



Providing Special Education and Individual Instruction



October, 2017

Name That Newsletter

Welcome to the first edition of the Bedford Campus Re-Ed newsletter! Like naming contests? **GREAT!** Please submit your suggestion for the name of our newsletter (school appropriate please) to **Ms. Susan by November 17th** and it will be put to a school-wide vote. The winner will receive a lunch of their choice delivered to school at the end of November! Woohoo!



Therapy Talk

In this issue of Therapy Talk, we highlight the work of Buck the Dog and his handler, Ms. Shelley. Animals improve the physical, social and emotional well-being of their clients. They have the ability to calm, soothe, improve mood, diminish pain and lower blood pressure.

But did you know that the **animals** also benefit from these interactions?

It's true! Service/therapy dogs form lifelong bonds with their owners, which in turn helps them feel loved, cared for and content. It's these same benefits they pass on to their clients – YOU, the students.

So next time you visit with Buck and Ms. Shelly, be sure to say thanks for the love and affection they bring to Re-Ed!



SLP and Flexibility

Contributed by: Miss Molly

Room 8, Room 11, and Room 12 helped to dissect a JELLO brain, in search of *flexible thinking moments*. In our social thinking groups, we are learning strategies to help us be flexible thinkers. A flexible thinker is able to handle

change, can think of many solutions to a given problem, and can change his/her ideas to meet the needs of others. We have been celebrating all the flexible thinking moments we see throughout our school day!



Staff Spotlight

Meet...Mr. Fred Frisco

Fred Frisco is the owner and founder of Re-Education Services, whose past work in Special Education led him to making his vision (Re-Ed) come to life.

Favorite quotes often reveal one's true nature: Mr. Frisco's favorite is "Your vocation in life is where your greatest joy meets the world's greatest need". ~Frederick Buechner.

Seems like a great philosophy for what we do at Re-Ed – thanks Mr. Frisco!

Arts & Entertainment

The Re-Ed Bedford Art Committee held their first meeting and published a schedule of events from October through February. October is **Halloween Door Decorating** month. Each classroom was busy dressing their doors to show their "spirit" for this contest, and the winning classroom was selected by a panel of judges with winners receiving a pizza party for their class. It was a "spirited" contest with staff and students bonding over the experience. The winning door is shown below. Congratulations Room 11!



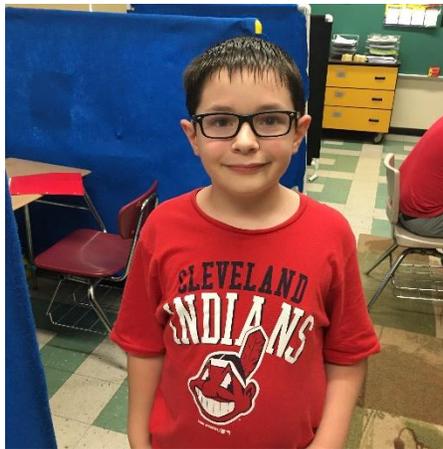
Student of the Month:

Mason - Classroom 10

Mason was chosen as September's student of the month and here is what his teachers had to say about him:

Mason has been on Level 4 since the first day of school. Mason has made great improvements and is a good friend and classmate. Mason completes his work on time and always shows a positive attitude. He often encourages his classmates to work through their

problems. Mason thinks of others and has improved his social skills. Mason is respectful and listens to directions from his teachers. Mason loves to work towards goal each week and has done so by staying on task. Great job Mason!



MASON - CLASSROOM 10

Talk of the Town

Fun events in and around Cleveland that will be happening in November. For more information on these and other events, visit

www.cleveland.com

Mellencamp: The Exhibit – Rock and Roll Hall of Fame Nov thru Dec.

16th Annual Holiday Store – Heights Art Gallery (Cleveland Heights – attached to their main library), Nov 3 – Dec 30

Dark Universe – planetarium show hosted by Neil deGrasse Tyson at the Cleveland Museum of Natural History November-December

19th Annual Online Auction Supporting Youth Education – Sponsored by Junior Achievement of Greater Cleveland, visit

<http://jacleveland.maestroweb.com/>

Nov 6-17 to bid on over 400 items

IX Christmas Connection – IX Center Nov 17-19

Mariah Carey: All I Want for Christmas – Hard Rock Rocksino, 7:30 pm, Nov 22

Cleveland Comedy Festival – Playhouse Square (Kennedy's), Nov 29-30

Good Works

The Bedford Campus of Re-Ed **Classrooms 12 and 18** are collecting non-perishable food items to donate to a local shelter. Collections began October 16th and will end November 15th. Any and all items are greatly appreciated!



Food for Thought

Speaking of food, although we don't have a cafeteria here at Re-Ed, we do have opportunities for staff and students to purchase snacks and beverages twice a day! **Snack cart**, which is open from 8:30-9:00 serves breakfast breads and pastries, as well as coffee. It also features French Toast Fridays. **Lunch cart** is open from 11:50-12:20 and serves up chips, candy, cans of soda and daily specials (soft hot pretzels, chicken nuggets, mozzarella sticks). Monday is Pizza day (subject to change) and Tuesday is Quesadilla day.

Not only does this service allow those who forgot to pack a lunch a chance to get something great to eat, but it also allows our students to practice

critical employability skills such as *interacting with customers, counting change, being prompt and courteous and food preparation skills*. Prices are VERY reasonable, and the food is delicious!

Family Forum

Re-education Services isn't just about what we do for our kids, it's also what we do for our families. We recognize that the home environment and the resources families have to address their children's needs is a critical component to helping develop the whole child. The home-school connection is an important bridge that must be built, maintained and strengthened over time if what we do here at school is to have a lasting impact for our students' success.

This section is dedicated to finding resources families can turn to in order to learn more about research-based proven methods that can be used both at school and home.

Self-management, or the ability to self-monitor and be aware of how one is feeling and develop an appropriate response to our (and others) emotions, is a big part of the larger category of Social Thinking. When self-management breaks down due to sources of stress (emotional triggers, successes and failures, difficulty with learning, abuse, etc.), it becomes even more challenging to address academic needs. Social-emotional status often trumps traditional learning, and maintaining one's "engine" that drives our social interactions is important to engaging in healthy interpersonal relationships in and out of the classroom. This is all tied to our executive functioning – or

more simply, the set of mental skills that helps us get things done. Executive functions are not fully developed in school age children, and for those with disorders such as ADD/ADHD, the deficits in organization can have a tremendous impact. Navigating and building social systems such as those found in classrooms and families/friendships is a challenge. That's where the *Zones of Regulation* come in. The *Zones* is a self-regulation curriculum developed by Leah Kuypers which encourages individuals to learn how to group their emotions into different categories, identified by colors:

1. **Blue Zone** – Low state of alertness when our bodies are moving slow or sluggishly. Involves "down" emotions such as feeling tired, sick, sad or bored.
2. **Green Zone** – Neutral and organized; calm. Person feels calm, happy, focused, content – ready to learn!
3. **Yellow Zone** – Heightened alertness: slightly elevated emotions. Occurs with stress, anxiety, frustration, excitement, silliness, nervousness, confusion.
4. **Red Zone** – Extreme alertness and heightened emotions. Anger, elation, devastation, panic or terror are emotions in the red zone. Loss of control is at the center.

Knowing about the zones and what to look for is the first step. Then, one must learn how to manage these emotions to stay in the "green zone". This is self-regulation.

Re-ed uses these zones as part of its curriculum, and you may have heard your child refer to different zones, or states of emotion, they may be

feeling. Helping them (and you) stay in the green zone will create a calmer home environment, which, in turn, helps them come to school composed and ready for the day. To learn more about Zones and how to manage them, please visit: www.socialthinking.com

Thanks to Ms Sue who contributed the article referenced here. Original credit for the article's content belongs to Michelle Garcia Winner "Executive Functions, Social Thinking, and the Zones of Regulation: Developing a Social Emotional Engine for a Lifetime of Self-Management."

September/October Birthdays:

Staff birthdays celebrated were:

September:

Ms Mary Sept 6
Ms Sam Sept 10
Ms Wendy Sept 19

October:

Ms Sarah Oct 16
Ms Katie Oct 27

