



News from the Nest

November 3, 2022

What's going on at Swallow?

- Fun Friday: 11/4...Hat Day. Hat choices must be non-distracting. If they become a distraction, students will be asked to put their hat in their backpack.
- 11/4...7:30-8:30 am School Board Work Session
- 11/4...8-10:30 am SEF Monthly meeting
- 11/7.... Student Council Turkey Trot begins
- 11/7 and 11/10...7:05 am Jr/Sr Hawks Morning Hoops
- 11/7.... 3:15-4:15 pm 5-8 Yoga
- 11/8.... HAWS visits 3rd grade
- 11/8....3:15-4:30 pm Chess Club
- 11/8.... 3:15-4:15 pm 1-4 Yoga
- 11/9.... 7-7:55 am 5-6 Math Team
- 11/10...Haws visits 5th grade
- 11/10...3:15-5 pm Good News Club
- 11/10... 7-9 pm School Board Work Session

Contact Us

- Holly Heard: Director of Spec. Ed and Spec Ed Teacher
 - heardh@swallowschool.org
- Amanda Hanrahan: School Psychologist
 - hanrahana@swallowschool.org
- Carla Frantl: Occupational Therapy
 - frantlc@swallowschool.org
- Sarah Sarchet: Speech and Language Pathologist
 - sarchets@swallowschool.org
- Lauren Simon: Spec. Ed Teacher
 - Simonl@swallowschool.org
- Jeannette Snedden: Spec. Ed Teacher
 - sneddenj@swallowschool.org

Did You Know?

November 1st was National Family Literacy Day. [Here is a literacy calendar](#) of activities that can be completed at home to provide opportunities for families to gather for reading.

We often use the terms, 'meltdown' and 'tantrum' interchangeably, however, they are very different. [Understood.org](#) discusses the difference and what to do to help support a child experiencing a meltdown.

Sensory Processing Disorder can look different at various ages and stages of a child or adult. This can be a very overwhelming. I recently found [this article](#) that provides a unique perspective of a day in the life of a child with sensory processing disorder feels and what support can be provided to help regulate the sensory system.

Daylight savings time is just around the corner. On November 6th we 'fall back' one hour. This one hour time difference can have a very large impact on children, especially those who are very schedule based. Connecticut Children's Hospital released [this article](#) with strategies to help children adjust to the time change.

Upcoming Webinars

[Autism and Us: Old as Time](#) will be presented on 11/15 at 11am by Temple Grandin's mother. She will discuss her journey as a mother of a child with autism.

[Great Minds are NOT all the Same](#) presented by Temple Grandin on 11/28 at 12:00 pm. She will discuss her experience living with Autism and overcoming challenges as she grew up.

Collaboration Corner

No submissions this week.

How can we help?

Do you have a question or would you like more information on a topic related to special education? Our department is here to support you. Please complete this form and we can respond to you directly or if you would like to have us share your question and answer with the group, I would be happy to do so as well.