

SSD/Maplewood Richmond Heights

February 2023

Dear MRH Families,

Special School District needs your input. Please scroll down to access SSD's Family-School Relationships survey. Your feedback will help SSD continuously improve services to students and families.

Respectfully,

Ben Gleason

Lead Special Education Coordinator

Upcoming

Feb. 13 and 15- Elementary Parent/Teacher Conferences

Feb. 14 and 16- Middle/High Parent/Teacher Conferences

Feb. 17- No School - Professional Development Day

Feb. 20- No School- Presidents' Day

Feb. 28- Early Release Day

You're Invited to Complete the SSD Family-School Relationships Survey

Special School District is committed to creating safe and welcoming learning environments so that our students can shape successful futures. To assist us in these efforts, each year we ask parents to share their thoughts and feedback about the safety, communication, and learning supports that exist in our schools. Please take a few moments to complete the anonymous

<https://surveys.panoramaed.com/ssdmo/family/surveys>. The survey is open from Jan. 16 – Feb. 10.

Your valuable feedback is greatly appreciated!

Family and Community Engagement (FACE)

- FACE has two Hub Huddles this month at North Tech High School. A representative from CAASTLC (County Action Agency St. Louis County) will be there on February 10th from 9am to 4pm. CAASTLC can provide support for utilities and weatherization along with food resource support. The HEC (Higher Education Consortium) provides support to individuals 16 and up in the area of higher education or career support. A representative from HEC will be at the Hub in North Tech on February 21st from 11-12pm.
- There will be a Lunch and Learn webinar on February 22nd from 11:30-12. This Lunch and Learn will feature SSD's ABA (Applied Behavior Analysis). Join this virtual opportunity to learn about Applied Behavior Analysis and the services provided to special education students of St. Louis County. Join us live on our [SSD YouTube Channel](#).
- Join FACE for a Family Cafe! Cafes are hosted by families for families. They provide parents and caregivers with a safe and welcoming space to connect and learn from each other. They are centered on the Strengthening Families Protective Factors: Resilience, Relationships, Knowledge, Support, and Communication. Our next cafe will be held on February 23rd at North Tech High School from 6-8pm. Register [here](#).
- FACE is hosting SSD's Early Childhood Special Education department to bring to you a workshop titled "Why is my Child Misbehaving" on February 28th from 11 am to Noon. This workshop is geared toward children 3 to 6 years old but may be helpful for children up to 8 years old. Register [here](#).

Family Leadership Institute - Spring Application is Available

Spring Dates: Wednesdays, April 19, 26, May 3 5:30 - 8 PM

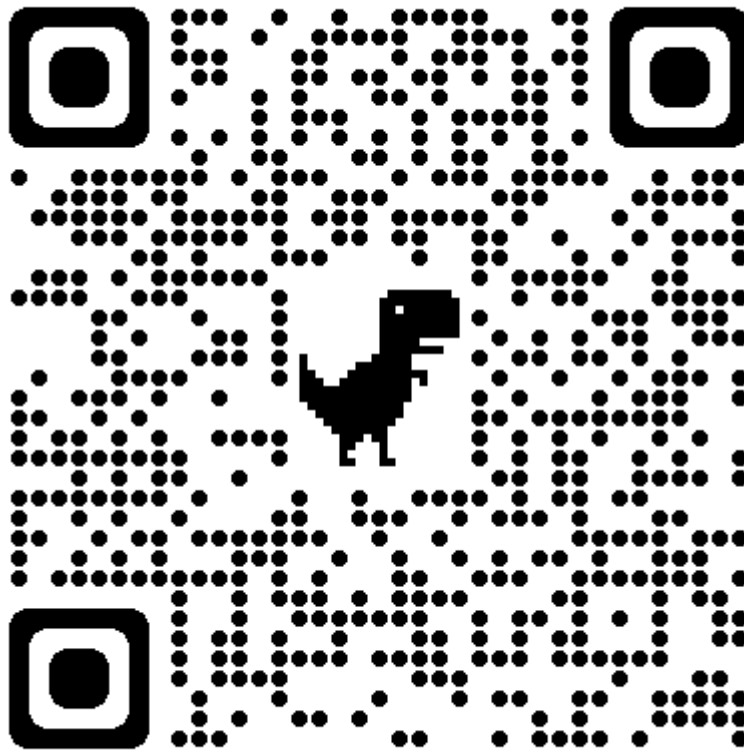
Application: <https://ssdface.as.me/SpringFLI>

Celebrate Black History Month

- Celebrate Black History Month with the St. Louis County Library <https://www.slcl.org/content/black-history-celebration> .

Events include:

- A Keynote address from Carlotta Walls LaNier, a member of the Little Rock Nine on Friday, February 17th at 7PM at the Ethical Society of St. Louis (9001 Clayton Rd., St. Louis, MO 63117)
- The Black Rep Presents "Turn Up" - [Lewis and Clark Branch](#) on Saturday, February 4th at 2 PM.
- Visit the slcl.org website to learn additional ways to celebrate; opportunities are available throughout St. Louis County and include the Black History Magic Show, Africa Alive drumming circles, Story Quilts, and African dance.



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.

Wellness: Just get out there

As jobs have moved from farms and fields into office spaces over the last 200 years, and more recently, our own homes, we are spending more time indoors than ever. [A study from the EPA](#) showed that the average American spends 93% of their time indoors. If this is true, we are missing out on an abundance of physical and mental health benefits the outdoors have to offer.

According to mounting evidence, the benefits of spending time outdoors include "improved attention, lower stress, better mood, reduced risk of psychiatric disorders, and even upticks in empathy and cooperation" (American Psychological Association, 2020). Can you imagine if your life significantly improved in all of these areas? Can you imagine your kids having improved attention, better mood, or better cooperation?

We are learning all of this, and yet we structure our lives around being inside constantly throughout the day. This does not mean a backpacking trip through the Rockies is required to reap these benefits. Studies show short walks through a park, or even seeing trees in an urban setting can produce similar results (American Psychological Association, 2020).

Start small. A routine 5-10 minute walk could be the crucial first step to incorporating outdoor time into your life. It could be a bike ride, the playground with your kids, or just through the park. From the

small steps out your front door to the weekend-long camping trip, you are bound to see positive effects on your brain and body when you step into nature. Whatever you do, just get out there.

Work Cited

American Psychological Association. (2020, April 1). Nurtured by nature. Monitor on Psychology, 51(3). <https://www.apa.org/monitor/2020/04/nurtured-nature>

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 Guidance/Resources for In-Person and Distance Learning](#)
- [SSD Partner District - Maplewood-Richmond Heights](#)
- [Academic and Related Services Toolkit](#)



Special School District of St. Louis County

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