

# SPECIAL EDUCATION SPOTLIGHT



## UPCOMING DISABILITY AWARENESS DATES

### February

Turner syndrome Awareness

Month

9<sup>th</sup> International Epilepsy Day

15<sup>th</sup> International Angelman syndrome Day

January 2026



## 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](#)

