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NEWS FROM The NEST



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It is hard to believe we are back into the swing of things and preparing for another great school year!

Welcome back to returning families and Hello to our new families. News from the Nest is a student services-based newsletter to provides resources, tips, tricks, and a place to ask questions to help families best support their Hawks when they come home.

Over the summer, we have undergone some changes in the student services department. The first is my role: I am no longer serving as a special education teacher. For the upcoming school year, I will continue my work as the Director of Special Education. In addition, I will be the Dean of Students, working alongside Mr. Shricel, our Assistant Principal, on all things behavior and student support. I am looking forward to being your child's behavioral cheerleader and helping them to be a vital part of building Swallow into an even better place for learning and growing. Our second change is with Miss Emily Kobs. Emily joined our team last year as a special education instructional assistant. Her passion for student growth, advocacy, independence, and ownership we observed last year made us confident in her ability to continue to serve students, but in a different capacity. Our third departmental change is in the role of School Psychologist. Greta Wollmer has replaced Amanda Hanrahan's position. Greta comes to us from the University of Whitewater and has an incredibly positive attitude, collaborative approach and new and fresh ideas as to how we can best serve all learners.

PREPARING FOR THE FIRST DAYS

As exciting as the new year can be for some students, it can also be extremely stressful and anxiety-provoking for others. Beginning early to start the process of the new schedule can be helpful in building predictability.

Some other tools and strategies that can be helpful to ease morning stress and allow for opportunities to build independence are to lay out clothing the night before and have your child agree that they are 'on board' with the outfit choice, and getting your child used to setting an alarm and waking up to it.

As someone who is extremely fond of the snooze button, I have heard of some great options to nip that habit in the bud before it becomes regular practice.

- Setting two alarms (10 minutes apart)
- Placing a device in which the alarm is set across the room
- For those very heavy sleepers....I have had families invest in [this product](#) to get their children up.

The final recommendation for student transition success into the school year is to talk through and set expectations as to what drop-off procedures will look like. Reassure your child that you will see them after school, play up the fun things that are going to happen, and set the expectation that you will not be walking them into school or to the playground. You can tell them they will get a hug, kiss, and a 'have a great day!'

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.

