



Thursday, November 30, 2023

# NEWS FROM The NEST



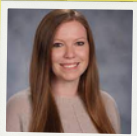
**Holly Heard**

Spec. Ed Director/  
Dean of Students  
heardh@swallowschool.org  
262-367-2000 x164



**Greta Wollmer**

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



**Lauren Bauman**

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



**Jeannette Snedden**

Spec. Ed Teacher 2-5  
sneddenj@swallowschool.org



**Emily Kobs**

Spec. Ed Teacher 6-8  
kobse@swallowschool.org



**Sarah Sarchet**

Speech and Language  
sarchets@swallowschool.org



**Carla Franti**

Occupational Therapy  
frantlc@swallowschool.org



Happy Thursday Families!

As another month comes to a close I find myself often getting lost in the 'day to day' and then when I allow myself to stop, the surrounding landscape can be rather chaotic. The energy we put off and the behaviors we engage in are often some of the most impactful and influential events that shape our children's lives.

Finding time each day to truly 'stop to smell the flowers' is an easy way to regroup/refocus and model the importance of self-care to our children. Over the summer, I was browsing the shelves of Half Priced Books and came across a book intended for educators, however, it could apply to anyone; in my opinion. 180 Days of Self-Care for Busy Educators provides low/no-cost ideas to make sure you are taking care of yourself.

I am sure we all have had a time when your child/ren were moving 100 miles a minute and quickly losing control of their thoughts/emotions/etc. Implementing a self-care plan in your child's schedule can help to give them the time to unplug and recharge. I have included some resources below to support you/your child/ren on the journey of self care, refocusing/ regulation strategies.



- 101 Self Care Ideas for Kids
- 25 Self Care Activities for Kids

Zentangles Art Activity

Weave Silk

Calming Resource Notebook

5, 4, 3, 2, 1 Grounding Technique

## 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.





# NEWS FROM *The NEST*

## Support Staff



Nelly  
Fischer

Jack  
Hansen



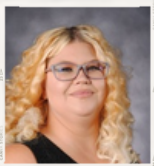
Kathy  
Monis

Sarah  
Moreno



Doug  
Neuman

Tabitha  
Oleksy



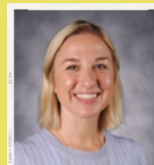
Jen  
Rahebi

Andrea  
Tarkowski



Sarah  
Walsh

Jenn  
Willbond



## INDIVIDUALS WITH DISABILITIES EDUCATION ACT (IDEA) TURNS 48!

On November 29, 1975, President Gerald Ford signed Public Law 94-142: the Education for All Handicapped Children Act, now known as the Individuals with Disabilities Education Act (IDEA).

This law changed the future of educational opportunities for students with disabilities. Before this law was passed nearly 18 million children with disabilities were excluded from being able to participate in public schools.

Here are some links to learn more about IDEA.

[History of IDEA](#)

[Video: History of IDEA](#)



The Hawks Nest and Student Services Team works hard to ensure every student can be as successful as possible. We have put together an [Amazon Wish List](#) of various items that would help us better support and serve all kids. If you are interested in taking a look, we would be extremely grateful for your consideration.

Do your kid's toy bins need a clean-out? If/when you find yourself doing this and come across any small trinket/toy items that you would like to pass on Mrs. Heard would gladly take them to her prize bin that students who are working on developing various skills gain access to for meeting their daily goals as a reward. Think birthday bag/Kids meal kind of items.

