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# Newsletter

# IN TOUCH

We are at the end of the first quarter of the school year, and it's been a great start within our walls! The staff is hard at work teaching, assessing, and examining student learning. Our students are engaged in learning during the school day and busy with their activities.

I know our parents are hard at work supporting their children while they learn and grow. Given the busy schedules of our entire Pendergrass Fairwold School learning community, we see our PFS Newsletter as one of the important ways we maintain communication between school and home. It contains a variety of updates as to what your child is learning.

The Pendergrass-Fairwold School staff work together as a team to provide your child the very best educational experience.

PFS committed to ensuring a positive learning environment for all. This commitment comes with a focus on learning, consistent attendance, and adherence to the school rules. Consistency in these three areas will allow our students the opportunity to develop the positive habits that will make them successful young adults.

While we recognize that each student plays a huge role in his/her success, parents/guardians can have a great impact in setting the stage.



# Words From Principal Redenburg

It's hard to believe that it is almost November. We have been busy at Pendergrass Fairwold. Our teachers and students are back into their rhythm of teaching and learning.

The students are learning a lot and are growing so

much. I am proud of how hard our students have worked, and also, so appreciative to our families for encouraging and supporting our students.

We will be sending out surveys soon to find out what days and times are best for you all to participate in the School Improvement Council (SIC) meetings. We value your support and input!



### **Important Dates:**

- November 25—Make up day (Hurricane Dorian)
- November 26-29—Thanksgiving Holidays
- December 23-January 3—Winter Break
- January 17—No school for students
- January 20—School Holiday (MLK Jr Day)

### **Upcoming Events:**

- December 13—Special Olympics Bowling
- December 20—Winter Celebration





Greetings! I would first like to thank all the parents for their everlasting support for the class and school. I, Nagender Kumar Mandapally, a Special Education Teacher at Pendergrass-Fairwold School, welcome you all to 'Kumar's class' for the 2019-2020 academic year.

Kumar's class is Richland One Strong! We are happy to have returning, Mr. Kevin Hampton and we welcome Mr. Robert Wylie and Ms. Elizabeth Mills to our team. They all have great exposure and experience in the field of special education and are very committed to what we all do at school.

The new year brings a lot of hope, and no hope can exist without planning. Hence, the planning for this year has been spot on with a variety of new programs embedded in our teaching procedures to enhance the functionality of the teaching curriculum. I would like to give a glimpse of what we are doing this academic year.



**Calendar and Morning News**: We do an interactive calendar activity on the SmartBoard followed by watching morning news/weather report and reading an important event from the history that took place on a particular date. All these keep us updated with what is happening around us.



**Daily Yoga**: We introduced basic yoga and stretching activities to ensure gross motor skills as well as general fitness. The students show great enthusiasm participating in this activity and do an awesome job following directions and copying actions.



**Morning walking time**: Sleepy heads get a kick-start once we are out for a walk on a school walking trail. By the end of the walk, we are all ready for the day and surely will have burned some calories for good health; there's no better way to learn daily living skills!



**Academics**: ELA, Math, Science, Social Studies are taught through the Unique curriculum. This curriculum is aligned with SC state standards and adapted to the functional needs of students. For instance, we learned about a fair in preparation for our trip to the SC State Fair. A lesson on money is paired with our in-class snack center, through which each student has the opportunity to spend money rather than just touching a bill to feel it. The social skills we learn in lessons are geared towards real-life social settings.

**Vocational Activities**: Being a part of transitional program for the students, the school has a lot more to be proud of. In our newly-created Job Training Center, students perform various work tasks such as sorting and packaging. These tasks mirror those that students will perform in sheltered workshops.



**Related Arts**: Art, Music, Home-Living, PE and Media classes are all part of our weekly schedule. The students really enjoy participating in these classes!

**Field Trips/Community Training**: The State Fair, the Skate Day, and Special Olympics were a few of the many outings we are planning this year. Our field trips will focus more on community exposure and social skills training to prepare students for transitioning from school to the community.

**Parent Involvement:** Communication with parents focuses on understanding more about the students in efforts to make their learning as personalized and functional as possible. We also strive to keep parents abreast of student achievement, hence the parents can expect to receive more of the positive phone calls.

We are proud of what we do at Pendergrass-Fairwold School. As students are our top priority, parents' involvement in school activities is crucial for students' progress. We're hoping to make the academic year more eventful with all your cooperation.

Welcome to my class, I am Mrs. Asiya Khan, and will be your child's teacher this year. I have an experience of 25 years teaching special education classes; this is my 6<sup>th</sup> year at Fairwold. I am very eager to meet you and share what we are going to do this year in our class. We have a very efficient team to assist our students in our class: Mrs. Adams, Ms. Jackson, and Mr. Reid, who have great experience working with our students.

EDUCATION: Your child's classroom is using Unique Learning System® as the classroom curriculum. The curriculum program has been designed specifically for children with special learning needs. While the foundation of Unique is the academic content standards (reading, writing, math, science and social studies), the lessons are Mrs. Khan's Class modified to make sure that all children have a way to participate and learn. There is a strong emphasis on life skills that are embedded in each lesson.

- ⇒ Math: We will be working on numbers from 1-20, Time, and Money, depending on the levels of the student.
- ⇒ ELA: Each student will be reading on his/her level with the help of talking devices, and answer comprehension questions when given picture and word
- ⇒ Daily Living Activity: Students will learn to use the washer and dryer, fold clothes, wash dishes, and vacuum the floor.
- ⇒ Vocational Activity: Students will work on sorting, assembling, packaging, shredding papers, and putting paper clips on papers.
- Special Olympics: Students will have gone to the skating rink and will be visiting the bowling alley next month. Fun Time: Students will enjoy some snacks, listen to music, and play games on iPad or smart board.

Please remember to check Parent-Teacher communication folder daily.

Please call if you have any question or concern sfrom 12:50 to 1:30 PM Monday to Friday or email me at asiya.khan@richlandone.org

# MRS. KENNEDY'S CLASS

TEAM 12 has been working hard and having fun while learning about self-advocacy and speaking up for ourselves, rights and responsibilities, completing vocational tasks in the Job Training center, and learning how to dress for success.

We worked together to help clean the Greenhouse and plant several types of potted plants. We practiced cooking skills to make chocolate chip cookies, cupcakes, sub sandwiches, and pigs in a blanket.

Our Community Training trips included the Skating Rink to participate in Special Olympics skating competition and the SC State Fair. At the Fair, we saw the animals, the world's largest tire, home and craft exhibits, and the Rocket painted as a birthday candle. Each student used their money skills to purchase yummy fair food including kettle corn, corn dogs, cotton candy, doughnuts, philly cheesesteaks and "world famous" chocolate chip cookies.

Students used the Brainstorming Web and Topic Paragraph Planner to help write this article about all the awesome work we are doing!

We are looking forward to Special Olympics Bowling in December!





We have been busy organizing our classroom with colorful new centers to assist students to focus on Functional Academic Skills and Life Skills. The teacher in room #2 is Ronald Kessler and he is supported by Instructional Assistants: Alvena Sims, Joann Brown, and RaCherie Williams. Our class is divided into 5 centers which are detailed below.

**Large Group & Active Time Center:** This is where the teacher introduces new units and topics as well as completes multiple assessments on students. In addition to quarterly Benchmark Assessments, the teacher also conducts pre-tests and post-tests monthly on the new unit from our current curriculum – based program. While the teacher is busy assessing a students, three other Learning Centers are on-going as follows below.

**Reading Center:** Joann Brown directs this center to give each student extra activities to engage in that reinforces the reading assignments. Use of voice output devices and picture communication symbols assist the students to make choices.

Arts/Crafts & Recreation Center: Alvena Sims directs this center to give each student opportunities to engage in fun activities while encouraging each student to participate at the most independent level for them which might include getting out of the wheelchair to use walkers, voice output devices, and hand-held craft objects the students use in constructing finished products.

Math & Science Center: Cherie Williams directs the Math and Science Center to enable the students to use a wide variety of manipulatives (hand-held objects) to figure out solutions to basic math operations. Games and activities with math themes also give the students more practice time with Math Operations and Science Hypothesis.

**Reward Center:** This Center is run by all staff to show appreciation to the students. This is the place where students can redeem tickets earned in the other centers for prizes or reward time for music listening and games.



We just began our new Social Studies unit and will focus on the development of the United States: the focus will be on gaining equal rights for all citizens and we will start with the development of the 13th colonies. Over the next few weeks, we look forward to doing some very exciting, hands-on, activities. Please feel free to contact me at elizabeth.henson@richlandone.org if I can be of any assistance.





Our students are making a few flower vases with support as part of a prevocational/vocational activity. This activity will help in improving various skills such as eye-hand coordination, fine motor skills, attention span, etc. They will get an opportunity to learn about money transaction and will improve upon their communication and social interaction skills when we begin to sell the vases.

We have planned to give our students the opportunity to practice a few functional signs for 10-15 minutes on 2-3 days in a week in order to improve their ability and choices to communicate. We are trying to integrate it to a few selective lessons and activities.





### Welcome to Preschool!

Our students are doing a wonderful job in getting to know our friends, establishing routines and procedures.

Our October Literacy Unit was <u>The Little Old Lady Who Wasn't Afraid of Anything</u> by Megan Lloyd and Linda Williams

Unit of Study: Fall, Leaves, Spiders, Pumpkins, Scarecrows and Halloween

Social Focus: Following Directions

Please be sure to look for any upcoming events and activities related to your child, classroom and school. We encourage your interaction and assistance in helping your child have a wonderful learning experience.

You can reach me at naomi.gallman@richlandone.org. We look forward to making this an exciting school year!!!



# Ms. Cabonce's Class

The quality of being a good teacher does not just refer to how much information they manage to get into their student's heads or the results that they produce. It also refers to their technique and strategies where he/she wants to make students more independent and successful in life. As an international teacher in this school, it gives me more courage to help my students in preparing them to be part of the real world. Room 3 is an amazing group why? Our students have lots of unique abilities and special talents!

We begin each day with a hygiene/grooming routine. Then, we have our morning meeting where each student is assigned to share information to their classmates from previous lessons and asking others how they feel. Right after that we do our daily living skills, where we learn how to do some basic household chores such as using the vacuum, cleaning the floor and arranging things in the classroom, so that the classroom will look clean and conducive to learn. Aside from the daily living skill we also have the life time skills activity where each of the student have calendar that they need to check every time they have bills to pay and fill in information to the slip that they need, activities from the life time skills helps them to be more responsible. We also have the greenhouse duty where students learn to love living things like plants and taking good care of them. Aside from the three major skills that are taught to the students they also have some subject where they learn art, home living, media, music and physical education. And every Thursday workshop roster that will prepare student for some vocational staff. Although it takes a lot of time, effort and perseverance, these things can help the students to be more successful in their career.





# Readers Excel And Climb Higher!

Greeting Parents and Guardians, did you know reading books aloud to children stimulates their imagination, expands their understanding of the world and helps build language and literacy skills?

In the Media Center, students have been engaged in reading books and learning about Patriot Day, Fire Prevention and what to do in case a fire occurs at home or school. Students have also been discussing why drugs are bad for us and how to avoid peer pressure in preparation for celebrating Red Ribbon Week.







Our transition students are not only working on the previous mentioned activities but are also working on job skills in the library such as sharpening pencils, straightening up books, wiping down tables and shredding paper just to name to a few.

Our Preschoolers were read the book titled <u>I</u> Know An Old Lady That Swallowed Some Leaves by Lucille Colandro. This book allowed us to focus on sequencing, and rhyming. We also read <u>It's Mine</u> by Leo Lionni that focused on the color green and counting up to the number three. Students used puppets, manipulatives created book related crafts for both books. We look forward to even more fun. HAPPY FALL!









It's that time of year again—cold and flu season. The sore throat and cough common with a cold and the fatigue and muscle aches associated with the flu can make this time of year miserable for many people. However, you can reduce your chance of sneezing through the season by following these tips.

## **Healthy Prevention**

There is no cure for the common cold and the flu. However, there are ways to help stop symptoms before they start.

- Wash your hands—it's one of the best ways to prevent getting sick. An alcohol-based hand sanitizer can help rub away germs if soap and water are not available.
- Cover your mouth and nose when coughing or sneezing, and try not to touch your eyes, nose or mouth.
- Get plenty of sleep.
- Strengthen your body's defenses by exercising and eating a well-balanced diet.
- Avoid people who have a cold or the flu, especially if they have a fever.
- Get vaccinated—it's the best way to prevent getting the flu. Primary care physician offices, as well as at many pharmacies offer flu shots. People who are allergic to eggs, or have had a severe reaction in the past, should not get a flu shot. If you have questions, consult your doctor.





October is Breast Cancer Awareness Month, which is an annual campaign to increase awareness of the disease. According to the National Cancer Institute, more than 266,000 women in the United States will be diagnosed with breast cancer Both men and women are susceptible to developing breast cancer. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Breast cancer is the most common type of non-skin cancer in women in the United States, but it can be successfully treated.

- 1. Know your risk
- 2. Get screened
- 3. Know what is normal for you
- 4. Make healthy lifestyle choices

When breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 100%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.

- 1. No woman is exempt from breast cancer.
- 2. Not all breast cancers are the same.
- 3. Different breast cancers are treated differently.



### **How You Can Prevent Breast Cancer**

Taking preventative measures can reduce your risk of developing breast cancer:

**Maintain a healthy body weight.** Being overweight increases your risk of breast cancer. This is especially true if the weight gain occurred post-menopause.

Stay active. An active lifestyle helps you maintain a healthy body weight, which reduces your risk of breast cancer.

**Limit your alcohol intake.** Research confirms a link between breast cancer and alcohol consumption—the more you drink, the greater your risk. Limit yourself to less than 1 drink per day.

**Stop smoking.** There are overwhelming amounts of evidence that suggest a relationship between smoking and breast cancer risk.

**Avoid exposure to radiation and environmental pollution.** Some research suggests a correlation between breast cancer and radiation exposure. Limit your exposure to radiation by only getting x-rays when absolutely necessary.



nationalbreastcancer.org.



https://www.alert-1.com/resources/breast-cancer-awareness-infographic/1509



# PENDERGRASS FAIRWOLD SCHOOL

5935 Token Street Columbia SC 29203

Phone: (803) 735-3435 Fax: (803) 735-3482

"We are Richland One, a leader in transforming lives through education, empowering all students to achieve their potential and dreams."



Our school is a place alive with much energy, enthusiasm, and a high standard of excellence! It is, indeed, a place where opportunities abound! Here's to an AWESOME school year as we work together to make our school a great place to work and learn each day!

Please know that we highly value home/school communication here at Pendergrass Fairwold. It is vital and plays an integral role in each student's success. We encourage you to contact us if/when the need arises, and to stay in the know about your child's academic progress and school activities, as well as other events and happenings.



### **Parent Reminders**

# EMERGENCY CONTACT INFORMATION:

Please remember to keep the office informed of any changes in your contact information as soon as possible. It is important for us to be able to contact you in the event of an emergency.

If you have caller ID and you have a missed phone call from the school, please understand that we are unable to identify the person, extension number, or department that was trying to reach you. Rest assured that if your child is sick or injured, the school nurse will leave a message for you.



### ATTENDANCE:

If your child will be absent from school, PLEASE call the office at 735-3435 ext 252 before 8:00 in the morning. In the event you receive the voicemail, leave a message that includes your child's name, and the reason for the absence. If your child is ill, please be specific with his/her symptoms. We are required by state law to report numbers of students ill with strep throat, stomach flu, colds, and chicken pox, so it is important that we have accurate count. We do not report student names, just numbers. If your child's absence is not called in to the school in a timely manner, it is considered an unexcused absence.

You may also call ahead with any preplanned absences. If your child

needs to be picked up for an appointment, please send a note or call the office as far in advance as possible so that you child can be prepared to leave in advance.

We appreciate advance notifications as it helps us to have your child ready when you pick him/her up. If your child returns with a medical or dental appointment verification form, it is not counted toward the 10 days allowed for your child to be absent from school.

Thank you for your cooperation in keeping your child's attendance upto-date and informing the school of absences in a timely manner.

