

PARENT MENTOR NEWS

What Will Your Child Learn This Summer?

Volume 2, Issue 1

May 9, 2011

Inside this issue:

Self-Determination	Pg.1
Summer Activities	Pg.1
Name our Newsletter	Pg.2
Did You Know . . . ?	Pg.2
Professional Development for Parents & Staff	Pg.2
Schedule of Events	Pg.2
SEDOL Parent Advisory Board News	Pg.2

Many of our children benefit from extended school year programs during summer to maintain skills or to provide structure and consistency needed beyond the regular school year. For others, summer is a chance to try new things or focus on activities there isn't always time for during the school year, such as sports, camp, or just spending time with friends. I

In either case, all of our children can benefit from the chance to develop an important set of skills that teach self-determination. The Beach Center on Disability defines self-determination as "the *process of being in charge of one's own life* to the degree that a person and that person's family believe is important. Self-determination involves the capacity, the needed supports, and the opportunity provided for making choices and decisions."

Benefits of self-determination include increased self-esteem, motivation, independence, self-awareness, and

decision-making as well as others. Teaching these skills at an early age will assist our children as they go through many of life's changes—especially post-secondary transition when they leave special education to enter the adult world.

As parents, we play a key role in supporting the development of these skills—and it is *essential that we begin now*. Whatever age or stage your child is currently at, they will benefit from learning about and practicing the skills they'll need later in life. Following are a few suggestions to help you get started with these important lessons. They can all be modified to meet your child's needs.

- * Provide chances to make choices in various settings (i.e., an outing, clothes to wear, what to have for dinner). Talk about outcomes and consequences related to the choice they made.
- * Create simple goals and offer sup-

port to reach them. Talk about how this process can help in other areas.

- * Complete a learning style inventory to understand how they learn best. This can lead to discussions about strengths, weaknesses, and disability awareness.

If you're interested in learning more about self-determination and would like additional resources, please contact the Parent Mentor Project.

Have a great summer!



The Parent Mentor Project

Joy Bux
847-548-2577 x35
jbux@sedol.us

Priscilla Cuba
847-548-2577 x36
pcuba@sedol.us

ences is a great way to begin developing your own summer school activities. http://learningdisabilities.about.com/od/instructionalmaterials/qt/summer_school.htm

Summer Camp Options for Children With Special Needs <http://specialchildren.about.com/od/specialneedssummercamps/a/choosecamp.htm>

April Showers Bring May Flowers

Can you believe the end of the year is already here? It has gone by so quickly.

It is time to say thanks to the staff. Their hard work has paid off and students will graduate on to the next grade or level! Student's, teacher's worked hard and so did you. Congrats on a great year!

Here are some ideas you can use at home to start summer school fun & educational for your child. Here are some fun ways and great places to look for activities, enjoy.

<http://www.pbs.org/parents/>
Activities like:

- * Introduce your child to Spanish with Noah Compende

- * Playground Science
- * Healthy Habits
- * The Parent Show and more

School's out, so why not fill your days with activities that score high marks with the whole family? From ways to take learning on the road to the discoveries your child can make right in your backyard, these ideas will welcome a season to explore, learn, and play. <http://www2.scholastic.com/browse/collection.jsp?id=98>

Summer school activities keep your child learning throughout school break. Transforming everyday household chores into fun and educational learning experi-

National Teacher Appreciation Day was May 3rd . . . but it's never too late to say . . .
"Thank You"
to your child's teacher and others who have played an important role during the school year. Let them know how much you appreciate them. It takes so little—but means so much!

Reminder— Help us Name our Newsletter!!!

Unfortunately, we still don't have a name for this newsletter! We know how busy everyone gets but we're counting on your help. So get the creativity flowing and send your suggestions in by the end of the school year. The winner will be recognized in the next issue and will receive a copy of the book "All About IEPs" by Peter and Pam Wright.

We'd also like to know your thoughts about the newsletter. Do you want to continue receiving it? Was it informative or helpful in any way? What additional topics would you like highlighted.

Email your suggestions and comments to Joy Bux (jbux@sedol.us) or mail to:

SEDOL—Parent Mentor Project
18160 Gages Lake Road
Gages Lake, IL 60030

Did You Know . . . ?

As a companion to the "Educational Rights Guide" the Illinois State Board of Education recently created a wonderful resource to help parents keep track of their child's records. It's called the:

"Illinois Parents Record Keeper"

Tracking dates, meetings, reports, etc. is critical throughout your child's education. This tool will assist you in organizing records and help prepare you for IEP meetings, re-evaluations and communications. Take a look at the "Record Keeper" to see how it might benefit you. It can be accessed online at:

[www.isbe.net/spec-ed/pdfs/
student_records_keeper.pdf](http://www.isbe.net/spec-ed/pdfs/student_records_keeper.pdf)



*If we are together nothing
is impossible. If we are
divided all will fail.*

- Winston Churchill

Professional Development for Parents

Don't miss this year's final workshop "The Importance of Self-Determination on Transition," which will be presented on May 12 at SEDOL's Transition Center South located in Mundelein. We encourage you to learn the importance of instilling self-esteem and confidence in your child—even at a young age—and how this will prepare your child for future transition into adulthood.

We hope you participated in and benefited from the educational trainings hosted by the Parent Mentor Project this year. The schedule for FY12 is currently in the works. Our goal is to provide you with a fairly complete schedule at the start of the new school year. Hopefully

you'll be able to attend more events with more advance notice..

Based on your input, several new trainings will be offered next year. Some of the most-requested topics include bullying, sibling issues, social skills, and supporting your child's academic skills at home. If there are other areas of particular interest, let us know.

As this year ends, we encourage you and your children to learn something new every day.

Enjoy your summer!

*"Anyone who stops learning is old, whether at
twenty or eighty." (Henry Ford)*

Parent Advisory Board

The SEDOL Parent Advisory Board would like to thank everyone who participated in the recent Parent Satisfaction Survey. Your input is valued and will assist SEDOL in continually improving services for the children they serve.

The survey closed on April 29. We are in the process of compiling responses and preparing recognition letters for staff who were named as having made a difference in a child's educa-

tional experience. Once complete, results will be posted on our website.

We welcome your involvement in future Parent Advisory Board activities and encourage you to consider becoming involved next year. Together we can make a difference in the educational lives of children receiving special education services through communication, partnership, and change!

2010–2011 Events

May 12 The Importance of Self-Determination on Transition*
Note: This is the last workshop offered for the school year.

DETAILS CAN BE FOUND ON
SEDOL'S WEBSITE.

www.sedol.us



www.sedolparents.org

847.548.8470 x2713

parentadvisory@hotmail.com