



# ***SDUHSD Department of Special Education Newsletter FALL 2021***



## **Happy Fall and Welcome to the New School Year!**

The San Dieguito Union High School District is happy to welcome our students back to school. While this certainly has not been the typical start to a school year, SDUHSD is working hard to support our students to the best of our abilities while also complying with all California and San Diego Public Health orders. We appreciate our community's ongoing support, patience and partnership as we've navigated these unprecedented and ever-changing times.



We have some new faces and some veteran faces who have moved to new places! Our [District Special Education website](#) has an updated "Who To Contact" list for special education administrator support and each school has an updated list of their staff on their own websites.



## **SDUHSD's Strategic Plan**

The purpose of the [SDUHSD Strategic Plan](#) is to develop the structure of programs for students with disabilities in order that they may access standards-aligned content, high quality learning environments, individualized support and resources in the least restrictive environment with priority placed on meaningful student involvement. The Strategic Plan is organized around six priorities that compose the backbone of a highly effective special education program. Each priority has a central goal that is aligned to the SDUHSD Local Control and Accountability Plan (LCAP), and contains specific action tasks to ensure each goal is implemented in a specific and consistent manner. The District's Strategic Plan Parent Forum meets four times a year to review progress on the District's goals and to advise on new topics. Each school has one parent representative and one administrator in attendance. The Strategic Plan and Summary information are located on the District's Special Education website, under Administrative Services.



## Stampede Squad at La Costa Canyon High School



The La Costa Canyon High School Stampede Squad received a grant to sponsor some spirit wear from Generation Spirit. The Stampede Squad, made up of special education students and general education peers, brings spirit to LCC events, ranging from home football games to home basketball games, and even pep rallies or school assemblies. They practice and perform with the LCC Cheer Squad. GO MAVS!!

### **Extended School Year: Summer 2021**

Our Extended School Year (ESY) served nearly 120 students over the course of a four week session. Students who participate in ESY are eligible/invited to do so via their IEP team following an assessment of regression and recoupment data related to their IEP goals. ESY staff worked very hard to provide instruction intended to maintain levels of performance associated with students' individualized IEP goals; focus areas on English Language Arts, Mathematics, Social Skills, Transition Skills, etc. As a (ESY continued) bonus, it is always a great way for staff to welcome and get to know



our new students joining SDUHSD for the first time from our feeder districts.

We are grateful to staff, parents and students who remained flexible throughout ESY as we adjusted to our new state of the art location at Requeza and made changes along the way to maximize and improve upon our time with students. Thank you to our ESY teachers who worked incredibly hard to deliver meaningful instruction with compassion and care. Their efforts made this ESY a successful and enjoyable four weeks. Thank you to our related services staff (Speech, Transportation, Assistive Technology, Physical Therapy, Occupational Therapy, Behavior Intervention and Counseling), to our two district nurses who worked tirelessly and were essential to keeping students, to our classified support staff who worked so hard to assist teachers and students, with positive, cheerful “can do” attitudes!

## Fostering Resiliency in Your Child

SDUHSD is committed to supporting students' personal health, safety, and well-being while they are learning. Reaching and teaching the whole child to ensure that all students are included, engaged, challenged, and supported is of the utmost importance. Resiliency is the capacity to overcome adversity by responding in healthy and productive ways to successfully meet life's challenges. When we foster resilience, children are able to bounce back from stress, trauma, and even daily challenges.

Teaching these skills helps children to be braver, more curious, and better able to problem solve and cope. The **District's website for Social-Emotional Resources** hosts a variety of Resiliency Resources for students and families. In addition, you can visit the school website for more information about where to find campus parent and student resources and services, and how to access student support services at that school.

For further mental health support, SDUHSD partners with CareSolace, a confidential online resource with a live 24X7 concierge line (888) 515-0595 meant to assist in finding *local* mental health-related programs and counseling services.



### **Resources:**

- [Building Resilience in Teens](#)
- [Coping Skills, Resilience and Teenagers](#)
- [Resilience Presentation Slides from SDUHSD Safety & Wellness Committee](#)
- [Resilience in Teens](#)
- [Supporting Children's Mental Health](#)
- [Things to Try: Coping Skills and Resilience](#)





## North Coastal Consortium for Special Education

San Dieguito Union High School District is part of the NCCSE Special Education Local Plan Area (SELPA). NCCSE supports fourteen North County School Districts, their students, staff and parents with resources, administrative guidance and training for parents and staff. To learning more about the upcoming trainings for parents of students with disabilities, visit their [website](#) and click on the “[Families](#)” tab.

A Community Advisory Committee (CAC) is made up of parents, educators, and community members who are involved in special education. The CAC of the North Coastal Consortium for Special Education (NCCSE) provides meetings and special events throughout the year and advises the superintendents of the 14 school districts about special education services. Each meeting includes information on a special education topic, resources for families, and opportunities to meet with other parents to exchange resources, information, and ideas.

Whether you are a student who qualifies for special education services, a parent or family member of a student, or a district teacher or staff person, we can help!

### **CAC meetings are open to the public!**

Anyone with an interest in special education is encouraged to attend, especially if your child receives special education services from one of the NCCSE school districts.

Parents who have attended Community Advisory Committee meetings report that they have found opportunities to:

- Connect with other parents and with school district teachers and administrators,
- Learn about resources for their child and family,
- Participate in shaping the activities of the committee.

## **CAC MEETINGS 2021-2022**

October 13, 2021

November 10, 2021

January 19, 2022

April 20, 2022

Meetings take place from 6:00 to 8:00 pm and are held via Zoom until further notice.





## UPCOMING EVENTS: FALL 2021

<b>NCCSE Classes for Families</b>	<b>SDUHSD Important Dates</b>
<p><i>Register using the <a href="#">Families Tab</a> at <a href="http://www.NCCSE.org">www.NCCSE.org</a> - All classes are held via Zoom unless noted below.</i></p>	
<p><b>Managing Challenging Behavior in Puberty</b> October 21, 2021</p>	<p>Strategic Plan Parent Forum October 11, 2021</p>
<p><b>Accessibility Tools Available on Google Chrome</b> (Workshop for Families) October 26, 2021</p>	<p>End of First Quarter October 15, 2021</p> <p>Veterans Day - No School November 11, 2021</p>
<p><b>Getting Started with Bookshare</b> October 27, 2021</p>	<p>Fall Break - No School November 22-26, 2021</p>
<p><b>The Self &amp; Match System: Systematic Use of Self-Monitoring as a Behavioral Intervention: Intro to the Home Setting</b> November 10 ,2021</p>	<p>End of First Semester End of Second Quarter December 23, 2021</p> <p>Winter Break December 24 - January 11, 2022</p>
<p><b>Using Prompting Effectively</b> December 15, 2021</p>	
<p><b>Parenting the Love &amp; Logic Way</b> (6 day event, once a week for 6 weeks) January 19 2022 - Feb 23, 2021</p>	<p>Start of Second Semester and Quarter 3 January 12, 2022</p>
	<p>Strategic Plan Parent Forum January 24, 2021</p>

### **Questions, comments or ideas for our next newsletter?**

Please reach out to Melissa Marovich, Coordinator for Special Education via email at [melissa.marovich@sduhsd.net](mailto:melissa.marovich@sduhsd.net)

