

May/June 2009

## Keep Kids Learning All Summer Long



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Children often have a hard time keeping skills they have learned over the school year during the summer break. Many parents enroll children in summer camps or extended school year, but this often is a less structured version of the school day.

Dressing, self-care, and behavior naturally occur during the day. Take time to use these natural occurrences as learning opportunities. For example, help your child as needed to put on their shoes rather than doing it for them. It may take longer for them to do the skill on their own, but it teaches them the steps they need to be more independent.

Academic skills also can be integrated into a daily routine. Have children help with any math related problems and involve them in reading. For example, if you have a family picnic and 4 cousins, 3 aunts, 3 uncles, and 2 grandparents will be there, have your child help you count the number of cupcakes you need to bring. If you are baking the cupcakes, work on literacy skills by having your child read the recipe to you. Counting and fractions can be developed by gathering and measuring the ingredients. Children can work on motor skills by cutting butter, stirring ingredients, and pouring the batter into the tin. For children who need direct instruction, schedule a time during the day specifically to work on skills. If at all possible, plan trips or outings to new places for your child to experience. Or, take a weekly trip to the local library to keep your child interested in reading.

Although working on skills is important, be sure to enjoy the fun things summer has to offer. Enroll kids in swimming lessons, summer camp, tennis class, or just let them play outside. These kinds of activities are a way to stay healthy, learn new skills, and make new friends

### Mark your calendar

June 9: pace school field  
day

June 11: moving on cer-  
emony

June 15: last day of school  
students dismissed at 11:45

## Save the Date

**R**ace *for* **P**ace  
*5K Run/Walk*

**October 10, 2009**

Register now at [www.paceschool.org](http://www.paceschool.org)

**P**aws *for* **P**ace  
*1 Mile Dog Walk*

## Specialty Group Highlights

Group therapy is a form of psychosocial treatment where a small group of students meet regularly to talk, interact, learn new coping skills, and discuss problems with each other and the group leader. Group therapy attempts to give individuals a safe and comfortable place where they can work out problems and emotional issues. Students gain insight into their own thoughts and behavior, and offer suggestions and support to others.

This year, Pace School's Partial Hospitalization Program, has added specialty groups to the clinical services that are provided to Pace School. In addition to weekly psycho-education groups that each classroom participated in, Individual and Family Focused Therapists (IFFTs) lead a number of specialty groups that were designed with a common treatment goal, including:

- A twelve-week group for selected boys in 7<sup>th</sup>-9<sup>th</sup> grade that focused on common experiences and explored ways to deal with adversity specific to their experience.
- A ten-week anxiety reduction and relaxation group for 5<sup>th</sup>-7<sup>th</sup> graders. This group used components of art therapy and psycho-education to build skills.
- A problem-solving group was conducted throughout the year in the Autistic Support Classrooms.
- An eight-week anxiety reduction group with students the developmentally delayed classrooms. This group focused on self- awareness and relaxation techniques.
- 9<sup>th</sup> graders participated in group therapy twice a week throughout the year. They utilized a curriculum that focused on life and social skills.

The clinical program looks forward to expanding these services for the 2009 school year! If you have any suggestions for specialty groups that you think your child would benefit from, please let us know!

## Policy and Procedure Review

At Pace School we encourage and invite feedback and input from parents and students in regard to their educational programming and mental health treatment. As a reminder, if you have a specific or general concern or complaint, please feel free to address this with a direct care staff member or their supervisor. We will make every attempt to resolve the complaint and respond to your concerns in a timely and thorough manner. If at any time you are not satisfied with our response, you may initiate the Grievance procedure by putting your complaint in writing and submitting to the school. Details of the Grievance Procedure are located in the back of the Student and Parent Handbook. Please feel free to contact the school with questions.

# Have a Great Summer!!

## Paperwork Reminder....

Just a reminder that you will be receiving some paperwork over the summer that will need to be completed and returned to the school to complete registration for the 09/10 school year. The first packet will arrive in mid July. If you do not complete and return the forms, a second batch will be mailed in August. They will include the registration form, medication forms, pharmacy forms, and Authorization for Release of Information to the Insurance Companies. We will also be sending papaerwork regarding school lunches. Please complete a return these forms as soon as possible. Thank you!

