



JANUARY



Consistency is key

by Christina Johnson

Reminders:

School Closed: Monday, January 21st for Martin Luther King Jr. Day (K & E)

Wednesday, January 30th Students will be dismissed at 11:30am (K & E) for Staff Development

Save the Dates

January Educational Workshops/Groups for Parents

Tuesday, January 8th, 6:30-8pm - Parent Workshop:

Understanding the self-Direction Program through New York OPWDD (K)

Tuesday, January 15th 12:30-2:00 - Understanding your child's Sensory System (E)

Thursday, January 17th - 12:30-2:00 Getting a Good Night Sleep is possible ~ Autism and Sleep Problems (K)

Friday, January 18th, 6-9pm - Parent Night Out (K)

Wednesday, January 23rd 6:30-8pm Parent Discussion Group - Sibling Discussion Group (K)

Childcare is provided free of charge for most of our parent workshops. This service is for CSS students, siblings and alumni. **Please be sure to tell us if you need childcare or need to cancel your childcare services so that we can hire the correct number of staff**

Support Spectrum Services in the New Year

Although the New Year has begun, it's still not too late to donate to our annual appeal. Consider this donation a good start to your 2019 tax deductions, while at the same time knowing you're supporting Spectrum Services, and the life-changing work it does for your child, and all their classmates. Want to help even more? Ask friends and family to donate, too, in honor of your child!



IMPORTANT REMINDER

Whenever your child is absent, it is **extremely** important that we receive a note explaining the reason for the absence upon his/her return to school. **This is a State Ed regulation that we need to adhere to.** For your convenience, we have put a supply of absence forms in the back of your child's homebook.

Many people develop a resolution to lose weight or save money. As a parent or caregiver of a child with Autism, develop a resolution that will help YOU help your child/children. It is important for children to know that parents mean what they say. The way to teach that is to follow through with things you say. Often times parent become so exhausted that they just give in. This year follow through. Exhaust yourself now to decrease exhaustion in the future. That means - **PICK YOUR BATTLES** and stick with your battles. When giving up on something you have said or a routine you are trying to set, you then reinforce what your child has done to get to the result they themselves prefer. You can do it!

Incllement Weather delays/closings reminder

Find Delays/Closing Alerts in a red bar across the top of our website! If you have not signed up for our school messenger notification system please speak to your Family Service Coordinator.

Stay up to date on all our activities and special events! Like Us on Facebook, and visit our website to join our email list:

www.centerforspectrumservices.org

