ECISD Special Education

NEWSLETTER

Letter from the Directors:

Dear Parents,
We just wanted to give a big shoutout to all of you as we wrap up another fantastic year! Your support, enthusiasm, and teamwork have made a difference this school year.
From overcoming challenges to celebrating victories, and witnessing remarkable growth in our students, we've done it all together. Thank you for being amazing partners in your child's education journey.
As we head into summer, we hope it's filled with relaxation, fun, and plenty of sunshine.
We look forward to welcoming you back for the 2024-2025 school year! Until then, make the most of your time off and enjoy every moment.
Thank you again for your continued support!
Best wishes,
Directors of Special Education
Marissa Perez & Josh Kohutek



May 2024

What's In This Month's Issue?

- Summer Planning
- ESY/Summer @ ECISD
- We want your feedback!

Community Calendar

Check out the community calendar! It is updated monthly in events that are happening in and around East Central ISD.

Life Skills

The ARC of San Antonio has created a flyer of activities and camps available for student with disabilities this summer. You can view this flyer here. There is also a sleep away camp called CAMP CAMP and you can access information about this camp here.



TRANSITION

Pre-ETS Camp is open for students who are age 14-18 and want to work on their employability skills this summer. Please use the QR code to register by May 10th!

Also ever wondered about what Texas Workforce and /or The ARC of San Antonio have to offer. Check out this video from our 18+ Services parent meeting.

Summer Pre-ETS Camp!

Is Your Teen Starting to "Check Out"?

It's common for kids to lose interest in their work during the last weeks of school. Tweens and teens with learning and thinking differences can burn out even faster because of the extra effort it takes to complete their work.
Our friends at **Understood.org** [offer these 7 tips](#) to keep your student focused on the finish line!





Explore the excitement of Summer@ECISD, where our mission is to provide engaging summer learning opportunities that nurture lifelong skills. Our camps are designed to keep both students and the community mentally and physically active.
Don't wait! Click below to register -- spots are going fast!

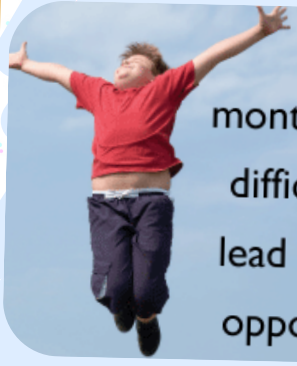
Click Here!
Summer @ ECISD

check our calendar of
EVENTS
for children, teens and adults

find out what's going on at your branch and at library locations across San Antonio!

visit our calendar at
MYSAPL.ORG

DYSLEXIA



Since dyslexics spend nine months out of the year grappling with difficult school tasks that frequently lead to despair, summer is a relished opportunity to refuel and recharge.

Behavior

Spending summer outdoors and engaged in exercise and physical activity. (CDC Recommendations) Benefits of physical activity on *brain health [PDF-14.4MB]* happen right after a session of moderate-to-vigorous physical activity. Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular *physical activity* can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.



Free 14 weeks exercise program

Please provide feedback

BLIS

Recreational activities allow us to unwind, focus on enjoyment, and develop new skills. Students with autism often need support to develop a robust repertoire of leisure and recreational activities. Summer is the perfect time for you and your child to explore what they most enjoy. We can't wait to see what they learn to love be that origami, cartwheels, or acting out plays! For some tips and ideas, see this article from Autism Speaks.