



IU5 Family Support Center

YOU ARE NOT ALONE



This interactive newsletter contains clickable links to many great resources!



FALL 2022 NEWSLETTER

How to Contact the Parent Consultant

My name is **Corinne Davis** and I am here to help you find answers to your questions about Special Education. Did you know that the Parent Consultant can support you at IEP meetings for your child? I can also help you discover disability resources, find community events, or connect with support groups. If you have any questions or concerns about your child's experience in Special Education, please feel free to reach out to me. I am happy to help in any way I can.

Call **814-450-3345** or email FSC@iu5.org.



WHAT WE'RE CELEBRATING THIS FALL

- * **September 26** is **Love Note Day**, a day to share your happiest and most appreciative feelings with the people you love. If there is one thing we could all use more of, it's love!
- * **World Smile Day** is **October 7th**. Do a simple act of kindness on this day to put a smile on someone's face.
- * **November 8** is **Tongue Twister Day**. How many tongue twisters can your family get through without bursting into uncontrollable laughter?
- * **World Kindness Day** is **November 13**. Use this day to teach your children the importance of kindness, compassion, and empathy.
- * **December 16** is **Ugly Sweater Day**. A fun holiday that has gained popularity in the past decade, so much so that many stores have an "ugly sweater" section. What's the ugliest sweater you can find?



October is **ADHD Awareness Month**. If you are the parent or caregiver of someone who has ADHD, chances are you have wondered if there is anything you can do to support them and help them be successful. The [ADHD awareness website](#) is full of helpful videos, articles, and studies to help those with ADHD and their families better understand how their brains work and how to use their special skills for the better.



UPCOMING EVENTS

* **October 6:** The **Autism Society of Northwestern PA** is hosting a [sensory friendly evening](#) at Sisson's Pumpkin Patch from 5pm - dusk. [Pre-registration is required](#). The cost is \$4 for members and \$8 for non-members.

* The **Autism Society** is hosting a [sensory friendly day at Splash Lagoon](#) on **November 6** from 2:30pm-6:30pm. Pre-registration is required. The cost ranges from \$0-22 depending on membership and participation type.

* Highschool students who are **thinking ahead to graduation** and what life might look like are invited to attend **OVR's Virtual Transition Night** on **November 3** from 6:30 - 7:30pm. Parents, students, teachers, special ed staff, and support staff are welcome. OVR's mission is to assist youth and adults with disabilities in securing and maintaining employment and independence. Email Jennifer at jdivins@pa.gov to register.

* The **Erie Zoo** offers **educational classes** for infants, toddlers, pre-schoolers, families, and adults. You'll need to create a free account on the [Erie Zoo website](#) to view and sign up for classes. Start by clicking "Education". Children with special needs are welcome to attend!



UPCOMING TRAININGS

There are many free virtual trainings available to parents & caregivers from many wonderful sources.

* **Ongoing:** The **PEAL Center** has a collection of informative videos you can [watch on demand](#). Topics cover a broad range including mental health, family support systems, Special Education disputes, and using Medicaid with a disability. Videos are geared toward parents, caregivers, educators, and teens.

*The **PA Family Network** and **Vision For Equality** offer [many trainings](#) relevant to **parents and caregivers of someone with a disability**. Upcoming webinars cover topics such as transitions through the lifespan, long term planning, and issues at school. Most webinars are held twice, one during the day and once in the evening. There is no cost to attend but you must register in advance

***Every Monday** at 7pm the **PA Parent & Family Alliance** hosts a [virtual support group](#) for parents and caregivers of children who are struggling with their mental health. This is a great place to connect with other parents, to share your experiences, or to just lend an ear to those in need.

CAREER STREET

LIFE AFTER HIGH SCHOOL

Figuring out what to do after high school isn't always a simple path with clear answers. While college is an obvious choice for many teenagers, others may struggle to discover a career path that excites them. Fortunately, there is help!

Career Street is a comprehensive career exploration and planning program linking local businesses, nonprofit organizations, and schools to create and share experiences for students to job shadow, intern, tour companies, benefit from class speakers, and participate in career workshops and fairs. In 2020, Career Street added virtual experiences to accommodate for safe, socially distanced career exploration.

Career Street's goal is to unite employers, schools, and nonprofit organizations in the pursuit of a well-prepared future workforce, and to help better prepare students for the careers they want.

To explore what Career Street has to offer, please visit CareerStreetErie.org. Let your school's office know if there is an opportunity you would like your high school student to explore.

PARENT SURVEY

Please take a few moments to [review our parent survey and provide your input](#). No personal information is collected and the survey is completely anonymous. The survey is hosted by Microsoft and **no log in is required to complete it**.

Our goal is to improve how your child experiences school at every step of the way. Your input will help us achieve that goal.



Northwest Tri-County Intermediate Unit 5
(814) 734-5610 or toll free (800) 677-5610

It is the policy of the Northwest Tri-County Intermediate Unit not to discriminate on the basis of age, religion, sex, race, color, national origin, ancestry, disability, or non-job related disability (including sexual harassment, sexual orientation, gender identity, and gender expression), in the admission or access to, or in the provision of services, programs, or employment in compliance with Title VI of the Civil Rights Act of 1964, Section 1604 of Title VII of the Civil Rights Act of 1964, Executive Order 11246 and 11375, Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, the Age Discrimination in Employment Act, the Civil Rights Act of 1991, the Pennsylvania Human Relations Act.
For information relevant to this policy statement, contact: Christine Carucci, 504 Coordinator, and ADA Coordinator, or Sally Daehnke, Title IX Coordinator - 252 Waterford Street, Edinboro, PA 16412 Phone (814) 734-5610 TDD (814) 734-1098



What does Occupational Therapy in school look like?

PROVIDER CORNER

Did you know that there is a difference between how occupational therapy is provided at school vs. how it is provided outside of school?

Occupational therapists, or OTs, who work with students at schools focus their services on making sure the student can thrive in school. They work on skills that will help the student participate in classroom activities, such as writing, art projects, and gym class, and support them in their activities of daily living. The goal of OT in school is to make school easier for the child.

OT in a clinical setting focuses on a child's specific medical conditions and impairments in a one-on-one setting. The goal of OT in a clinical setting is to make everyday life easier for the child.

The IU currently has 14 OTs across Erie, Crawford, and Warren counties.



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