



The Bearcat Advocate

A Focus on Inclusive Learning and Diversity

As we wrap up the first quarter, we're so proud of the positive energy and momentum our students and staff have built. Our classrooms are full of learning, creativity, and connection as everyone has settled into routines and reconnected with friends and teachers. It's wonderful to see our students growing and thriving each day! We're also incredibly thankful to our dedicated staff for creating such a welcoming and supportive environment from the very beginning. This newsletter will be shared at the end of each quarter to keep families and staff informed about school highlights, student achievements, and upcoming events. You'll also find classroom updates, special initiatives, and helpful resources designed to support students and families throughout the year.



Learning in Action

Functional Fridays is a fun and engaging program for students in Ms. Wasco's class at Glendale, designed to teach essential independent living skills. Students practice cleaning up after themselves, managing personal hygiene, preparing simple snacks or meals, organizing their belongings, and developing other practical skills that support daily living and self-sufficiency. During this lesson, students made Oobleck to explore the differences between liquids and solids. They were excited to experiment with the "slime" they created and had a great time observing its unique properties! Thank you Ms. Wasco for your creative lesson planning and making learning fun!

Introduction to Job Training is a career/technical course for our students and is now working in the community! We are currently working two times a month at Habitat for Humanity, Restore. Students are learning vital customer service and job skills that will help them after graduation.

Did you know that students in Job Training also have their own business?? Students make homemade fire starters. These fire starters are primarily made from saw dust, melted crayons, and toilet paper rolls. Our fire starters will burn for up to 12 minutes, have no harsh smells and can help start any fire that is inside or outside. It's getting cold outside and life is always better sitting in front of a nice warm fire. If you are interested in purchasing fire starters, please reach out to Mrs. Natale at: knatale@bedfordschools.org



Insights from Experts:

The Importance of Sleep:

A good night's sleep is one of the best tools for helping children do well in school. When kids are well rested, they can focus, remember what they learn, and manage their emotions more easily. School-aged children need 9–12 hours of sleep each night, and teens need 8–10 hours.

To help your child develop healthy sleep habits, try keeping a consistent bedtime and wake-up time, turning off screens at least 30–60 minutes before bed, and creating a calm bedtime routine like reading or listening to quiet music. A cool, dark, and quiet bedroom also helps children settle down faster.

Rested children come to school ready to learn, grow, and succeed — and it all starts with a good night's sleep! If your child didn't get enough rest, please inform your team so we can offer extra support throughout the day.



Shout outs....

We proudly recognize the exceptional work of Marla Knight, Courtney Schlabach, and Mackenzie Goodwin in our preschool classroom for students demonstrating special needs. Through their teamwork, patience, and expertise, they create a nurturing, individualized learning environment where every child is supported in reaching their full potential. Their commitment to high-quality education is making a meaningful impact every day. Thank you! ~Submitted by Mrs. Briggs

While you were out..

Have you ever wondered what our staff does on professional development days? On November 4th, our amazing paraprofessionals spent the day completing Red Cross certification training to ensure they're ready to keep our students safe in any situation. We're proud of their continued dedication to learning and to providing the highest level of care and support for our students every day.



Parent Support and Community Connection

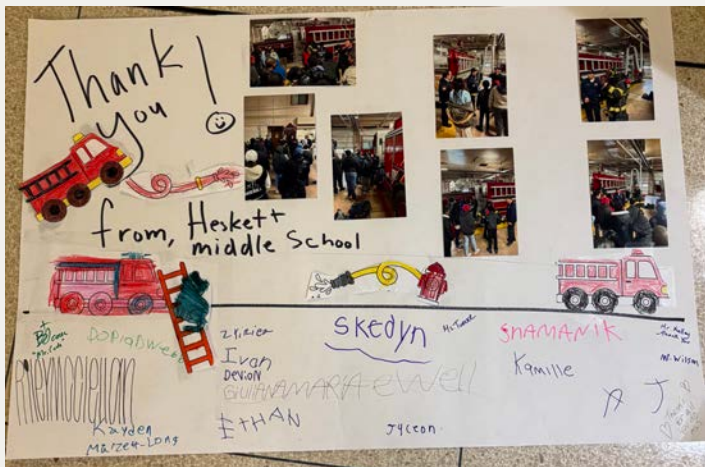
This school year, we are focusing on providing even more support for families. Parenting is not always easy, and raising a child with a disability can sometimes feel overwhelming. Many parents may feel isolated or unsure of where to turn for help – and we want you to know that you are not alone. Our goal is to connect families with resources, guidance, and a community that can provide support every step of the way.

- On December 8, 2025, Milestones for Autism will be presenting *Empowering Families: Practical Ways to Support Your Child's Success*

Presentation will be from 5:30-7:00 PM in the auditorium at Heskett Middle School. Dinner will be provided. Please RSVP using this link:
<https://forms.gle/w31bvHPLpgEDS9F5A>

Coming Soon: Monthly Parent Support Group

Starting in the second semester, we will be offering a monthly parent support group focused on topics that matter most to our families. Invitations will be sent out, and RSVPs will be required since space for this program is limited. Stay tuned – more details will be shared soon!



Students on the move:
In October, students from Mr. Cook's class at Heskett had an exciting visit to the Bedford Fire Department! They learned all about fire safety and explored the different uniforms firefighters wear — whether they're out in the community, working at the station, or responding to an emergency. The students enjoyed meeting the firefighters, asking great questions, and building positive relationships with these important community helpers!



Who should I call when I have a question?

Always start with your case manager and administrator at your school.

If you have further questions:

Mrs. Armstrong: Supervisor of Pupil Personnel: 216-645-8150

Mrs. Wray: Coordinator of Special Education and 504 Plans: 216-389-2165

