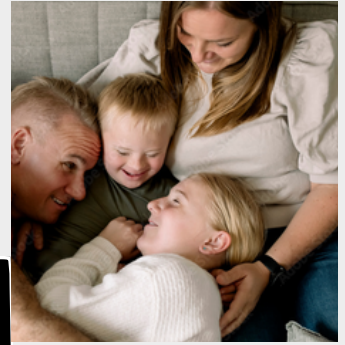




# ECISD SPECIAL EDUCATION NEWSLETTER



## MESSAGE FROM DIRECTORS:

Dear ECISD Parents,

As we dive into the second semester, we want to express our gratitude for your ongoing support. With the state assessments (STAAR and TELPAS) on the horizon, we encourage a collaborative effort to ensure our students are well-prepared.

Here are a few recommendations to help your child succeed:

- **Establish a Consistent Routine:** Consistency at home positively impacts academic performance. Set a regular study schedule and create a quiet, focused environment.
- **Encourage Healthy Habits:** A good night's sleep and a nutritious diet play a crucial role in cognitive function. Ensure your child is well-rested and fueled for success.
- **Open Communication:** Stay connected with teachers to monitor your child's progress. Regular communication allows us to address any challenges promptly.
- **Celebrate Achievements:** Acknowledge your child's efforts and successes. A positive mindset contributes to a confident and motivated learner.

Thank you for your partnership in fostering a supportive learning environment. Together, let's empower our students for success during this testing season.

Josh Kohutek and Marissa Perez  
Directors of Special Education

Estimados padres de ECISD,

A medida que nos adentramos en el segundo semestre, queremos expresar nuestra gratitud por su continuo apoyo. Con el horizonte de las evaluaciones estatales (STAAR y TELPAS), fomentamos un esfuerzo colaborativo para garantizar que nuestros estudiantes estén bien preparados.

Aquí están algunas recomendaciones para ayudar a su niño a tener éxito:

- **Establezca una rutina consistente:** La consistencia en casa tiene un impacto positivo en el rendimiento académico. Establezca un horario de estudio regular y cree un ambiente tranquilo y concentrado.
- **Fomente hábitos saludables:** Un sueño reparador y una dieta nutritiva desempeñan un papel crucial en la función cognitiva. Asegúrese de que su hijo descansa bien y se alimenta bien para alcanzar el éxito.
- **Comunicación abierta:** Manténgase en contacto con los profesores para supervisar los progresos de su hijo. La comunicación regular nos permite abordar cualquier reto con prontitud.
- **Celebre los logros:** Reconozca los esfuerzos y éxitos de su hijo. Una mentalidad positiva contribuye a un alumno seguro y motivado.

Gracias por su colaboración en el fomento de un ambiente de aprendizaje de apoyo. Juntos, vamos a capacitar a nuestros estudiantes para el éxito durante esta temporada de pruebas.

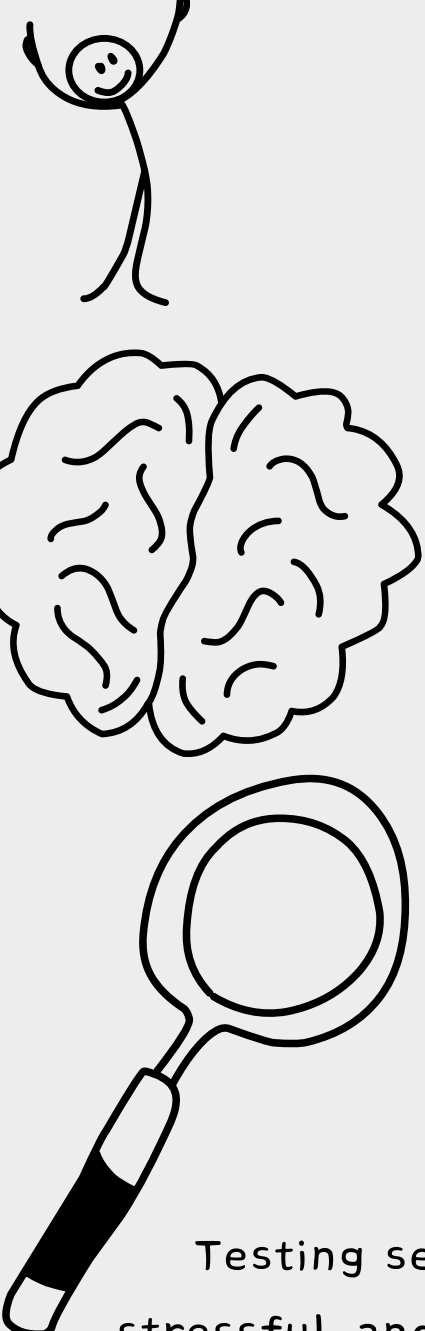
Josh Kohutek y Marissa Perez  
Directores de Educación Especial

## COMMUNITY CALENDAR

Is updated monthly on events that are happening in and around East Central ISD.

<http://bit.ly/3Xowcy7>





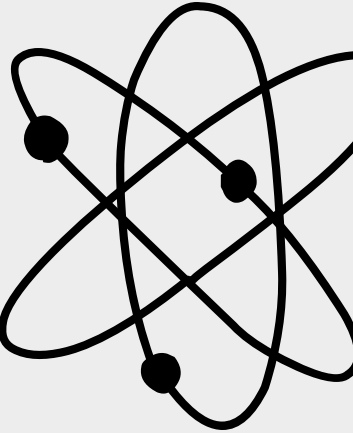
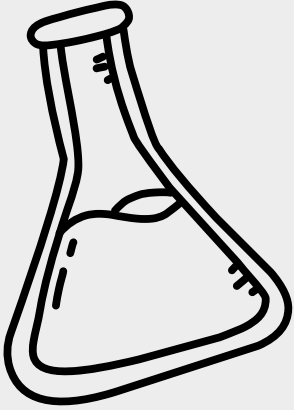
# DYSLEXIA

Each year, state and standardized testing results cause a lot of anxiety for parents of children with dyslexia! You may be feeling good about how the school year is going, and positive about your child's grades, when suddenly you receive their state test results, and all of those good feelings go out the window.

Keep state testing results in perspective. A child is not the sum of their test results! State tests do not measure intelligence, talent, work ethic, kindness, empathy, or so many other positive attributes.

Continue w/this article:

[DYSLEXIA CONNECT](#)



# BEHAVIOR

Testing season is upon us! This can leave students feeling stressful, and that can cause behaviors to rise. Testing time can be overwhelming and frustrating, especially tests like the STAAR test. Having conversations and planning with your student can contribute to their success. Having a plan and strategies can alleviate stress and frustration in your students. District wide, we have social skill lessons to help your students develop strategies. There are many resources out there for families to utilize to help their students. Please help us to help make your students' testing days successful!



# ACADEMICS

 **TEASASSESSMENT**

## Practice and Released Tests

You can help your student be successful on STAAR by practicing with them beforehand.

TEA has a website that allows you to do just that! Even better, you can activate your student's STAAR accommodations so s/he can practice

- 1) Go to <https://texasassessment.gov/practice-tests.html>
- 2) Scroll down and click "Practice Tests Login"
- 3) Sign in as Guest User and Guest Session
- 4) Select your student's grade.
- 5) Select "STAAR Practice Sets"
- 6) Select the test you wish to practice
- 7) Under Test Attributes, select your student's test accommodations as listed in your student's IEP. For example, "Content and Language Supports" is a common testing accommodation.

You can find your student's STAAR testing accommodations in the State Assessment portion of the IEP. If needed, your campus special ed facilitator or student's case manager can help with this.

- 8) You're all set!  
Happy Practicing!!



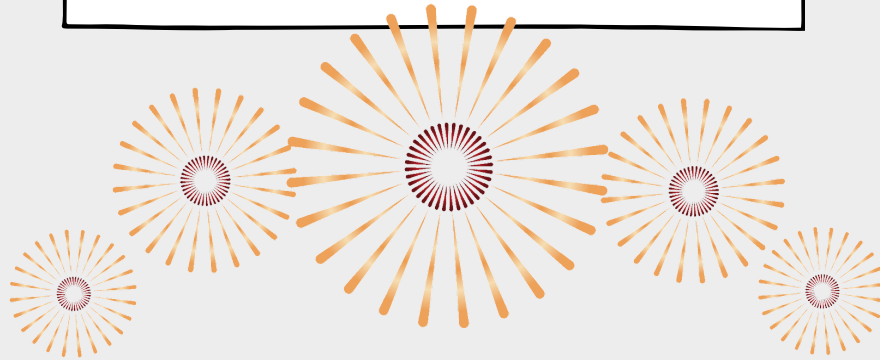
the**MORE**  
YOU**PRACTICE**  
THE**BETTER**  
YOU**GET**



# BLIS

Getting a good night of sleep before a test is frequently recommended to improve performance. However, studies have shown that getting enough rest every night for several weeks before the exam is more effective.

Using a bedtime routine and a visual schedule can help your student build and maintain a consistent sleeping schedule which will facilitate learning and self regulation. For more information, see the tips and visuals offered by Autism Speaks [here](#). You can also contact your child's BLIS teacher for additional resources.



# LIFESKILLS



Special Olympics Basketball Skills and Drills at East Central High School Gym 3 from 9:00 am-12:00 pm on February 2, 2024. Please arrive early to check in at the office.

STAAR Alternate 2 Testing Dates:  
March 25- April 26

Ensure your child eats a good breakfast and gets a good night's sleep