



Thursday, April 13, 2023

NEWS FROM The NEST

CONTACTS



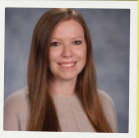
**Holly
Heard**

Spec. Ed Director/
Spec. Ed Teacher 6-8
heardh@swallowschool.org
262-367-2000 x164



**Amanda
Hanrahan**

School Psychologist/
GT Assessment Coordinator
504 Coordinator
hanrahana@swallowschool.org



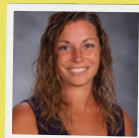
**Lauren
(Simon)
Bauman**

Spec. Ed Teacher 4k-3
simonl@swallowschool.org



**Jeannette
Snedden**

Spec. Ed Teacher 3-5
sneddenj@swallowschool.org



**Sarah
Sarchet**

Speech and Language
sarchets@swallowschool.org



**Carla
Frantl**

Occupational Therapy
frantlc@swallowschool.org

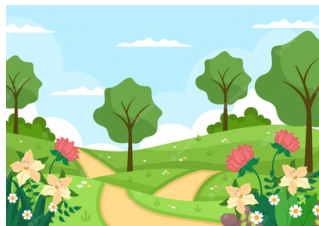
It is hard to believe it is mid-April.

The countdown is on with June 8th closer than it really appears. We have eight weeks left of school and then we close another chapter in Swallow School's amazing history.

April brings in new excitement, rejuvenation and an opportunity to regroup yourself. In the Heard Household, Spring means one thing....Mom gets really excited to clean and organize. The fresh spring breeze comes through the windows and getting the chance to rid the house of visual clutter that often creates mental clutter. Spring also provides an opportunity to get the whole family involved in activities outdoors.

RECONNECT WITH THE OUTDOORS....REMOVE THE CLUTTER

There are many great activities families can do outdoors together and as we know along with Spring, rain is a part of the package deal. While singing "Rain, rain, go away...." below there are some age/developmentally appropriate ways children can help with the Spring cleaning and reset for Summer



SWALLOW FUN FRIDAY SCHEDULE

April 14: PJ Day...keep your stuffies and blankets at home, please

April 21: Swallow Gear

April 28: Super Hero Day...keep any pieces that cover the students' faces, weapons and loose accessories at home

COLLABORATION CORNER

Help us, help you! Our team is not only here to help students, we are a resource for you too. If you have a question we can answer?

Click the 'contact us' icon to submit your question or additional support you may need.



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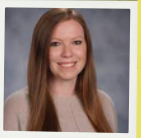
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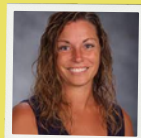
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Meal time provides a great opportunity for families to connect, share and talk. In the spirit of Spring and new beginnings, leverage dinner time at least once a week to let time stop for a little bit to move beyond the "How was your day" and wait for the inevitable "fine" or the other favorite, "what did you learn/do?" followed by "nothing" or "I don't know".

Below are a few conversation starters to try at your next meal time meet up.

Two, One, One.... "What were two good things about your day, one thing you wish could have been different and one thing you are looking forward to (or happening) tomorrow?"



Daily Double...create/find a random assortment of questions. Place them in a jar or container of some sort. At dinner pick two questions (for everyone to answer or two per person).

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