

SPECIAL EDUCATION SPOTLIGHT



January 2026

UPCOMING DISABILITY AWARENESS DATES

February

**Turner syndrome Awareness
Month**

9th International Epilepsy Day

**15th International Angelman
syndrome Day**



**We hope 2026 is filled
with good health,
happiness, and new
learning opportunities.**

INFORMATION AND RESOURCES

Student Anxiety

Anxiety is a daily challenge for many students and adversely impacts learning. It can cause excessive worrying, memory issues, and difficulty focusing. Physical symptoms such as headaches and stomach aches are common.

According to the U.S. Centers for Disease Control and Prevention (CDC), 2022-2023 data indicated that 11% of children aged 3-17 had current, diagnosed anxiety (9% of males and 12% of females).

The good news is that anxiety can be managed with strategies such as relaxation techniques, communication that supports regulation and strong collaboration between home and school.

For more information, access the link below.

[Link to Supporting Students with Anxiety](#)

