

SSD/Maplewood Richmond Heights

October 2022

Dear MRH Families,

This edition of the SSD/MRH newsletter offers many ways for you to be involved in your child's education and to learn about resources and strategies available to you. Of course, Parent/Teacher conferences are a great way to connect with your child's teachers. SSD's Family and Community Engagement department is offering a variety of workshops throughout the year.

We are also planning several workshops for families that we will host here in MRH this school year. Be on the lookout for more information about those offerings.

We appreciate your support and engagement as we work to empower students of all learning abilities to excel to their greatest potential.

Respectfully,

Ben Gleason

Lead Special Education Coordinator

Upcoming

October 11- Early release day

October 21- End of first quarter

October 24 & 26- ECC/Elementary Parent/Teacher conferences

October 25 & 27- MS/HS Parent/Teacher conferences

October 28- Fall break for students/teachers

October 31- Professional Development day (no school)

Family and Community Engagement (FACE)

- **Lunch and Learn Series 2022 - 2023:** Special School District's Family and Community Engagement (FACE) department is excited to offer a virtual Lunch & Learn series for SSD families and stakeholders. The series, which will involve community organizations sharing information about their work, will continue during the 2022-23 school year and take place from 11:30 AM - Noon.

Representatives from three community organizations and three SSD departments will participate in order to increase awareness about their agencies or programs and make connections with those in our SSD community who may benefit from their programs and services.

Features in the 2022-23 Lunch & Learn Series are:

- [SSD Family and Community Engagement \(FACE\), Activities for Family Engagement Month](#) - Oct. 26, 2022
- [Recreation Council of Greater St. Louis, Summer Resources](#) - Dec. 15, 2022
- [Productive Living Board \(PLB\), Resources for Families](#) - Jan. 25, 2023
- [SSD Applied Behavior Analysis \(ABA\) department](#) - Feb. 22, 2023
- [The National Alliance on Mental Illness \(NAMI\)](#) - April 26, 2023
- [SSD Family and Community Engagement \(FACE\), Summer Engagement Activities](#) - May 24, 2023

Each event is held virtually through YouTube Live. To access the video, please click on the organization's name in the list above. The videos will not be available to view until their scheduled date and time.

FACE (Family and Community Engagement) 3 Part Series: Introduction to Charting the LifeCourse Framework will be held on Tuesdays, October 4th, 11th, and 18th from 11:30-12:00pm. In these 30-minute virtual sessions, families will receive an overview of Charting the LifeCourse, gather insight on the history of the framework, and learn how it can provide a systematic way to plan for the future. The second and third sessions will focus on the Trajectory tool and Integrated Supports Star planning tool and how to successfully use them. [RSVP for Introduction to Charting the LifeCourse.](#)

Parent Cafe: A Parent Café will be held on October 27th from 6-8 at North Technical High School. Cafes are hosted by families for families. They provide parents and caregivers a safe and welcoming space to connect and learn from each other. They are centered on the Strengthening Families Five Protective Factors: Resilience, Relationships, Knowledge, Support and Communication. [RSVP for Family Cafes](#)

Community Action Agency of St. Louis County: Join FACE as they welcome CAASTLC to the Family Resource Hub located in North Technical High School on Friday, October 14th from 9am-4pm. Families can learn about case management, utility assistance, rental assistance, financial education, weatherization, program development and education activities. A CAASTLC representative will be available to answer questions and assist with applications. To learn more about Hub Huddles please call 314-989-8034.

MRH Parent Advisory Council

The MRH Parent Advisory Council offers an opportunity to connect with other parents of students with disabilities and to learn about topics of interest. Please contact MRH parent [Mrs. Kim Gifford](#) if you are interested in participating.

Affordable Connectivity Program

The Affordable Connectivity Program is a [Federal Communications Commission program](#) that helps connect families or households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers. Eligible households can enroll through a [participating broadband provider](#) or directly with the Universal Service Administrative Company (USAC) using an [online](#) or mail in application. You can learn more

about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/ACP, or by calling 877.384.2575.

Wellness

Foods Mood

TO IMPROVE YOUR

Grapes
Grapes are full of vitamin C and natural sugars, both of which enhance mood and boost energy.

Tomatoes
Tomato skins help stop the pro-inflammatory compounds that are linked to depression.

Green Tea
Green Tea contains L-Theanine, an amino acid that decreases anxiety and stress.

Dark Chocolate
Dark Chocolate improves blood flow to the brain, and is almost immediately noticeable in brightening your mood!

Spinach
Spinach contains vitamins B6, B12, and B3, all of which are essential in producing serotonin.

Walnuts
Walnuts have omega 3s and antioxidants, both which have benefits. They also contain magnesium, which can reduce irritability, anxiety and depression.

Water
Water may not be a food, but it is important for our mood! Dehydration can impair our brain's ability to function.

Bananas
Bananas can increase the production of serotonin and dopamine. Important neurotransmitters for happiness.

Almonds
Almonds contain good fats for skin and brain health. They also increase dopamine levels.

Strawberries
Strawberries are a great source of potassium and vitamin C. Potassium can help generate nerve impulses.

Avocado
Avocados are great for your skin and hair, but they also increase dopamine levels and increase endorphins!

Yogurt
Yogurt in can help boost your vitamin D, just like the sun can. Lack of vitamin D can cause depression.

Asparagus
Asparagus is one of the highest plant-based sources for tryptophan, which creates serotonin.

Ram Honey
Honey is a source of sweetness without the negative effects of sugar. It helps reduce inflammation in the brain.

NOW HIRING



Make a difference.
Join us.
ssdmo.org/careers

SSD SPECIAL
SCHOOL
DISTRICT
SPECIALIZED FOR SUCCESS



Kelly Education



A day in the classroom really adds up to something.

Now Hiring Substitute Teachers

Missouri Department of Elementary & Secondary Education (DESE) has recently adjusted requirements to obtain a Substitute Teaching Certificate. New guidelines allow you to get a Substitute Teaching Certificate two ways: either by having 60 college credit hours **or** completing 20 hours of online training.

DESE Checklist for Substitute Teacher Cert:



Substitute Opportunities in the St. Louis, MO Area:

Connect with a Recruiter: 800-791-5895 Option 2

Let's Talk!

Let's Talk is an open invitation from Special School District (SSD) to tell us what's on your mind. Let's Talk is an easy way to submit feedback at your convenience directly to the SSD staff member who can help.

Additional Resources

- [SSD Superintendent Updates](#)
- [SSD Parent Advisory Council](#)
- [Parent Education & Diversity Awareness Program](#)

- [SSD Partner District - Maplewood-Richmond Heights](#)
- [Academic and Related Services Toolkit](#)



Special School District of St. Louis County

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