

EXTRA SPECIAL EDITION

Parent Newsletter

Spring 2021-22

Welcome to the **Spring Extra Special Edition Newsletter**. Each issue contains information for parents and caregivers for children in the Exceptional Student Education (ESE) programs.

Benefits of Outdoor Recreation

Physical, Social, Emotional & Intellectual Benefits of Outdoor Recreation By Tina Pashley

Outdoor recreation is enjoyable for men, women and children of all ages. Performing physical exercise while outdoors provides a way to get outside and enjoy your natural surroundings. Aside from breathing fresh air and discovering nature's many wonders, the outdoors provides various activities to keep you wanting to go back outside for more. The benefits of outdoor recreation are endless and will help keep you and your family physically and mentally healthy.

Better Body

Outdoor recreation provides a multitude of advantageous physical activities that may be performed in solitude, with several friends and family members, or with your local recreational sports team. Sports such as hiking, canoeing, swimming, racket ball, other ball sports, and numerous other physical activities give you more choices for enjoyable exercise, which is likely to keep you motivated. The Centers for Disease Control and Prevention suggests that adults perform at least 150 minutes of moderate aerobic activity or 75 minutes of intense activity every week.

Social Benefits

Adults and children alike benefit socially from outdoor physical activity. Participating in sports and recreation provides kids to seniors with an opportunity to meet and build relationships with others. Participating on a team will help you form lasting friendships with people who share your passion for outdoor recreation.

Feel Good Factor

Physical activity helps reduce stress and prevents some cases of depression, and reduces anxiety. Better self-esteem often results from consistent recreation, partially due to a decrease in stress and to the overall feeling of well-being that occurs from regular aerobic exercise. Breathing fresh air in a natural, serene environment also helps many people relax which reduces stress and anxiety.

Mind and Movement

Studies show that people who exercise regularly experience longer, deeper, more restful sleep. Better sleep results in more energy and alertness the following day allowing for better concentration and the ability to think on higher levels. Along with better rest and rejuvenation for your body during the night, regular physical activity that reduces stress, anxiety and symptoms of depression, will help you to concentrate more during the day.

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"There will be obstacles. There will be doubters. There will be mistakes. But with hard work, there are no limits." Michael Phelps

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Family Café

The Family Café invites you to attend Florida's premier event for people with disabilities, The Annual Family Café!

The 24th Annual Family Café is set for May 27-29, 2022 at the [Hyatt Regency Orlando](#) in Orlando, FL.

Please register at [FamilyCafe.net](#) today!

Since 1998, **The Annual Family Café** has brought Floridians with all types of disabilities together for three days of information, training, and networking. With a great range of individual breakout sessions, a packed Exhibit Hall with dozens of vendors, and a series of special events including Keynote speakers and The Governors' Summit on Disabilities, **The Annual Family Café** offers attendees exposure to resources on a grand scale, unprecedented access to policy-making officials, and a chance to network with other individuals with disabilities and their families.

The Family Café does everything it can to connect its attendees with the resources it offers at the lowest cost possible. **The Annual Family Café remains a FREE EVENT**, with no registration cost for people with disabilities and their families. [Register](#)

If you would like to **make a reservation** with the **Hyatt Regency Orlando**, you can call 402-593-5048. Make sure to mention **The Annual Family Café** to get the special \$129/night rate.

Overflow hotel space is available at the special event rate of \$125/night at the **Rosen Centre and Rosen Plaza**, both of which are located directly across the street from the Hyatt Regency. Contact the [Rosen Centre](#) at 407-996-9842 or the [Rosen Plaza](#) at 407-996-9700. Remember to mention The Family Cafe to get the special event rate.

Pre-Conference Events

The Family Café is pleased to let you know about **two pre-conference** events being held on **Thursday, May 26** at the Hyatt Regency Orlando:

[The 2022 Women's Summit](#) offers a full day of personal healing and growth for women in varying stages of life, addressing the needs of women who hold diverse interests and share a desire to better take care of their own health and well-being, so they can in turn support the health and wellness of their family members. To register go to: <https://familycafe.net/2022-womens-summit/>

The 2022 FROM (Family-Run Organization Movement) Pre-Conference Training Event – This year's FROM Pre-Con will explore the role of public policy and advocacy in advancing your organization's goals. Presenter Mary Kingston Roche will provide an overview of the relevant state and federal policies that most directly impact people with disabilities, and discuss how to connect with groups that advocate for or against those policies. We can be reached any time by email, phone, or physical mail. Don't hesitate to reach out for any of your questions, comments or concerns.

Email: info@familycafe.net Toll free phone: 888-224-4670 Physical Mail 820 E Park Ave. Suite F-100, Tallahassee, FL 32301

We hope you can join us in May of 2022 for another serving of Collaboration, Advocacy, Friendship and Empowerment!



*For the latest news and updates about
The 24th Annual Family Café,
visit the News section
of the website!
[FamilyCafe.net](#)*



Florida Inclusion Network (FIN)

What Makes a Classroom Inclusive?

Children with disabilities have a right to a public education and to be part of the general education classroom. Federal legislation makes it clear that students with disabilities are included as general education students. This means that they are an important part of their general education class.

The benefits of inclusion are clear. We know that being included means students with disabilities spend more time on academics and achieve more. They participate in non-academic activities and develop broader social relationships when they have opportunities to interact with peers without disabilities.

Students without disabilities also benefit from the variety of instructional strategies and accommodations used by teachers. They learn to help and value each other.

Inclusion is not just being in a general education class. Inclusion only works when your child is learning and applying meaningful content and meeting IEP goals with same-age classmates without disabilities. So, how do you know if your child is included in the classroom? Here are some observations you might make about the surroundings in an inclusive classroom:

- ◆ Desks are arranged in groups around the classroom. This allows for peer learning, engagement, and socialization among students. Students who collaborate productively will have more positive outcomes.
- ◆ Visual learning aids are used, such as daily schedules, timers, posters, and charts. Many students are visual learners, and even those that aren't, can benefit from this support.
- ◆ Leveled books, manipulatives, and centers with hands-on activities are available, providing a variety of learning materials for **all**.
- ◆ A class-wide behavior program supports positive social skills and behaviors in students. Even if there is a school-wide program, students benefit from supports tailored to their specific needs within the classroom.
- ◆ Technology (including assistive technology) is available to support students. These items can be simple, such as pencil grips, reading guides, or sticky notes; or complex, such as text-to-speech software, tablets, or web-based applications.

Adapted from <http://www.theinclusiveclass.com/2016/04/5-signs-that-classroom-is-inclusive.html>

The Florida Inclusion Network offers many resources to assist parents. Visit the FIN website at FloridaInclusionNetwork.com or contact your FIN Facilitators, Caren Prichard and Dr. Emily McCann, at 850-638-6131 x 2206 or email: caren.prichard@paec.org or emily.mccann@paec.org.



Summer Slide and the Importance of Reading over the Summer

“Summer slide” is the tendency for students to lose some of the achievement gains they made during the previous school year.

Summer Slide Prevention:

- ◆ Access to books is critical. The public library is an excellent free resource for families to have access to books of a wide range of interests and reading levels, as well as librarians to guide children and families in selecting great books.
- ◆ When children select reading materials themselves and read for enjoyment, they receive the most gains in reading achievement, including better reading comprehension, writing style, vocabulary, spelling, and grammatical development. Also, the longer that this free voluntary reading is practiced, the more consistent and positive the results. Many summer programs, such as those offered in public libraries, allow and encourage children to choose what they read.
- ◆ Children and teens tend to read more when adults in their lives encourage them to read, and also when they see those adults reading often themselves.
- ◆ Children and teens that feel reading is fun tend to read more often, so summer programs that help make reading enjoyable and social are great resources.
- ◆ Reading just 4 to 6 books over the summer has the potential to prevent a decline in reading achievement scores from the spring to the fall, so even small steps are very beneficial.
- ◆ Preventing summer slide is most effective when families work together to encourage each other to read, make reading fun, and make reading a priority.
- ◆ Parents, caregivers, and other adults can help stem summer slide by reading themselves. When children and youth see adults in their lives reading often, they tend to read more themselves.

Many public libraries offer summer reading programs that encourage kids, teens, and even adults, to read over the summer. Educational, fun enrichment activities throughout the summer are often features of the programs. Contact your nearest public library to find out more about its summer program.

Adapted from Colorado Department of Education article Summer Slide and the Importance of Reading over the Summer



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