you listed different for men and women? What can you learn by examining these differences?
- This year, the theme of Women's History Month is "Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics (STEM)." Do you know any women who work in STEM? Why is it important for women to contribute to these fields?
- Do you think men and women are naturally different from one another? Why or why not?
- What are some of the biggest challenges that women face today? How will these change in the next 20 years?
- Research a woman who was the first female to work in a traditionally male field. What kind of struggles do you think she faced?
- Why is it hard for women to gain access to jobs and communities that are traditionally male? How will others in the field perceive her?
- What are some important gains women have made throughout history?
- Which achievement made by feminists are you most thankful for? Why?

# celebrate WOMEN'S HISTORY MONTH

WOMEN SHOULD BE CELEBRATED EVERY DAY.

BUT A MONTH DEDICATED TO FEMALE EMPOWERMENT IS EXTREMELY SPECIAL. IT DOESN'T JUST HONOR THE ICONIC WOMEN WHO HAVE CHANGED HISTORY, BUT ENCOURAGES NEW GENERATIONS TO DREAM BIG AND KNOW THAT ANYTHING IS POSSIBLE.

- MOLLY MCCOOK

EVERY GREAT DREAM
BEGINS WITH A *Dreamer*.
ALWAYS REMEMBER, YOU
HAVE WITHIN YOU THE
STRENGTH, THE PATIENCE,
AND THE *Passion* TO REACH
FOR THE STARS TO *Change*THE WORLD.

HARRIET TUBMAN



#### Medicaid Billing

- As a Para, did you move to another classroom?
   Did you inform the Sped office? (7523)
- As a Para, did you move to another building? Did you inform the Sped office? (7523)
- \* Did you check the student's eligibility?
- \* Do you have a current Personal Care Form?
- \* Did you mark your billing "Read To Bill"?
- Did you make corrections from the previous month, if any, and mark them "Ready to Bill"?
- Did you forget your password? Call the help desk at 248.209.2060.
- \* If a student was absent for the day or a part of the day, you may notice a red notebook next to the date of service. This is a filter to make sure you are not billing for a student in error.
- \* Need help, click the link
- \* Personal Care
- \* Direct Service



#### **IEP CHECK LIST**

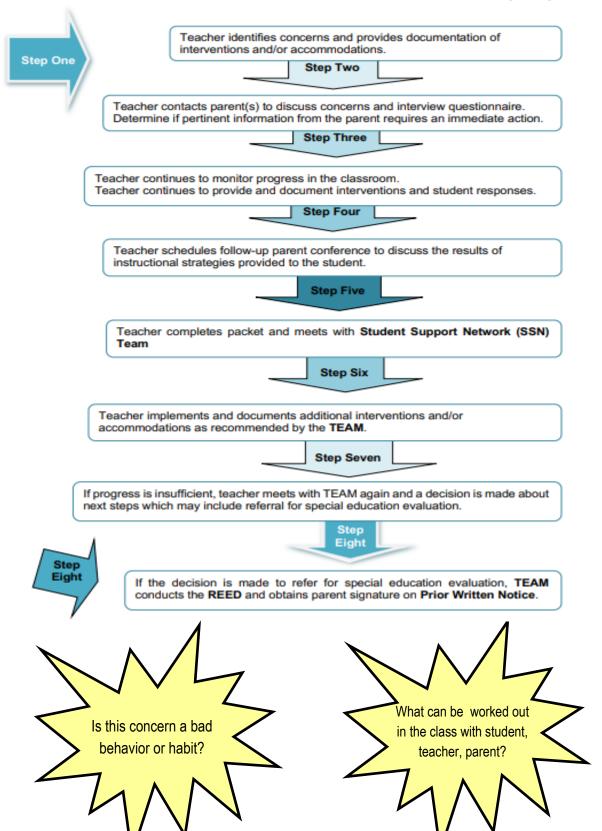
- ⇒ At least two parent contacts are documented. Note if the parent did not attend / did not respond IEP.
- ⇒ MET and REED information and dates are indicated on the green jacket for reevaluations.
- ⇒ All dates and student identification are completed accurately.
- ⇒ All participant signatures are completed on all necessary forms.
- ⇒ All reports are attached to MET report.
- ⇒ Eligibility is the primary disability.
- ⇒ Include the invitation for the REED and the separate invitation for the IEP meeting.
- ⇒ Appropriate programs and services are identified. Specific time and frequency of services are indicated.
- ⇒ Appropriated support/related services are indicated.
- ⇒ Least Restrictive Environment (LRE) considerations are addressed.
- ⇒ Quarterly progress reports are completed in conjunction with report cards. A copy of most recent progress report should accompany the IEP to the office.
- ⇒ Transportation concerns have been addressed.



#### To Properly Use the Validate Button

- From the IEP Menu, click on the triangle next to IEP Demographics.
- Next click on the tab that says "Perform Operation requiring Entire Form Access".
- ♦ Then click on the "Validate Form" button.
- Now click on each area in red that pops up on the right side of the screen, make the necessary corrections.
- Continue to go back to the "Perform Operations Requiring Entire Form Access" page until you can see the "Mark IEP Complete" turn black.
- Click on the "Mark IEP Complete" a warning will pop up twice, say "OK" both times.

#### STEPS IN THE STUDENT SUPPORT NEWORK (SSN)



#### OFFICE OF SPECIAL SERVICES AND STUDENT EQUITY

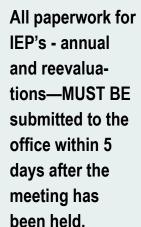
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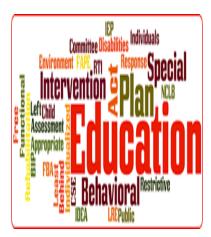
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School District of Pontiac Office of Special Services and Student Equity

> 47200 Woodward Ave Pontiac MI 48342

> Phone: 248-451-7523 Fax: 248-451-7542



#### March

- ⇒ Review IEP's of ALL Special Ed Students on your case-
- ⇒ Case managers should complete IEP at a glance for regular education teachers. Or use the Report to Classroom Teachers availabe in SEEFS.
- ⇒ Review caseload / identify students / make corrections on Student Transfer Form.
- ⇒ ALL Emotionally Impaired (EI) students MUST have a current BIP.
- ⇒ Establish new discipline binders for each student.
- ⇒ First month of school, all students must be tested using the Brigance Test.

- Review 3 year IEP Dates / Annual IEP Dates.
- ⇒ Schedule 3 year reevaluations with the school psychologist.



