



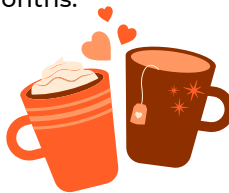
YOU CAN'T HIDE SPECTRUM PRIDE!



A word from our Principal...

Wow! The first quarter is now complete. The school year is moving so quickly. As the weather begins to get colder, please make sure your child has on warm clothing. We will continue to use the gym during the colder months.

Jaclyn Smolinski
Principal and Director of Operations



A message from the Social Worker...

With the anticipation of the holiday season upon us, many families become anxious at the thought of gatherings. Here are some tips and tricks that can make your season smoother.

- Prepare your extended family, especially if they are not regularly around your child.
- Make sure they know:
- What to expect
 - What not to do
 - How to interact with your child
 - What your child can and cannot eat
 - Situations that are difficult for your child like loud noises, flashing lights, stormy weather, etc.
- Consider hosting the holiday gathering at your house so your child is more comfortable.
 - Use social stories to help your child know, understand and prepare for the holiday chaos.
 - Develop a portable picture schedule to help your child know what to expect on holidays. This can reduce anxiety. Maintaining your child's regular routine as much as possible will help as well.
 - Keep expectations realistic.
 - Ask friends and family for help when you need it.
 - If you are invited to a house where you cannot control the menu, make sure you bring all snacks, a meal, and dessert foods for your child.
 - Stash away a few of your child's favorite toys, books, or movies a couple of weeks before your trip. Pull them out, one at a time, during your travels to help pass the time.
 - Let your child practice packing and unpacking so it is not a surprise for them to see their things packed up the day before the trip.
 - Give your child an escape. Set aside a private room for your child to safely relax when the crowd and noise becomes overwhelming. Make sure there are familiar books or other belongings in this area.
 - Get outside to expend energy! Weather permitting, take a walk to gather leaves, play iSpy, and take in the brisk air.
 - Set up a table of crafts that include sensory input.
 - Plan for sensory needs including noise blocking headphones, weighted blankets/vests, comfort items, calming music, etc.
 - Consider seating your child at the end of the table so they aren't squished between people. This also lets them get up easily without disruption.
 - Don't forget to give your child their supplements or medications in the chaos of the day.
 - Dress for comfort, not the occasion.
 - Designate one responsible adult to keep eyes on your child. Give that adult a time frame. When their time frame is up, they can pass the responsibility to another responsible adult. Sharing this important responsibility assures your child always has eyes on them and gives everyone some time to relax.

Peace & Blessings,
Ms. Shatela Evans, LSW
440-244-2200- Office | 440-941-8099- Cell | shatelaevans@spectrum-school.com

Important News!

Halloween

Families you may bring in treats, store bought only for your child to share on Monday, October 31st. Costumes are welcome. No fake weapons please.

Transportation Update

Please remember that the weather will be changing. Give the drivers some extra time with the snow falling! Also, please be ready 5 minutes before your pick up time. The drivers will only wait 3-4 minutes for the students. If you have any questions or concerns please contact Ms. Jackie at jaclynsmolinski@spectrum-school.com

Coats for Kids

Parents, we have an opportunity to request a free winter coat. If your child is in need of a winter coat please contact jaclynsmolinski@spectrum-school.com

Available sizes in boy and girl:

- 2T
- 3T
- 4
- 5/6
- 7/8
- 10/12
- 14/16

- Adult small
- Adult medium
- Adult large
- Adult XL
- Adult XXL





YOU CAN'T HIDE SPECTRUM PRIDE!



SPECTRUM PRESENTS
ITS FIRST ANNUAL DISABILITY
AWARENESS DAY

Seek First to Understand

Thursday, November 17th, 2022
5:00 pm- 8:00 pm
Spectrum Gym
(located next to Spectrum School)
300 Broadway Ave, Lorain OH 44052



Events:

5:30 PM Student Readings:
Spectrum students will read poems, and/or research on varying disabilities

6:30 PM Guest Speaker: Dr. Cheryl Chase
Topic: Executive Functioning: what is it, why is it important, and how can I help
<https://www.chasingyourpotential.com>



7:00 PM Round Table Panel Discussion:
Q&A Session with students, adults and parents with disabilities

Come meet our Ohio experts in special education services!



Lorain County Community College

Connecting for Kids
You're not alone.

Upcoming Events!

Friday 11/4
• Early Intervention Field Trip to the Horse Farm!

Tuesday 11/8
• NO SCHOOL - Election Day

Friday 11/11
• Picture retakes

Thursday 11/17
• Disability Awareness Night 5-8pm, Spectrum Gym

Monday 11/14 - Friday 11/18
• NWEA Testing

Wednesday 11/23 - Friday 11/25
• NO SCHOOL - Thanksgiving Break

PRIDE info
Tuesday 11/22
• Friendsgiving- More information to follow



FOR MORE INFORMATION
jaclynsmolinski@spectrum-school.com
330-701-3951

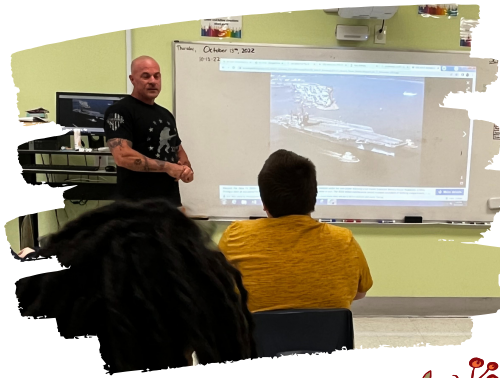


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October Recap

Middle School Connections had some amazing visitors this month!

Tasha Bolyard came in for National Farmer's Day on October 12th and taught the class about the farming equipment and animals that Miss B. takes care of on her family's farm. Phil Pilcher came in on October 13th for the Navy's Birthday to share his experience in the Navy and National Guard. The kids loved seeing pictures of the ships that are used in the Navy. So excited to see more visitors soon!



Gail Stephanchick (Admin)

Ms. Gail is being nominated because she is the "best HR" anyone can have. This is Ms. Gail's 4th year working for Spectrum. In her spare time, she likes to read and spend time with her granddaughter Amelia.

"Gail is ALWAYS there to help when you need it and always so kind. She works hard at her job and shows up every single day."

"Gail is always there in the morning to say Hi to all staff members and ask how you are doing. She is very caring and kind. She is always there if you need something, you can always count on her. She is a great person and I am honored to call her a co-worker and friend!"



Rachel Krezman (3rd Floor)

Mrs. Krezman was nominated because she has helped the new staff out immensely and been their backbone on the third floor, is always offering her support to new staff, and her knowledge, her workshops and her ideas to other classes, she is always going above and beyond to help all staff old and new. She has been the backbone to the primary wing all year, Rachel helped me during a fire drill when a student was upset. This is Mrs. Krezman's 9th year working for Spectrum. She likes to read and make workshops.

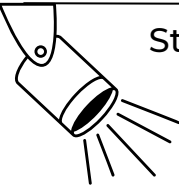
"She's always willing to help and be a team player. She does everything she can to help the kids grow. She's an amazing teacher"

"Rachel is a great teacher, she goes above and beyond in her classroom, her students are always doing exciting, hands-on things in the classroom!"

"She is always there when you need her and to encourage you when you're down."

"Rachel is kind and helpful."

Staff Spotlight!



Molly Stroemple (2nd Floor)

Miss S was nominated by her coworkers because she works hard alone, has cool lessons, her students are always learning, and she is rocking it! This is Miss S's 8th year working for Spectrum. When she has free time she likes to take naps and read books.

"You deserve a nice warm nap!"

"Ms. S is willing to talk with any student and willing to help out when she is needed. Keep up the great work!"



Aida Olmeda (Lower Level)



Ms. Aida was nominated by her coworkers because she goes above and beyond in the classroom! This is Ms. Aida's 2nd year working for Spectrum. In her spare time, she likes to spend time with her family.

"Aida is always going above and beyond. She is so awesome with all her students and you will never hear her complain."

"Ms. Aida is always willing to help out when asked. It is a pleasure to work with her."