

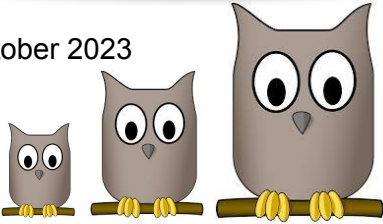


**Española Public Schools**

Striving for Excellence



October 2023



## Student Services Department Newsletter

“Autumn leaves don't fall, they fly. They take their time and wander on this their only chance to soar.” – Delia Owens, *Where the Crawdads Sing*

As we say goodbye to September and welcome October and all its colorful cheer, our department continues to be as busy as ever. Our classroom teachers are incorporating appropriate accommodations and modifications into their planning in order to best meet the needs of their students. Teachers utilize many different strategies to support all kids in their classrooms, including kids who are struggling. A child doesn't need a school evaluation or a formal plan in order to receive help. Teachers understand all kids have strengths and challenges. When kids struggle in class, teachers try different strategies to see which ones help. Some strategies work for the whole classroom, while others work for only one child. The everyday strategies teachers use don't require an evaluation, a diagnosis, or a formal plan (Tier 2 and Tier 3 Interventions). Teachers decide when and how to use them.



We are actively looking for Special Education Teachers, Educational Assistants, and Ancillary Staff. Apply at:

<https://espanola.tedk12.com/hire/index.aspx>

### Contact Us:

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### Important Dates to Remember:

October 2- NMPreK Health and Development Screenings Due

October 6-No School-Inservice Day

October 9-No School-Indigenous People Day

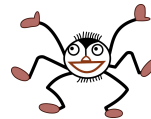
October 11-40th Day

October 13-ECOT BOY due

October 13-End of 1st 9 weeks

October 27-No School-Parent/Teacher Conferences 8-4pm

October 27-Child Find @ LNKC





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When given the chance to try grade-level work, students meet the expectations more than half the time. We always have to remember ALL students are general education students first. Special education is a layer of support provided for the student based on their area of qualification.



**How brain breaks can help kids with homework frustration**

Most kids struggle with homework from time to time. But kids who learn and think differently may struggle more often — even every day. They may find homework to be extra frustrating and harder to get through. Brain breaks during homework or lengthy chores can help relieve that frustration. A brain break is just what it sounds like: a break from whatever kids are focusing on.



Short brain breaks during work time have been shown to have real benefits. They reduce stress, anxiety, and frustration. And they can help kids focus and be more productive.

Brain breaks can also help kids learn to self-regulate and be more aware of when they're getting fed up or losing track of what they're doing. That's especially helpful for kids who struggle with .



Being able to return to a task and get it done builds self-confidence and self-esteem, too. It shows kids they can work through homework challenges. This can motivate them to keep trying.

[https://www.understood.org/en/articles/evidence-based-behavior-strategy-brain-breaks?\\_sp=24e2335f-792d-4085-a068-9e3cffbdc539.1664912478828#Watch:\\_See\\_brain\\_breaks\\_in\\_actio\\_n](https://www.understood.org/en/articles/evidence-based-behavior-strategy-brain-breaks?_sp=24e2335f-792d-4085-a068-9e3cffbdc539.1664912478828#Watch:_See_brain_breaks_in_actio_n)

Here are some resources for teachers and parents:

Parents and teachers:

<https://challengingbehavior.org/docs/Helping-Children-Transition.pdf>

[https://challengingbehavior.org/docs/Self-Care\\_Teachers.pdf](https://challengingbehavior.org/docs/Self-Care_Teachers.pdf)

Teachers:

<https://challengingbehavior.org/docs/Communicating-with-Families.pdf>

