



Student Services Newsletter

Wilson Area School District - WINTER 2026



Seven tips for setting up a productive learning space at home

We know that many families expect to have their kids participate in some form of distance learning this school year. Here are some practical suggestions to help you set up a learning space at home for your child to study, do homework, or attend online classes.

1. **Choose a location based on your child's learning preferences.** If they prefer silence, a spare room or their bedroom could be good options. If they enjoy some background noise, consider choosing a spot in the kitchen or near your office if you're working from home. If there are several location options, you can have your child try each one to see which works best for them.
2. **Eliminate distractions.** Ask your child to turn off their phone and social media when they're learning, and have the TV off as well. For older children, you may want to check out apps and tools that can help eliminate distractions like freedom.to, [Stayfocusd](https://stayfocusd.com), [Dewo](https://dewo.com), or [SelfControl](https://selfcontrol.cc). You can experiment with playing instrumental music to block other sounds or to break silence. Some find this helpful and others do not.
3. **Make it comfortable—but not *too* comfortable.** Choose a chair that your child can comfortably sit in for long periods of time, and ensure they have a desk or other flat surface that can accommodate their books, laptops, and other learning supplies. Note: we do not recommend

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4. **Ensure the learning space has good lighting.** This can include natural lighting from windows or light from lamps.
5. **Have all of your child's supplies—pencils, paper, calculators, for example—easily accessible in their learning space.** Encourage your child to keep their space organized and clutter-free. Perhaps you could incentivize them with a small reward each week if they successfully keep their space clean.
6. **Encourage your child to personalize their learning space by adding decorations, artwork, or anything else that might help them to stay motivated and be inspired.**
7. **If possible, the learning space should only be used for learning; this includes attending classes, doing homework, studying, for example.** If this is not possible, and you'll be using a shared or multipurpose space, do what you can to signal to your child when it's time to learn. Clear away all other materials from that space, have your child's studying supplies at hand, keep it organized, and ensure there is good lightning and no distractions. Having decorations that are only used when learning could also help signal to your kids that it's time to learn.

If you have multiple kids and limited space, try staggering the use of the shared space by giving each child a schedule for using the space. Give each child a box to organize and store their studying materials. They can take this box and set up in various spaces as needed.

~khanacademy.org

Tools for Parents to Become more Mindful

1. [Breathing meditation](#): This is a powerful mindful awareness exercise. You can do this anytime — in a meeting or an elevator. All you have to do is focus on your breathing: Inhale and then exhale, creating awareness of the breath and of your body.
2. [Five senses exercise](#): Say you're overwhelmed and having feelings of anxiety. Stop and look at five things around you that you can see, four things you can touch, three things you can hear, two that you can smell and one that you can taste. You can just swallow and that's it — it's as simple as that.
3. [Body scan](#): You can either do this lying down or in a seated position. Preferably start with your eyes closed. Start with your feet and notice any sensations you feel, without judgment. Pay attention to any sensations in your toes, ankles, legs, knees, hips, waist, belly, chest, neck and face.



Practicing mindful awareness exercises helps us respond to situations in a way that is guided by our values rather than reactively or impulsively.

~health.ucdavis.edu/

What is MTSS?

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MTSS is a multi-step process of providing instruction and support to promote the academic and behavioral success of all children. Individual children's progress is monitored and results are used

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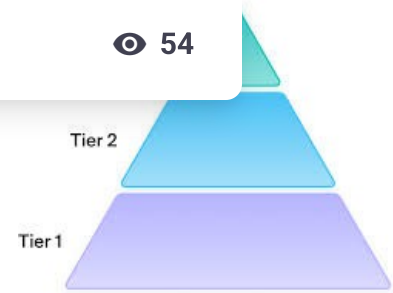
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but it can also be used in other areas. The MTSS process is flexible and designed by school districts to meet the needs of their students.

What does the MTSS process look like?

The MTSS process typically has three tiers. Each tier provides differing levels of support.



Academics

- In Tier I, all students receive high quality curriculum and instruction in the general education classroom. The teacher assists all students.
- In Tier II, the school provides supplemental instructional support, usually in small groups, to students who need additional support to what they are receiving from the general curriculum.
- In Tier III, intense instructional support is provided to students with the greatest needs, with frequent progress monitoring.

Behavior

- In Tier I, all students are explicitly taught positive behavioral expectations. All teachers use a consistent approach to discipline.
- In Tier II, the school provides supplemental targeted behavioral skill interventions usually in small groups.
- In Tier III, student centered planning is used to develop customized interventions with frequent progress monitoring.

What are the key components to any MTSS process?

A key component to the MTSS process is that all children receive high quality curriculum and instruction in the general education classroom (Tier I).

Another component of the MTSS process is that the school conducts universal screenings.

Universal screenings review the progress of all students, these screenings are typically given three times a year. Universal screenings help schools identify students who may need more support or other types of instruction.

As a result of universal screening, students may be identified as needing supplemental instruction (a Tier II level of support) in addition to the high quality instruction they are receiving in Tier I.

Research based interventions are used to support students in the area of need. Research based interventions are teaching strategies or methods that have been proven to be effective in helping children be more successful with academics or behavior. There are many different kinds of interventions and instruction that can happen in the classroom, outside the classroom or in small groups.

Another key component to the MTSS process is progress monitoring. Progress monitoring is a way for teachers to take a snapshot of how children are doing on a specific skill. It shows how well the intervention is working. It includes observations, tests, and other formal and informal assessments. Progress monitoring helps determine whether an intervention is successful or needs to be adjusted.

When the child meets the goals developed by the school, the intervention is no longer needed and the child continues to receive support in the general education classroom. When progress

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individualized instruction which further focuses on supporting the skills they need to be successful learners (Tier III).

What if I think my child needs special education services?

If at any time parents believe their child has a disability/exceptionality and needs special education services, they have a right to request an evaluation for these services. In addition to the information gathered from assessments and interventions during the MTSS process, other forms of evaluation must occur to determine if a child is eligible to receive special education services. Parents must give prior written consent before this evaluation is conducted.

What questions can parents ask to learn more about how MTSS works in their child's school?

- What curriculum is being taught in my child's classroom?
- What are the targeted interventions that my child's school is using if he/she is struggling in the classroom?
- What are the formal guidelines my child's school is using for progress monitoring?
- How will I be informed of the progress my child is making?

What happens if an intervention is not working? Parents play a critical role in supporting what their children are learning in school. Research shows that the more parents are involved in student learning, the higher the student achievement.

There are many ways parents can support what their child is doing in school. Here are a few:

- Make reading an everyday habit at home
- Communicate with your child's teacher
- Monitor and assist with homework assignments
- Ask for regular monitoring reports
- Share your child's successes
- Learn more about the curricula and interventions being used in your child's school
- Attend parent/teacher conferences and other school meetings about your child

~familiestogetherinc.org

WASD Vaping Awareness

Check out the newly added vaping panel discussion for helpful information or for more information on WASD anti-vaping campaign, click [HERE](#).

Important WASD Student Services Upcoming Dates- Check out the District calendar!

1/14/26- End of 2nd Marking Period

1/19/26- No School, Martin Luther King Jr Day

2/11/26- Elem/ IS Parent Teacher Conferences

2/16/26- No School, President's Day

2/27/26- No School, Teacher In-Service Day

3/2/26- Read Across America Week

3/23/26- End of 3rd Marking Period

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District Website

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Laura Samson

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