




Families Together, Inc.

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Connections

Summer 2016

A quarterly publication from Families Together, Inc., Parent Training and Information and Health Information Center

Summer break has ended and teachers have readied their classrooms with books and iPads, new whiteboard markers and extra glue sticks. Likewise, parents have created their back-to-school *To Dos*. Supply lists have been gathered, old back packs and shoes evaluated for new life, and the last items on Summer Bucket Lists checked off. As we ease into the new school year, here are some quick tips to help make the Back-to-School Transition smoother for your family:

Early to Bed, Early to Rise In the summer months, it's easy for nighttime and morning routines to go by the wayside. Bed times give way to backyard and living room campouts, and early birds aren't quite as worried about catching the worm. Getting back into the habit of regular bedtime and morning routines a couple of weeks before school starts can help those first few mornings of the year feel less hectic. School-aged kids who get 9-11 hours of sleep at night have an easier time focusing and remembering learned material during classroom time.

Go Team At the beginning of each school year, requesting a meeting with your child's IEP team has many benefits. Right away, you are able to establish a partnership with your

child's teacher and with the rest of the team, a partnership that can positively set the tone for the rest of the year. At the meeting you can provide important insight about your son or daughter's learning style, what has worked well for your child in the classroom in the past, and determine how you and the teacher will communicate with one another throughout the year. If you are able to set up a team meeting before school starts, there may be the possibility for you and your child to visit their new classroom before the first day of school. This can be especially helpful for students who need more time warming up to new environments.

Order Up For those kids who eat breakfast at home, creating a master list of easy and healthy options can be an effective way of making sure that this most important meal gets eaten, instead of trying to come up with ideas on the fly. Making a list for after-school snack options that kids can make on their own is helpful, too! Here are 21 creative Back-to-School Recipes that can double as after-school snacks.

[Breakfast and Snack Options](#)

Make a Matrix Your school may have its own special language, one that encourages a positive learning

environment by clearly stating school expectations. An example of neighborhood school expectations for students may be *Be Respectful*, *Be Responsible*, and *Be Ready to Learn*; each expectation is broken down into times of day and locations. Families can create their own expectation matrix', which fosters continuity between home and school. Home expectations can include things like cleaning up after oneself in the bathroom as an expectation for being responsible in the morning, and showing respect at dinner by saying "Please" and "Thank you". School expectation matrix' can be found online, and staff at Families Together can assist families in making matrix' tailored to individual needs.

Front of the Class Parents are their child's most important ally, and taking time to develop skills to help your child create a rich and meaningful life is worth the investment. Maybe you would like to learn more about your child's developmental and educational needs, how to write and implement a good IEP, or how to advocate for your child. Families Together, Inc., offers a variety of resources to assist parents to increase their knowledge and skill. To find the center that provides training and services in your area go to: www.familiestogetherinc.org

Have a great 2016-2017 school year!

Mientras el verano se termina y los maestros preparan sus salones con libros y iPads, marcadores para el pizarrón blanco y extra barras de pegamento, padres también comienzan a pensar en *Que Hay de Hacer* para al regreso a clases. Las listas de útiles se comienzan a recolectar, mochilas y zapatos viejos están siendo evaluados para nueva vida, y las últimas cosas en La Lista Del Balde De Verano están siendo repasadas. Aquí están unos consejos como ayuda para hacer la Transición del Regreso-A-Escuela más fácil para su familia:

Temprano A Cama/ Temprano Amanecer En los meses durante el verano, es fácil que las rutinas de noche y día sean olvidadas. El tiempo de ir a cama se convierte en oportunidades para camppear en la sala y en el patio interior, y madrugar no se vuelve en tanta preocupación. Volver a la costumbre de la hora de dormir y rutinas de la mañana unas semanas antes del comienzo de escuela puede ayudar esas primeras mañanas del nuevo año escolar a sentirse menos agitadas. Niños-de-edades-escolares que duermen entre 9-11 horas durante la noche, obtienen más fácilmente enfocarse y recordar las materias aprendidas durante el tiempo de clase.

Vamos Equipo En el inicio de cada año escolar, solicitar una junta con el equipo PEI (Programa Educativo Individualizado) de su hijo/a contiene muchos beneficios. Inmediatamente, usted puede estabilizar una



asociación con el maestro/a de su hijo/a y con el resto del equipo, una relación que puede positivamente asignar el tono por el resto del año escolar. En la junta puede compartir conocimiento de información importante sobre el estilo de aprender de su hijo/a, que le a ayudado e apoyado en el salón de clases en el pasado, y determinar como el maestro/a y usted se comunicaran uno con el otro/a durante el año. Si puede programar una junta con el equipo antes del inicio de escuela, puede haber posibilidad de que su hijo/a y usted visiten el nuevo salón de clases antes del primer día escolar. Esto le puede servir de ayuda especialmente a los estudiantes quien necesitan un poco más de tiempo para acostumbrarse a ambientes nuevos.

Ordenar Para los niños que desayunan en casa, creando una lista maestría de opciones fáciles y saludables puede ser un modo efectivo de asegurarse que la comida más importante sea consumida, en igual de tratar de sugerir ideas a lo último. Haciendo una lista de opciones para botanas después de la escuela que su hijo/a puedan preparar solos es algo útil y les ayudara!

Aplica Una Base Tu escuela puede que tenga su propio lenguaje especial, uno que impulsa el ambiente de aprendizaje positivo claramente declarando la expectativa de la escuela. Un ejemplo de la expectativa de las escuelas en la comunidad para los estudiantes puede ser *Se Respetoso/a, Se Responsable, Estar Listo/a Para Aprender*, cada expectativa está separada en tiempos a través del día y en diferente locaciones. Familias pueden crear e aplicar su propia base de expectativa, el cual promoviere continuidad entre el hogar y la escuela. Expectativas en el hogar pueden incluir cosas como recogiendo y limpiando después de uno mismo en el baño como expectativa del amanecer, y demostrando respeto durante la cena como diciendo "Por Favor" y "Gracias". Ejemplos de maneras de la base expectativa escolar se encuentran en la red de internet, y el personal de Familias Unidas pueden asistir a familias en la creación de una base personalizada pertenecida hacia las necesidades individuales.

Enfrente Del Salón Los padres son los mayores aliados de su hijo/a, y tomar tiempo en desarrollar habilidades para ayudar a su hijo/a en crear una vida valiosa y significativa vale la pena e inversión. Puede ser que usted quiera aprender más sobre las necesidades educativas y el desarrollo de su hijo/a, como escribir e implementar un buen PEI (Plan Educativo Individualizado), o como abogar por y defender a su hijo/a. Familias Unidas Inc., ofrece varios recursos en cual asisten a padres para aumentar su conocimiento y habilidades. Para encontrar el centro que ofrece y produce entrenamiento y servicios en su área visite la siguiente página en la red:

www.familiestogetherinc.org.

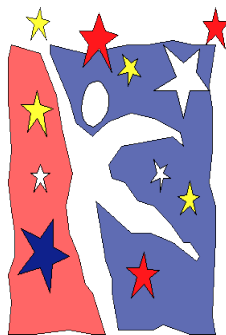
Un Fin De Semana lleno de Entrenamiento
VIAJAR EL ARCOIRIS DE POSIBILIDADES!

Gratuito para las familias con hijos que tienen alguna discapacidad o excepcionalidad!

Donde: Salina, KS Cuando: 21-22 de Octubre 2016

Para mas Informacion 620-276-2380/800-499-9443

Education Advocate Update



The school year is here! We hope you all had a relaxing summer and are ready to begin advocating for Kansas kids once again. A big thanks to the education advocates who completed their surveys! They are so helpful to us. Sixty-three percent of you attended the child's IEP in person, a five percent decrease from last year. Please remember that meetings are to be held at mutually agreed upon times and you are to receive a 10 day prior written notice. If the proposed time is not convenient for you, work with the school to find a time that is agreeable. Fifty-eight percent of advocates have at least monthly communication with the child's school, 16% report communication every nine weeks, and 26% indicate they "rarely" communicate. Only 48% of education advocates report they are receiving progress notes every nine weeks. We strongly encourage you to increase communication and make sure you are receiving progress notes every nine weeks so that you can make informed decisions on behalf of the child to whom you are appointed. We thank you for your time and dedication! As always, if you have questions or concerns, please feel free to [contact Families Together](#).



Healthy Habits

Treat you body well. Making educated choices about food and exercise is part of developing a mind and life of your own. Healthy eating and exercise can also give you some control of how your body turns out. Plus, exercise is a mood booster. If your changing body has you feeling sad or confused, it may help to go for a walk, play with your dog, or throw a Frisbee with your friends.

Healthy Eating Tips

- Choose variety—the best meals have a balance of items from different food groups.
- Half of your plate should be vegetables and fruits.
- About one-quarter of your plate should be grains and one-quarter protein.
- Drink fat-free and low-fat (1%) milk and water instead of soda, sports drinks, and other sugary drinks.
- Avoid oversized portions.

From the Director's Desk

Families and Appointed Advocates:

As school districts across the state begin classes, parents and appointed advocates are busy preparing for a new year. One of the things on your list should be getting to know your child's new team of educational professionals. A quick positive encounter with the new team members, as you begin the year, can set the tone for all the interactions you have going forward. Let the teacher(s) and other professionals see your child's gifts and strengths, so they can concentrate on them and help diminish the challenges that may follow without the right support. Have a GREAT school year in 2016-17!!!

This fall, we will have the opportunity to cast our vote for persons who can make a difference in the life of our child and others with disabilities or special health care needs. Make sure you are registered properly by going to this site and putting in your identifying information. <https://myvoteinfo.voteks.org/VoterView/RegistrantSearch.do>

Many candidates will be coming to your door to ask for your vote, Get to know the candidates, and ask them questions about the things that are important to you and your family. Be part of the solutions to the problems you encounter by letting your voice be heard through the ballot you cast.

Have a great school year! If you encounter issues with which we can assist you, please call, email or contact us on Facebook.

Connie

Families Make the Difference

Families Together, Inc. founded in 1982, provides opportunities for families to come together and meet other families who are navigating the special education and disability services maze. Each year, Families Together, Inc. provides, without fees, direct support to thousands of Kansas families. In addition, through workshops, conferences and partnerships with state, local and national organizations, Families Together provides training to nearly 4,000 families and professionals working with children and youth with disabilities and special health care needs.

Garden City Center 1-888-820-6364

Topeka Center 1-800-264-6343

Wichita Center 1-888-815-6364

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www.familiesTogetherinc.org

Calendar of Events

Check our website for added events or visit our Facebook page!

<i>Sept 10, 2016</i>	<i><u>Family Fling, Wichita</u></i>	<i>888-815-6364</i>
<i>Sept 17, 2016</i>	<i><u>Family Employment Awareness Training Part 1, Salina</u></i>	<i>888-820-6364</i>
<i>Sept 22, 2016</i>	<i><u>Dev. Delays, Autism & Behavioral Learning Conf., Ft. Riley</u></i>	<i>800-264-6343</i>
<i>Sept 30, 2016</i>	<i><u>Family Employment Awareness Training Part 2, Salina</u></i>	<i>888-820-6364</i>
<i>Oct 21-22, 2016</i>	<i>Spanish Family Enrichment Weekend, Salina</i>	<i>888-820-6364</i>
<i>Oct 28-29, 2016</i>	<i>Parent Leadership Conference, Topeka</i>	<i>800-264-6343</i>
<i>Nov 12, 2016</i>	<i>Holiday Extravaganza, Garden City</i>	<i>888-820-6364</i>
<i>Nov 17, 2016</i>	<i><u>Education Advocate Training, Wichita</u></i>	<i>800-264-6343</i>
<i>Dec 3, 2016</i>	<i>Health/Education Team Empowerment Conference (TEC), Wichita</i>	<i>888-820-6364</i>

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