











THE SPECIAL EDITION

November 2020

Let's Check In: View the Mental Health Pain Scale to rate your wellbeing. If you are falling between 5-10, please talk to someone.

A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com

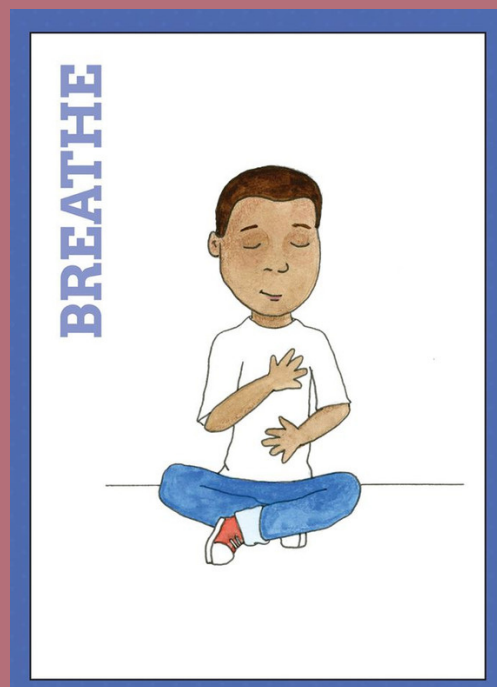
- MILD**
-  **1** Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!
 -  **2** You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.
 -  **3** Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.
- MODERATE**
-  **4** Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.
 -  **5** Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.
 -  **6** You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.
- SEVERE**
-  **7** You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.
 -  **8** You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.
 -  **9** You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.
 -  **10** The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

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Mindfulness Activity: Heart & Belly Breathing. This is a quick centering activity. You can even do this sitting at your desk.

- Bring one hand to your belly and one hand to your heart. You can do this practice with your eyes open or closed, and your body sitting up or laying.
- Notice the feeling of your hands resting on your heart and belly. Let your hands be heavy on your body so that you can really feel the connection.
- Can you feel your breath moving in your body? Just pay attention to the sensation of your breathing, without trying to change it.
- After a few moments, start to slow your breath down, and make your breath steady and even, so that your inhale and exhale are the same length. Breathe in and out through your nose.
- Can you feel your breath moving through your body? Notice any sensations, and when you are ready bring your hands down.



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Mindfulness Activity: Child's Pose In a Chair. You can complete this in less than 3 minutes and if you clear your mind, you will feel refreshed when it's time to sit back up.

- Child's Pose can be a wonderful pose to rest in when you need a break, or anytime things are hectic or moving too fast. This is a version of Child's Pose that you can practice in a chair so you don't need a mat or to get down on the floor.
- Start by sitting in your chair and notice how you are feeling in this moment. Take a few breaths and see if you can feel the sensations of your breath down in your belly and your feet on the floor.
- Hinge forward at your hips and bring your elbows to rest on your knees or desk. Bring the little fingers and inner edges of both of your hands to touch. Make a shelf with the heels of your hands and let your forehead rest on your hands. See if you can let the weight of your head be totally supported by your hands so you feel some gentle pressure on your forehead generated from the weight of your skull.

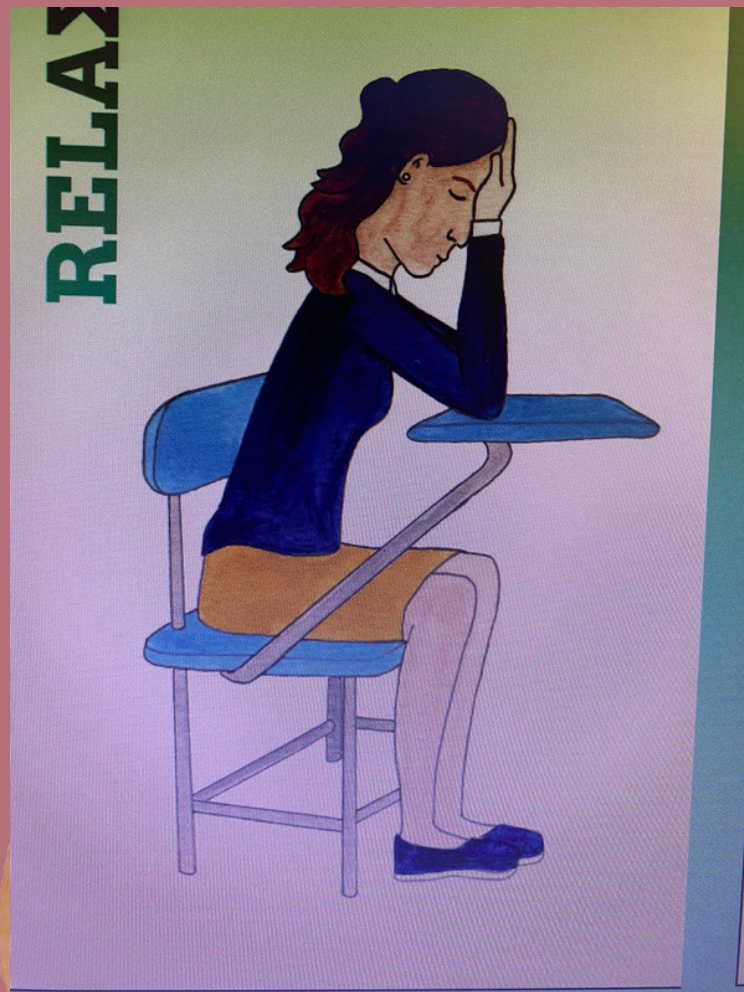


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Mindfulness Activity: Child's Pose In a Chair. You can complete this in less than 3 minutes and if you clear your mind, you will feel refreshed when it's time to sit back up.

- Take a moment to rest here in this shape and, if it feels comfortable, you can Close your eyes. Take several breaths here through your nose and let your exhalations be long and smooth, resting for as long as you'd like.
- When you are ready to finish, slowly lift your head and open your eyes noticing any changes in your body, energy level or mind.



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Please remember...



- Child Find Screening in Alma on December 4th.
- Reminder to our related service providers, your daily logs for August, September, and October are due the first week of November.
- Please make certain that any outstanding initial placements are finalized, IEP's written and services are in place for the upcoming December 1 financial Headcount Date for special education. **This is very important!!!**
- NCI Refresher course on Nov. 6th, 8:30-12:00 at Rock Creek Middle School.
- All bldgs./Offices will be closed November 25th-27th for Thanksgiving break.

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Please remember...



- Just a reminder, 3 year reevaluations should only be waived on a rare occasion. 3 year reevaluations should be done regularly, but do not always require an actual evaluation to be completed as existing data can be used. The team will need to go through the 3 year reevaluation process with parents, reviewing the data that determined the ongoing eligibility for special education. The IEP team needs to work collaboratively on the 3 yr reevaluation, communicating effectively to ensure all components of the evaluation have been addressed. The 3 year reevaluation and the annual IEP should be combined into one meeting before the date the first one is due in the school year, allowing us to streamline our meetings.

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3 Workshops on Transition to Adulthood

Co-Sponsors: Kansas
Department for Aging and
Disability Services

Learn about Vocational Rehabilitation (VR) and Centers for Independent Living (CILs). **Get information** for accessing supports and services. **Hear stories** of people with disabilities who are living the lives they choose. **Gain information** regarding the Home and Community Based Services (HCBS) Medicaid waivers. **Understand** transition as part of the Individualized Education Program (IEP). **Leave with next steps** for adult life, career planning and job support.

Tips, resources and information to help families and transition age youth navigate:

The Road to the Good Life

Monday, November 9, 2020; 6:30-8:00

The Road to Careers and Employment

Tuesday, November 10, 2020; 6:30-8:00

The Road to Independence and Interdependence

Thursday, November 12, 2020; 6:30-8:00



For more information and to register:

<https://www.eventbrite.com/e/shift-transition-to-adulthood-team-empowerment-conference-3-sessions-tickets-125060295711>

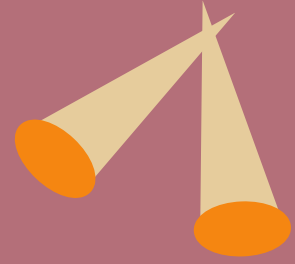
Parents and youth with disabilities, age 14-21 are invited to participate!

***All sessions will be via Zoom**

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Spotlight this month...



Holly Britton

District: USD 323

Position: Speech Language Pathologist

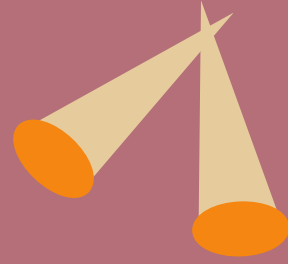
"Well, I have 2 wonderful daughters who keep me busy. We have lots of animals at our house: sheep, alpacas, chickens, cats, a bird, and a dog. I enjoy spending time in nature and love traveling to visit new places. I have lived in Kansas my whole life." -Holly



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Spotlight this month...



Beka Meitler

District: USD 323

Position: Preschool Teacher at St. George

"I am a BOYMOM (Eli: 8yrs and Calvin: 4yrs), I am a K-State Grad x2 (BS & MS) Go Cats! I love to sing, I have been married for 11 years to my husband, Jared. We met in Justin Hall at K-State my sophomore year. My favorite color is PURPLE, We love to take walks as a family with our dog Kobe" -Bekah



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Birthday Celebrations!

Jan Heersink 5

Deanna May 12

Harley Boyden 12

Kelsey Boyden 12

Megan Clark 12

Justin Smith 18

Sara Edie 19

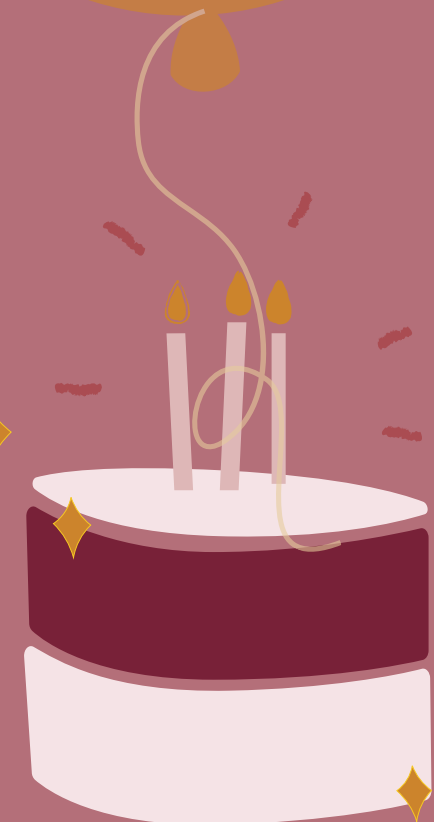
Stacey Williams 20

Heather Petermann 21

Jillian Tinkel 23

Natalie Winter 28

Doug Davidson 29



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Get inspired and inspire!



Teaching kids to count is fun, but teaching kids what counts is best!

Be gentle with yourself, you're doing the best you can.

There's something in you that the world needs!

Don't worry, be HAPPY!

I touch the future, I teach!

Let coffee be the way you trick yourself into doing stuff.

Remember a coffee a day, keeps the grumpy away!

