



D E A R

DROP EVERYTHING AND READ

Thank you to all who generously took the time to read to our students. Reading is one of the most important skills children can develop, and it has a profound impact on their academic success and overall growth. By reading with your children, you not only help build their vocabulary and comprehension, but you also create precious bonding moments. Whether it's through a bedtime story or a weekend read-aloud session, shared reading helps spark imagination, fosters curiosity, and strengthens the connection between parents and children. The more children are read to, the more they will begin to love books, learning, and exploring the world around them.



As we enter the final month of the year, the spirit of the season invites us to reflect on kindness, generosity, and community. This is a time to embrace the values that bring us together, acts of kindness, giving, and supporting one another. Whether through volunteering, sharing a thoughtful gesture, or simply expressing gratitude, this month offers a chance to make a positive impact in the lives of those around us.

The season encourages us to connect, appreciate, and uplift others, helping to strengthen the bonds that hold our community together. Small acts of kindness, whether it's helping a neighbor, sending a note of thanks, or volunteering time, can make a world of difference.

Let's come together in the spirit of giving and make this month one of warmth, compassion, and shared purpose. Wishing everyone a joyful and meaningful holiday season!





Human Rights Awareness Month

Supporting Your Child's Rights



Protecting your child's rights is essential to ensuring they are treated with dignity, fairness, and respect. This includes advocating for their educational needs, ensuring access to appropriate services, and understanding their legal protections under laws such as the Americans with Disabilities Act (ADA) and the Individuals with Disabilities Education Act (IDEA). Being informed about your child's rights helps you make empowered decisions, collaborate effectively with educators and healthcare providers, and create a supportive environment where they can thrive and reach their full potential. Always be proactive in seeking the resources and support they deserve.

The Right to Education

Every child deserves an education tailored to their needs. The National Youth Leadership Network (NYLN) offers free talks on overcoming school challenges and preparing for life after high school.

Website: NYLN.org

The Right to Dignity and Respect

Children should feel safe, valued, and respected. Respect Ability provides free resources like webinars and toolkits on topics such as disability inclusion and educational support.

Website: respectability.org

The Right to be Heard

Children have the right to express themselves. Understood offers free resources to help children build self-advocacy skills, including tips for communicating with teachers and building confidence.

Website: Understood.org

The Right to Health and Well-Being

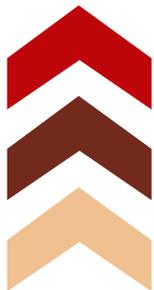
Children are entitled to healthcare that supports their growth. The Child Mind Institute offers free resources on mental health topics like ADHD and anxiety.

Website: [Child Mind Institute](http://ChildMindInstitute)

The Right to Safe and Supportive Spaces

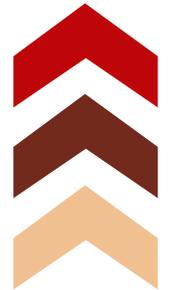
Children deserve safe, inclusive spaces. Be Strong provides resources to create supportive environments, including an app to address bullying and programs for student empowerment.

Website: Bestrong.global



Connecting SEL and SAM to Your Child's Rights

Understanding and supporting your child's rights helps them build essential social and emotional skills, like self-advocacy and emotional regulation. By ensuring they know their rights, you're helping set them up for success academically, socially, and emotionally.



December 1st-7th

NATIONAL HAND WASHING WEEK

National Handwashing Week, celebrated each December, emphasizes the importance of proper hand hygiene. Regular handwashing is one of the most effective ways to remove germs, prevent illness, and stop the spread of bacteria. Hand hygiene involves washing with soap and water to remove viruses, bacteria, dirt, and other harmful substances.

How to Wash Your Hands Properly

Wet your hands with clean, running water

Apply enough soap to cover all surfaces of your hands and wrists.

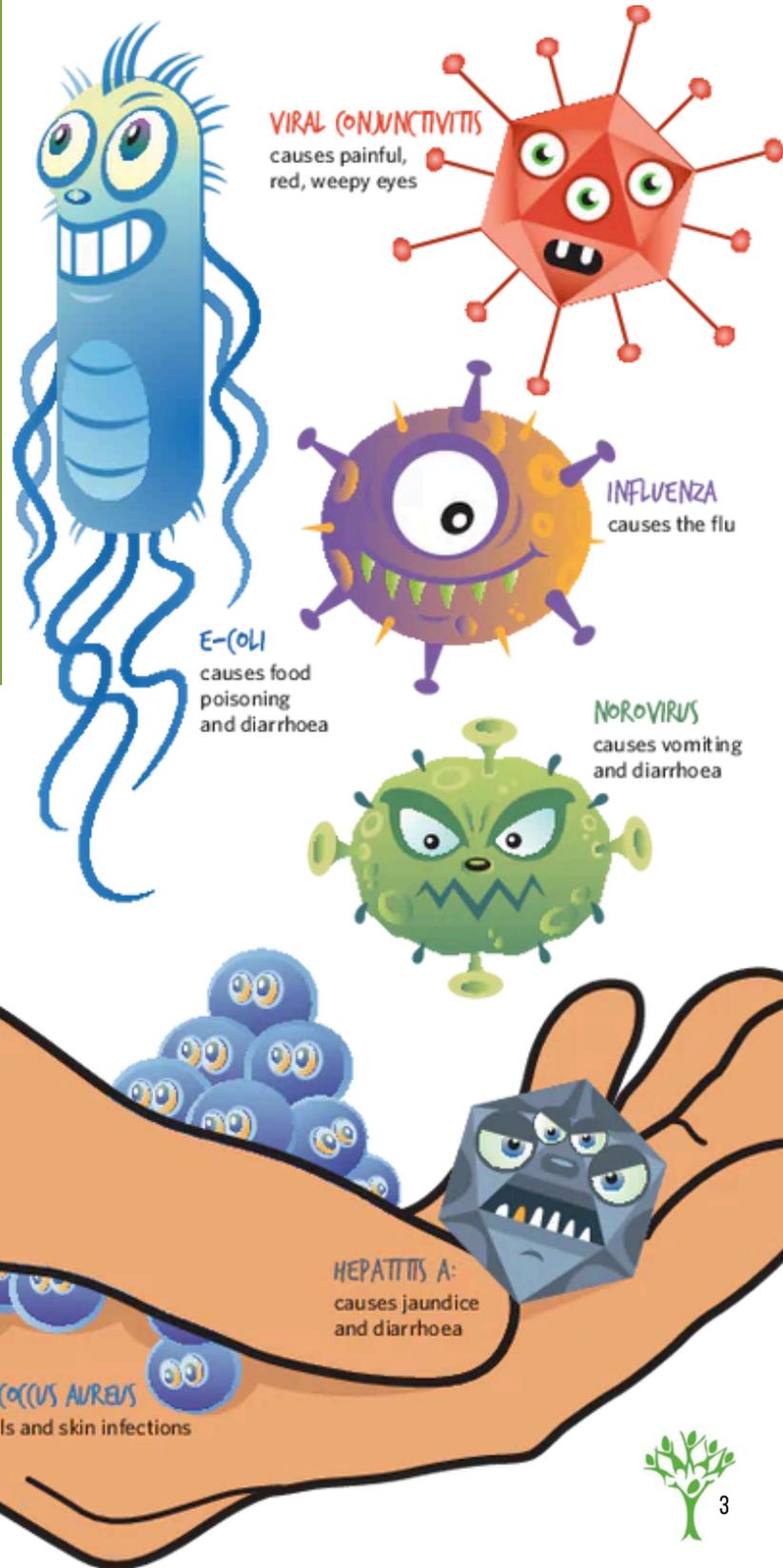
Lather and rub your hands together briskly and thoroughly. Make sure to scrub all surfaces of your hands, fingertips, fingernails, and wrists.

Scrub your hands and wrists for at least 20 seconds.

Rinse your hands and wrists under clean, running water.

Dry your hands and wrists with a clean towel or let them air-dry.

Use a towel to turn off the faucet.





NEW PBS KIDS SERIES

Carl the Collector is a groundbreaking PBS children's show that features Carl, a young boy with autism, as the central character. This is the first PBS series to showcase a lead character with autism, offering a fresh perspective and fostering greater representation in children's programming. Carl is an enthusiastic collector, driven by his curiosity and love for learning about the world around him. His adventures help young viewers explore topics like organization, pattern recognition, and the joy of discovery.

Based on the book by New York Times bestselling author and illustrator Zachariah OHara, Carl the Collector brings to life OHara's signature style, blending engaging storytelling with vivid, expressive illustrations. The show highlights the importance of understanding, patience, and inclusion, offering a meaningful portrayal of neurodiversity. Through Carl's character, the show encourages children to appreciate and embrace differences, emphasizing that everyone's brain works in unique and valuable ways. Carl the Collector helps foster empathy, connection, and a celebration of what makes each person, neurodivergent or otherwise, special.



PLANES, TRAINS AND AUTOMOBILES:

Traveling with Autism



Whether you're taking advantage of school breaks to go on a trip to a new place, visiting family or friends to celebrate a holiday, or spending a weekend in a nearby town, traveling during December is common for many of us. While travel is often considered an exciting and enriching life experience, it can also be associated with stress and anxiety for some people, including many on the autism spectrum. Strategies for preparing for and navigating the realities of travel—like practicing expected experiences and incorporating safety planning—can make it a more enjoyable experience for everyone!

For more information on how to plan your trip, visit starautismsupport.com

ANNOUNCEMENTS & REMINDERS

HALF DAYS
12/11 & 12/18
NO SCHOOL
12/23-12/31

