

# S.E.L.F.-A McClintock

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S.E.L.F.-A

November 2018

## Word from the Program Director:

Hello families! I am officially back from my maternity leave! For those of you that don't know me already, my name is Alison Brogan and I will be your child's teacher in the S.E.L.F-A Program here at McClintock High School. I recently had my 2nd baby boy and have been on maternity leave for the past two months. I am excited to be back in our program and working with my amazing staff and students. As we approach the end of our second quarter, we will continue to focus on functional academics and independent living skills. We will incorporate community based instruction field trips to help generalize skills and support our students into the community in which they live. I look forward to the next few weeks and want to thank you all for your continued support.

Alison Brogan

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## Important Dates:

- December 20th

Semester Ends

- Dec. 21st-  
Jan. 4th.

Winter Break

- January 7th-

Back to School

- January 21st-

Martin Luther  
King Day

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## Science Fun

This month has been eventful when it comes to science! We have been learning how to take observations. We observed the changes in apples when placed in different liquids, the changing colors of leaves, jello volcanoes, and lastly, the change in milk when mixed with vinegar (this was our favorite science activity). We made plastic out of milk!



## We love Speech/OT!

We have done some pretty fun activities this month. We made pumpkin slime out of pumpkins, played BINGO, made bagels with cream cheese, but our favorite activity was making apple pie bites! We learned to follow a recipe, work together, use our words, and fine motor skills to create a delicious individual apple pie!



## Open for Business

We finally completed our store! It is currently open for business. Many of the students have enjoyed learning how to work in the store and become a courtesy clerk. We have been working on restocking the shelves, as well as restocking the gift cards, pens, and toothbrushes.



## Occupational Therapy Corner

Is your child receiving the recommended hours of sleep each night? If a child is not receiving the correct amount of sleep it can negatively affect his/her attention, working memory, long term memory and decision making.

### The National Sleep Foundation recommendations:

- School age children (6-13): 9-11 hours per night
- Teenagers (14-17): 8-10 hours per night
- Younger adults (18-25): 7-9 hours per night

### Occupational Therapy tips to assist with sleep:

- Establish a regular bedtime routine
- No TV or iPad 2 hours prior to bedtime, TV and iPads alert the brain
- Dim the lights and reduce noise in the child's environment 2 hours before bedtime
- Pink noise (i.e. fans) can assist with calming the mind and body
- Calming activities within the bedtime hour (i.e. reading a book or telling stories snuggled up together)
- Ensure the child likes the texture of his/her blankets, sheets and bedclothes

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**S.E.L.F.-A  
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