

SPECIAL EDUCATION PARENT NEWSLETTER

MESSAGE FROM THE DIRECTORS:

Spring 2025

Spring Break is here! We hope you and your family have a wonderful time filled with fun, rest, and great memories. This is a well-deserved break, and we can't wait to welcome our students back refreshed and ready to finish the year strong!

After Spring Break, we'll be gearing up for the state assessments. This is an exciting opportunity for students to show what they know and demonstrate how much they've grown this year! To help them feel confident and prepared, here are a few ways to support a positive growth mindset at home:

★ **Celebrate progress!** Remind your child that every challenge is a chance to learn and grow.

📖 **Encourage daily learning habits.** Reading, problem-solving, and thinking critically every day builds confidence.

😴 **Prioritize rest and nutrition.** A well-rested brain is a strong brain!

💪 **Encouraging a Can-do attitude.** "I can do hard things!" and "Mistakes help me learn!" go a long way in building confidence.

We believe in our students and all the hard work they've put in this year. Their effort matters, and every step forward is a success! Thank you for your continued support in making this a great year of learning and growth.

Wishing you a fantastic Spring Break!

COMMUNITY CALENDAR

This calendar is updated with events happening in and around East Central ISD

<https://bit.ly/spedevents>



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BLIS

Regulating Emotions

As we approach the final quarter of the school year, state assessments, and daylight saving time, you and your child with autism may benefit from some additional strategies or assistance with regulating his/her emotions.

Here are [25 strategies for emotional regulation](#) to try with your child at home.

LIFE SKILLS

Special Olympics Area Event

March 7, 2025 at the East Central High School Stadium from 9:00-1:00 in our first Area Track and Field Event. Please join our us and cheer on our student athletes.

March 8, 2025 at the East Central Stadium from 9:00-1:00 adults athletes will be competing in track and field events.



**Special
Olympics**

BEHAVIOR

As we get into the second part of the school year. We can see an increase in behaviors, at school but also at home. We see students stressed and anxiety on the rise and this can lead to negative communication that looks like behavior. Most students can have a negative attitude or be frustrated, with rules and the amount of testing and deadlines to meet. It can be hard for students to balance school and home expectations. Meeting expectations is hard when there is no clear path to meet expectations. In this article you will find strategies why it's important to continue expectations at home and school: the article, [What to do at home if your child is having behavior problems at school.](#)

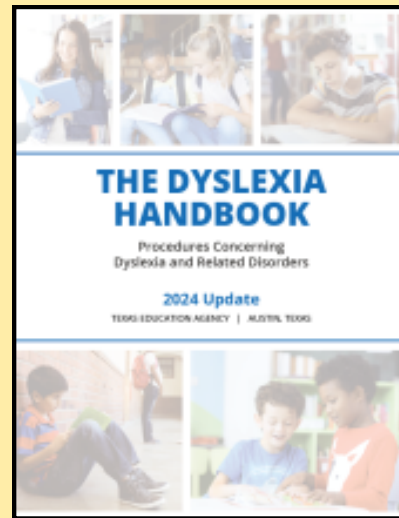
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Springtime is just around the corner and in addition to wildflowers and Fiesta, it is also time for STAAR testing. STAAR testing is how the state measures how well students learn their grade-level standards in reading, writing, math, science and/or social studies. Please note not all subjects are tested every year. Your campus can provide information about which specific STAAR tests your student(s) will be taking.

Students with IEPs commonly have **STAAR accommodations** that align to the accommodations they have received for their classroom instruction. It is **IMPORTANT** for both you and your student to understand what accommodations he/she is to receive. Accommodations can be found in your child's IEP under section 9, "State and Districtwide Assessments". If you have any questions about this or anything else related to STAAR, please contact your campus Special Education Facilitator right away!

DYSLEXIA



- [The Dyslexia Handbook](#) - Updated on August 9, 2024 (The handbook linked here includes the Dyslexia Handbook Frequently Asked Questions (FAQs), also linked below as a standalone document)
- [Manual Sobre Dislexia \(The Dyslexia Handbook - Spanish\)](#) - Updated on October 2, 2024 (The handbook linked here includes the Dyslexia Handbook Frequently Asked Questions (FAQs), also linked below as a standalone document)

TRANSITION: PLANNING FOR TRANSPORTATION IN ADULTHOOD

As students transition into adulthood, planning for transportation is a key step in fostering independence. Whether they plan to drive, use public transportation, or need accommodations, there are important resources available to support their journey. Here is a [planning tool](#) for your family.

[Driver's Education Courses](#): Explore options to help your student learn to drive safely and confidently.

[Texas Driving with Disability Program](#): Texans now have the option to disclose "Communication Impediment" directly on the front of their Driver License or State ID or when registering their vehicle through the DMV. This will alert the trained officer of an individual who may be slower to respond or one who is deaf or hard of hearing.

[Public Transportation](#): Discover accessible transportation options to help students navigate their community independently.