



WILMA RUDOLPH LEARNING CENTER NEWSLETTER

LETTER FROM THE PRINCIPAL

JANUARY 2018

Happy New Year Rudolph Families,

I hope that you enjoyed your Winter Break celebrations and family time. 2018 is going to be an exciting year. Special thank you goes to all of the families who donated time and money to celebrate the staff with "Cocoa and Cookies". Thank you all from the bottom of our hearts for showing your appreciation!

This month we are introducing new partnerships to Rudolph. We will be working with Ms. Erin Haddock from Five Keys Yoga along with Ellen and Colleen from Mad Science. Students will be experiencing Yoga each week. Ms. Erin will also be offering Yoga to staff members after school on Thursdays. She is a fully trained Yoga instructor and enjoys working with students with disabilities. Mad Science will be working with us monthly in classrooms with hands on science learning experiences that focus on a different theme each month, including: healthy choices, the science of music, weather wonders, adventures in air, butterflies and sea, sand, and surf.

I encourage you to attend our PAC meeting and Parent Workshop on Tuesday, January 16th. UIC-Division of Specialized Care for Children will be presenting. They were at our Parent Resource Fair during Report Card Pick Up and we are excited to have them back. Also, don't forget to attend the community meeting regarding Rudolph Co-location (Spaulding Campus) on Wednesday, January 17th. The meeting is scheduled from 6:00-8:00pm. If you wish to speak at the meeting sign-

up is from 5:00pm-6:30pm. We encourage all families to come out and support this positive effect of co-location. Sign-language and translation will be available. Please contact the school with any questions.

As the weather has changed, and winter is upon us, here are some activities from Angelsence.com that you can do with your child!

1. Fort Winter
Sheets, blankets, cushions and pillows are all it takes for a magical afternoon at home. You can even create a "fort kit" box for that very purpose, and drop ripped or old bedding in it for future building. Serve a snack, read a book, do some physical therapy, or encourage a nap—everything is more fun in a fort.
2. The Noodle Pool
Swimming in winter? Sure—why not? Cut pool noodles down to six-inch lengths and fill the tub (or a baby pool) with them. Softer than a ball pit, fun for "swimming" or rolling around but the benefits are still there. The brightly colored pieces offer sensory stimulation for children with special needs, as well as strengthening motor skills. And when you're done, store them in a laundry bag tucked into the closet.
3. Puppet Parade
Paper bags or discarded socks, some markers and yarn and suddenly puppets are ready to have some fun. Act out a story or get out some excess energy by leading the newly made friends in a march around the house.
4. Drive In Movie
Big boxes left over from the holidays? Cut off any flaps so the top is entirely free (and smooth

for curious fingers) then set the kids off to decorate them. This is a fun time to practice naming colors or using crayons to draw their names on the works of art. Is there something the teacher is encouraging you to work on over break? Everything's better when you're practicing on your own cars, boat, or plane. Then everyone gets to park his or her new rides in the living room for a movie! Snacks optional...but a juice box would be awesome.

5. Go Fish
Bring out those pool noodles, reuse old rubber fish or ducks from toddler tub years and let's play a game. Fill a bucket of noodles per child (and you!) and hide a few toys inside. Make it a race or just some fun—the noodles can go flying without doing damage and the winner finds the fish first! This is a great activity for when therapy or play time is disrupted by weather. Build fine motor skills and practice taking turns while having fun!

In this new year, please know that I am humbled and honored to serve as your principal at Rudolph. I look forward to our endless possibilities we can encounter as a school community. I am here to serve you, with open arms and an open door. Cheers to the future success of Rudolph and our students!

Yours in Education

Principal Dacres



Dear Parents and Guardians,

Happy New Year! We hope the first full week back went off without a hitch. We are happy to be back at it with many fun upcoming events this month. Last month we were all so excited to spend some time with the therapy dogs from Canine Therapy Corps. Volunteers brought in five dogs, all different breeds, and visited each classroom. We saw some wonderful student interactions and can't wait to possibly have them back in the future! We also were so thankful to be visited by RAISE with the gracious coat drive donation and special guest visitor from the North Pole.

This month our fourth and fifth grade students will have the opportunity to visit the new

Blackhawks training facility and experience what it's like to ice skate! They have sleds on hand and are ready to work with our students. Classrooms are also taking a field trip to the Old Town School of Folk Music to see a performance. A few classrooms went last month and thoroughly enjoyed it. Last but not least, we will also be hosting our Winter Festival for students on Friday, January 26th. We will need some parent volunteers. Please see the attached form and return it if you're able to volunteer your time.

Our December CORE words "MAKE" and "GIVE" were utilized by our students during transition times, academic times and during social interactions. The January CORE words are "GOOD" and "BAD",

which are used at school during all activities. Please see some examples of opportunities to use (model and reinforce) these core vocabulary words of the month at home in this newsletter.

As we start a new year with our community meetings upon us, I am once again grateful to be a part of the Rudolph Family. I know great things are in store for us this year!

Yours in Education,

Assistant Principal Galati



Social Emotional Learning (SEL) Corner

Welcome back everyone!

The first week back from winter break can be restless. Many children are still coming down from the excitement of the holidays. Two unstructured weeks away from school with strange food, rituals and relatives can be overwhelming for many children, especially when it comes to an end after the New Year and normality resumes. Children regardless of their home life manage behavior by predicting their environment. After an unpredictable winter break, experts recommend that teachers should give students room to ease back into school and this might be harder for those from persistently stressful homes. To help ease back into your normal routines consider the following tips:

Re-evaluate current routines

What worked for your family in the fall and early winter may not always suit you in late winter and spring. Maybe your child is now participating in a new activity, now is the perfect time to consider all of your engagements, both new and old, and eliminate those routines that are cumbersome or ineffective and then, replace them with new ones.

Get on track with an appropriate bedtime

Based on the age and activity level of your child, set an appropriate bedtime taking in mind that it generally takes one full hour to transition from awake to fully asleep. Create a wind down period one hour from the time of their set bedtime, for example, if your child should be asleep by 8pm, start the bedtime routine and less stimulating activities at 7pm. Bathing, reading books, doing a puzzle and coloring are all low-sensory activities that help the body begin to wind down from the day's busy routine.

JANUARY CORE VOCABULARY

For the month of January, we are targeting the core vocabulary words *GOOD* and *BAD*. Throughout the month at school, we will emphasize these words during activities and use aided language stimulation. It is important that not only are these words modeled at school but are also modeled at home during motivating, frequently occurring routines. Think about ways that you can use aided language stimulation (touching pictures and saying the word simultaneously) at home. Using aided language stimulation will improve your child's ability to understand vocabulary, point to pictures to express himself/herself and/or use communication systems. The pictures of *GOOD* and *BAD* are attached. These words can be used for a variety of communication purposes, including greeting, making comments, and expressing feelings. We need to remember to *NOT* use them in reference to behavior. Instead, we can use them in reference to choices. For example, "That is a good/bad choice."

Here are some examples of opportunities to use (model and reinforce) these core vocabulary words of the month at home.

GOOD & BAD

Activities	Ways to model
Greetings	Model and use greetings throughout the day, such as "good morning", "have a good day", and "good night"!
Giving opinions	Use good/bad to state preferences in a variety of activities that allow you to give your opinion, such as when listening to music, looking at photos, or eating. Discuss if "the song is good/bad", "it looks good/bad", or "tastes good/bad".
Behavior expectations	When discussing choices or expectations, you can discuss "good choices" and "bad choices". For example, you can say "hitting your brother, was a bad choice" or "waiting your turn, is a good choice."
Talk about past events	Talk about how your day is going or went. "I had a good/bad day", "That was the best!", "You did good".
Story time	While reading a book, emphasize the words good/bad in the book, ask/answer questions and discuss good versus bad. For example, "He is a good prince", "That is a bad dragon". Some books such as <u>Good days, Bad Days</u> by Catherine Anholt or <u>Alexander and the Terrible, Horrible, No-good Very Bad Day</u> by Judith Viorst describes good versus bad.



