



A newsletter from the Parent-Educator Connection

for families and educators of students receiving special education services

Volume 20 Issue 1

Fall 2006

ICN SERIES

Post-Secondary Planning for Students with Disabilities

ROAD TO SUCCESS!

Tuesday, January 9, 2007
1:00-2:00 PM
Road to College
Avoid the Potholes!



Tuesday, March 6, 2007
1:00-2:00 PM
Choosing the Best Route
to Your Career!

Who's invited? High School students with IEPs, their parents, teachers, and others interested.

Registration: Classroom teachers should work with the High School Coordinators listed below to get students registered. Space is limited at all ICN sites, so advance registration is required. Registration for each session will be handled separately. Parents may register directly with the Coordinator listed below or contact: Jane Rock, Transition Specialist, Mississippi Bend AEA, 563-344-6288 or 1-800-947-2329, Ext. 6288 or jrock@aea9.k12.ia.us

High School Coordinators:

Andrew HS—Jodi Deppe
Bellevue HS - Rick Casel
Bettendorf HS - Pauline VenHorst
Calamus-Wheatland HS - Mary Jo Petersen
Camanche HS - Marty Swan
Central (DeWitt) HS - Nancy Allen
Clinton HS - Pauline Carr
Columbus Junction HS - Pam Braum
Davenport Central HS - Julie Amendt
Davenport North HS - Lorie Moyer
Davenport West HS - Jim DeReus
Davenport Kimberly Ctr - Joanne McAleer

Durant HS - Victoria Fairbrother-Smith
East Central HS - Alice Taylor
Louisa-Muscatine HS - Tom Masek
Maquoketa HS - Luanne Huckstadt
Muscatine HS - Laura Koch
North Scott HS - Stacie Kintigh
Northeast HS, Goose Lake - Karen Daniels
Pleasant Valley HS - Mary Johnson
Preston HS - Lisa Schoon
Project Ready - Mollie Conrad
West Liberty HS - Harry Christofferson
Wilton HS - Steve Kelle

IDEA 2004

The Individuals with Disabilities Education Act, or IDEA, was reauthorized in December of 2004. The United States Department of Education has recently produced the federal rules which are intended to give additional guidance on how the law is carried out. There is a very good website which can help you understand these rules without the task of going through the entire document. That website is www.wrightslaw.com. It is very user friendly and easy to navigate.

One significant change for parents of children who have IEPs is the option for parents to receive some notices electronically if it is available in their school. These include such notices as the Prior Written Notice and any notices related to due process. Parents would have to agree ahead of time to receive these notices in this manner.

The process, however, continues. The United States Office of Special Education Programs, or OSEP, is in the process of establishing policies and procedures that go along with the federal rules. The Iowa Department of Education will then establish its own rules on how to administer the law in Iowa. As this process takes place, there will probably be revisions in the Procedural Safeguards Manual. This is the Parent's Rights Handbook that you receive at the annual IEP meeting for your child.

The Parent-Educator Connection will keep you informed of changes as we receive them.



The Parent-Educator Connection is interested in how you would like to receive information. Please let us know what method(s) work for you. We are happy to send you information electronically as well as hard copies. We are also able to present workshops on assorted subjects. One of the most frequent ways we communicate with families is on a one-on-one basis. The Parent-Educator Connection is here for you. Please contact us with your requests and questions. Our phone numbers and email addresses are on the back of this newsletter.



2007 Parent-Educator Connection Conference

The 2007 Parent-Educator Connection Conference is an opportunity for both families and professionals to meet and receive information pertaining to children and the special education services that they receive.

It will be held at
the Scheman Center at
Iowa State University in Ames, Iowa,
on **February 26 and 27**.

This year the focus will be on Early Childhood issues. The Parent-Educator Connection Program offers stipends to help with some of the costs of the conference for parents and educators who attend. Please contact:

Carol Aden (Bettendorf office)
563/344-6287,

Kathy Anson (Clinton office)
563/242-6454), or

Cindy Laughead (Muscatine office)
563/263-8476, Ext. 4262

to register or with any questions.

Family Support Groups

The following is a short list of area support groups for families. If you have any additions for us or would like more information, please contact your Parent-Educator Connection Facilitator.

PDD-NOS/Aspergers/Autism Support Group

Meets the first Thursday of the month at 7:00 p.m. at Community of Joy Church, 1330 Spruce Hills Drive, Bettendorf. Questions: please contact Lisa Black at 285-6349 or Mary Larson at 445-4566. Good Websites: www.autism-society.org or www.autismqc.org

Epilepsy Support Group

Meets the 4th Monday of each month at Northcrest Calvary Baptist Church in Moline at 6:30 p.m. For more information, please contact Linda Loebach, Epilepsy Services Coordinator at 309/373-0377. Good Website: www.epilepsy.com

The “Up” Side of Down Syndrome Family Group

Designed for families with a child age birth to early school years who has Down Syndrome. Meets the first Sunday of the month 4:00 – 7:00 p.m. at Tessa’s Place. Questions: please contact Mary Johnson at 563/332-0345, Michelle Hornbuckle at 563/332-7402 or Dawn Huse at 445-7956. Good Website: <http://www.thearc.org>

Generations of Hope (sponsored by NAMI Scott County)

For parents and 24/7 caretakers of children and adolescents with mental illness. Meets the second Wednesday of each month at the Trinity Robert Young Center, 2200 3rd Avenue, Rock Island from 7:00 – 8:30 p.m. Child care provided. Questions: contact Mary Anselmi at 309/779-3216. Good Website: www.nami.org

CHADD (Children and Adults with Attention Deficit Disorder)

Meets the 3rd Tuesday of the month 7:00 – 8:30 p.m. at Tessa’s Place in Bettendorf. Questions: contact Deb Kopacz at 563/332-4482. Good Website: <http://www.chadd.org>

CHADD (Children and Adults with Attention Deficit Disorder)

Muscatine area
Meets in conjunction with the Muscatine YMCA Family Program Services. Thursdays at 6:30 - 8:00 p.m. Dates specific to addressing ADHD are: November 16, March 15, and May 17. Questions: contact Cindy Laughead at 563/263-8476, ext. 262. Good Website: <http://www.chadd.org>

Muscatine Co. Parent Association for the Hearing Impaired

Meets the 2nd Tuesday of the month at different locations. Please contact Marcy Clausen at 563/263-8476 for information. Good Website: www.handsandvoices.org

Family Program Services at the Muscatine YMCA

The Muscatine Y at 1823 Logan St. offers support, study groups (including a Grandparents raising grandchildren support group), workout programs, play groups and informational workshops to the residents of the community. Phone 263-9996 or email Diana Broderon at dbroderon@muscatiney.org. Good Website: muscatinecommunityy.org

Grandparents United for Positive Change

1st Congregational Church
700 N. Bluff, Clinton Iowa
4th Monday of the month at 7:00 p.m.
For more information contact:
Shirley Darsidan 243-5978
Shirley Konetski 242-8190
Good Website:
www.raisingyourgrandchildren.com



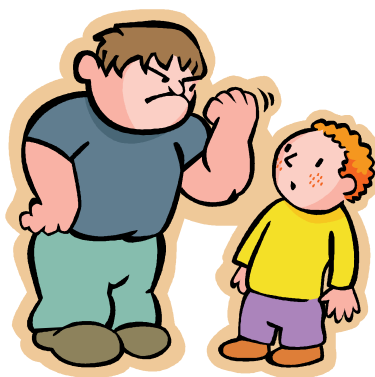
My Child Is Being Bullied: I Need Help...

Bullying is serious and should not be taken lightly. It can cause long-lasting damage to a child's self-esteem. Bullying by peers is not "a normal part of growing up." Ignoring bullying will not make it go away. Bullying is abusive behavior, and it needs to be stopped. Schools in the United States are now looking at initiating anti-bullying programs, but this is not enough. Parents, schools, and communities all need to work together to eradicate bullying from our society.

The Secret Service and US Department of Education found that in 75% of the 39 student school shootings (including Columbine) the shooters felt bullied or threatened by peers. Several reported long-term and severe bullying. Bullying is extremely painful for the target and needs to be stopped.

Children and adolescents are embarrassed about being bullied and will often not discuss it with anyone. Here are some possible signs your child might be a victim of bullying:

- Signs of depression (social withdrawal, sadness, loss of interest in usual activities, insomnia, decreased appetite, irritable, crying)
- Physical complaints occurring when it is time to go to school: stomachaches, headaches, nausea
- Reluctance to ride the school bus
- Missing valuables, lunch money
- Coming home with damaged books or clothing
- Unexplained bruises or scratches
- Taking alternative routes home from school
- Writing troubled poems or essays
- Hit lists or lists of people they hate.



What you can do if your child is being bullied:

1. If there are injuries or property damage, take pictures.
2. Don't blame your child. Be supportive and let them know you will help them.
3. Document all the details: who, what, where, when and witness names.
4. Make an appointment with the school's principal. Give them a copy of your detailed report.
5. When you go home, document the reaction of the school personnel involved in your appointment and what was said.
6. Contact the parents of the bully and let them know you reported the bullying behavior to the school. Let the bully's parents know that the bullying could be a matter for the police. If the problem continues, and the school does not show concern, go to higher administration. If you are still unsuccessful, send a copy of the reports you have written to the police, and let the school know you will be seeing a lawyer. Low cost legal help is available in most cities.
7. Schools have a legal responsibility to ensure a safe non-hostile environment for your child to learn. This law can be found under Title IX of the 1992 Education amendment.

Information on this comes from the National Education Association website at www.nea.org and the PTA website at www.pta.org.

Reprinted by permission of "CenterLines," the newsletter of the Center for Disabilities and Development, Children's Hospital of Iowa.





Additions to the Parent-Educator Library

Some more new items have been added to the Parent-Educator Libraries.

Deaf and Hard of Hearing:

The Young Deaf or Hard of Hearing Child, by Barbara Bodner-Johnson & Marilyn Sass-Lehrer, is a book with a family-centered approach to early education of children who are deaf or hard-of-hearing and written for both professionals and families.

Deaf Learners: Developments in Curriculum and Instruction, by Donald F. Moores & David S. Martin, contains an in-depth collection by 17 scholars that details a developmental framework to maximize academic success for deaf students in grades K-12.

Transition DVDs and video:

College: You Can DO-IT!—college students with disabilities and staff share advice for success in college.

Moving On: The Two-Four Step—how to successfully transition from two- to four-year postsecondary institutions.

Taking Charge 1: Stories of Success and Self-determination—successful young people with disabilities share strategies for living self-determined adult lives.

Taking Charge 2: Two Stories of Success and Self-determination—a video with testimonials from teens with disabilities learning to live self-determined lives, featuring two high school students.

Gifted:

A new category we've added is Gifted. This book, *Teaching Gifted Kids in the Regular Classroom: Strategies and Techniques Every Teacher Can Use to Meet the Academic Needs of the Gifted and Talented*, by Susan Winebrenner & Pamela Espeland, is a guide to identifying gifted students and meeting their learning needs in the mixed-abilities classroom—without losing control, causing resentment, or spending hours preparing extra materials.

Life Horizons Kits:

Two kits we've had on hand but just recently put in the library are on sex education for persons with special needs and contain slide presentations and a guide with a script for each slide. These kits are *Life Horizons I, The Physiological and Emotional Aspects of Being Male and Female* and *Life Horizons II, The Moral, Social and Legal Aspects of Sexuality*.



Abnormal Sleep Patterns In Young Children with Down Syndrome

More than half of the children with Down syndrome may experience abnormal sleep patterns and obstructive sleep apnea syndrome. Parents may not be able to determine whether their children are among those with sleep difficulties according to an article in a recent issue of *Archives of Otolaryngology—Head and Neck Surgery*.

Obstructive sleep apnea (OSA) occurs when an individual's upper airway becomes blocked during sleep. It occurs in about 30-60% of those in the Down syndrome population. Children with Down syndrome are at greater risk for the development of obstructive sleep apnea syndrome (OSAS), a broader term for sleep abnormalities that includes many other symptoms.

The Cincinnati Children's Hospital Medical Center performed sleep studies on children with Down syndrome to determine the occurrence of OSAS.

Fifty-six children with Down syndrome who were ages 4-63 months completed a test of sleep studies (polysomnography or PSG) that monitors brain waves, breathing, stages of sleep, and oxygen levels in the blood. Thirty-two (57%) of the children had abnormal results and evidence of OSAS. When they included an elevated arousal index (ten or more disturbances in sleep per hour), 80% of the children had abnormal results. Rapid eye movement or REM should make up 25-30% of sleep time in children younger than five years old. In this group, only nine children spent more than 25% of their sleep time in REM.



Because of the high incidence of OSAS in young children with Down syndrome and the results of the study, the National Association for Down Syndrome recommends a baseline PSG for children with Down syndrome at age 3-4 years.

Adapted from the National Association for Down Syndrome's July 2006 newsletter



NOTE: Library materials may be checked out for one month. The main library is located in the Early Childhood Center in the Bettendorf office with smaller libraries in the Clinton and Muscatine offices. You may stop in and browse or call to have the item you would like to check out sent on the AEA van to your local school for you to pick up. Envelopes are provided so you can return materials to your neighborhood school to be sent back to us on the AEA delivery van.

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The **Parent-Educator Connection** provides support and resources for families and teachers.
 For more information, please contact the Parent-Educator Facilitator in your service center:

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Websites of Interest



www.infonetiowa.com..InfoNet—a publication of the Governor’s DD Council

www.wrightslaw.com .. Wrights Law

www.aea9.k12.ia.us Mississippi Bend Area Education Agency—This publication, **PARTNERS**,
 is available on this site. Click on Programs & Services. Next, under Special
 Education, click on Departments, then click on Parent-Educator Connection,
 and in the left column click on Partners Newsletter.



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The Mission of the Mississippi Bend Area Education Agency is to improve teaching and learning for all students through active partnerships and assertive leadership in a climate of mutual respect.