

# Linwood News



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Quarterly School Newsletter | July 2018

## Happy Summer & Happy Graduation!

Dear Parents and Guardians,

We are in the middle of summer and trying to stay cool. During our fourth term, the students were busy gardening, participating in senior week events, and getting ready for graduation and many other summer events! It was a very busy time! On June 29th, we held our Graduation ceremony. It was an amazing and wonderful day. It was hot, but I don't think anyone minded. Everyone was so focused on celebrating our graduates—it was their day to shine, and we were all so proud of them!

In late June, students started to visit the pool on a weekly basis. It's one of their favorite annual activities, and it certainly helps beat the heat. Everyone gets to splash around and swim! The pool visits will run until July 31st.

As a reminder, our fourth term ended on June 29th. This term was extra long due to the three snow makeups days we were required to fit in. You should have received your child's progress report already. If you did not receive it or if you are interested in discussing your child's progress and/or meeting with any of your child's team members, please contact your teacher to set this up. We are always happy to talk to parents!

As always, if you have a questions or needs, please feel free to contact us and we'll be happy to help you. Enjoy summer and try to stay cool!

– Diann Butler, M.S.  
Education Director

# Inside the Classroom

Linwood Teachers share what has been going on in their classrooms this term

**Mr. Alfred's Class** had a blast at prom this term! Mr. Alfred had this message to share about the experience: "Many of us have experienced events in our past that when recalled many years later bring back fond memories. That was my case when I heard that Linwood School was going to have a prom this year! I remember that my prom was filled with many firsts and great memories. The staff and I wanted to help our students create their own precious memories, and we did! On the day of the prom, the school's cafeteria was decorated to fit the Hollywood theme and there was a DJ who played the perfect tunes for dancing. The students looked great in their formal attire. Some of the boys wore neckties for the first time and the girls dazzled in their fancy dresses. I think the students had a great time—I know I did! Thanks for the memories!"

**Ms. Amanda's Class** enjoyed many new activities this term. Every Wednesday until harvest, the class will be helping out with watering in the school garden. Back in the classroom, they are implementing a new group leisure time. The classroom staff also helped plan and set up an exciting week for graduating seniors and their classmates. During senior week, the students went

swimming, had a senior barbecue, and attended Prom. At the end of the week, the class said goodbye to Marquise with a graduation ceremony and reception. We wish him all the best in life and will miss him!

**Ms. Colleen's Class** has enjoyed the beginning of their warm summer season by getting their feet wet at the pool and enjoying time in the garden. The students have also been out grocery shopping and went out to eat to a restaurant which was a huge success. They have spent a lot of time talking about different trips in reading and sequencing as well as completing sentences for comprehension. The class will continue enjoying the warm weather by making some sweet summer treats in cooking group and reading more about fun things to do this season!

**Ms. Jamie's Class** has enjoyed spending time outside as the weather has gotten nicer! Earlier this term, the class attended planting day in the garden. To prepare for planting day, the students read social stories about gardening and practiced asking and answering questions about what they want to plant in the garden. They played garden BINGO too! The most popular vote for what they wanted to plant

was broccoli. The students continue to enjoy watering the vegetables in the garden weekly.

The class recently attended their first pool session of the summer. They enjoyed getting in the water with their friends to cool off from the summer heat!

**Ms. Karen's Class** kicked off the term with a trip to the Stratosphere Trampoline Park! They had a great time jumping from trampoline to trampoline. They continued their fun day by going to Salerno's for lunch and Rita's for dessert. The students paid for each of these events themselves using their vocational earnings. At each place, they ordered food and bought tickets independently!

In science, the class finished their plant unit by planting flowers at one of Linwood's residences. June was a bittersweet month as the class prepared to say goodbye and good luck to their two graduates, Peter and Zachary. Senior week was a lot of fun for the class—their favorite activities were Linwood's Prom and the Senior Cookout.

This summer will be a busy one. In language arts, the students are getting ready to work with verbs. They will also start going to the library and doing presentations on the books that they check out. In science, the class will be studying energy, and in social studies they will study transportation. Of course, the



class will also enjoy pool day on Tuesdays! At the end of August, the students will visit the B&O Railroad Museum.

**Ms. Katie K.'s Class** had the pleasure of welcoming a new student to their classroom this term! Everyone in the class has been so excited to get to know their new friend! The students have been working on counting and answering “wh” questions. The class loves the warm weather and has been taking full advantage of their nature walks. During nature walks, the students use their math skills to count birds and flowers! They seem to really enjoy learning through exercise. Everyone is looking forward to the new and exciting changes next term!

**Ms. Katie W.'s Class** has happily welcomed summer! The students have been making good progress on their individual IEP goals, but the work doesn't stop there. They are learning lots of other things too—like sentence building, solving word problems, syllabification, and more. The class learned about the parts of a plant and the purpose of each. Then, they planted seeds and watched the flowers develop. They extended their nature study by observing tree frogs for a day, and they are currently observing tadpoles that they found on the playground. Wish them luck in raising them fully into frogs! The students are so excited for their weekly trips to the pool this summer. They are also excited to welcome a current Linwood student into the classroom this

summer and a completely new student at the start of the fall term! The class's social group work will be focused on being flexible with these changes.

**Ms. Lisa's Class** has been learning about jobs in garden centers, including planting, watering, mulching, and stocking. They have also learned about jobs that keep the environment clean and beautiful, like recycling and landscaping. The class participated in planting and tending to the school garden as well as planting flowers inside the classroom. The students also participated in various vocational activities within the classroom, including stocking paper, cleaning the teaching apartment, and working at the school store.





At the end of June, the students said goodbye to their classmate Brendan as he graduated from the program and moved on to the next phase of his life!

**Ms. Megan's Class** is off to a great start this summer term. During Senior Week, the class went on their first swimming trip, attended prom and danced to the songs they practiced in gym class, and attended graduation to support Linwood's graduating seniors. The students have also been keeping up with their gardening duties, including filling watering cans and watering the plant beds. They have enjoyed monitoring the blooming flowers and vegetables. The class also participated in some exciting cooking activities, including an in-class picnic and barbeque! They

also had a really fun OT and Speech Group where they created glittery fireworks to celebrate the 4th of July. The students look forward to more swimming, learning and reading about summer, and participating in fun summertime activities.

**Mr. Sam's Class** is ready for summer!

Hard work indoors pays off,  
During the winter and spring.  
Time to bring learning outside,  
Make sure to tie those shoestrings!

Summer is upon us  
The flowers are starting to bloom.  
The garden is growing  
There goes my classroom!

The summer brings the sun  
Where will we stay cool?  
Over to Columbia we go!  
For Clemons Crossing Pool!

More time to explore  
Safety is a must  
Linwood accomplishes goals  
We aren't left in the dust.

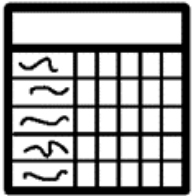
**Ms. Tracey's Class** had a busy spring and early summer. Students learned about zoo animals and took a fun trip to the Baltimore Zoo. They also learned about summer activities and even participated in a few of them. They enjoyed a picnic, an ice cream social, and time at the pool. This summer, the class is excited to begin their ocean and summer camp units.





# What Helps My Child Learn?

Our Related Services Team shares tips for helping your child learn new things



## Routines Help

We all like to be successful and we want to know what is expected of us. At school, our students usually follow a visual schedule to help them understand what they will do throughout the day. We often give students familiar tasks that are changed in small ways to help them learn. At home, think about what routines you already have and consider how you can help your child boost their independence. Can they help you set the table or tell you what they need?



## Look for Small Changes

At school, we look for small improvements and keep track of what is working and what is not. We may measure change by counting the number of times a behavior happens, the number of successes, and/or how much help students need. We recognize that helping students make small improvements in their skills will lead to more noticeable improvements. By working on these smaller skills, we hope to eventually notice bigger changes.



## Amount of Help Needed

We all need different levels and kinds of help when learning something new. Pay attention to the things you do that help your child. Do you point to items in the room when you talk? Do you repeat yourself or use shorter sentences? Do you give your child more time to answer a question? In school, we pay attention to what kinds of help each student needs and we work to reduce the help as much as possible. Your child can become more independent during daily tasks when we consistently monitor and change how much help we give.



## Rewards

We are all driven by different things. Adults work to make money and hopefully they also enjoy their work! Your child's interests and behaviors help the Linwood team decide what his or her reward system will look like. By regularly using a reward system specifically designed for your child, we can keep our students engaged in tasks. Consider a reward system at home and talk to your child's teacher or behavioral specialist if you need help.

– Alison Brady, Kendra Reines &  
Laurie O'Connell

# Behavioral Strategies: “Wait”

Linwood’s Behavior Specialists share insight on the strategies they use daily when working with students

This quarter’s topic will address teaching the skill of “wait.” In today’s fast-paced society, we have all become accustomed to what we like to refer to as “the instant tense”—you can order your Starbucks for pickup through an app, Amazon can deliver most things in 30 minutes, and we can even check ourselves out at Target just to avoid the line. Many of us have come to expect these services as a great support for our busy lives. However, when it comes to our students (and really all children), this expectation is often seen as a negative. In our field, there is a major push for communication so that our students can express their wants and needs. While we see these communicative intents as a major breakthrough, often the next step is to teach the student that while we understand what they want, the item/activity/person is not always available. To help ease the blow, we often work in baby steps. Depending on the students’ ability to tolerate waiting, the first step may be to wait 3 seconds and for others it may be to wait 3 minutes. There is always a goal to



increase the amount of wait time expected. When starting to work on the concept of “wait” it is important to keep a few things in mind:

1. Set the initial wait time to be reasonable and achievable.
2. Be sure to reinforce the student after a successful wait time.
3. Sometimes a visual for “wait” may be helpful.
4. Be sure to practice “wait” when you have time to work on it (do not practice when you have a deadline or are not able to follow through).
5. Keep at it! Like with all things, there are often successes and setbacks, but consistency is the most important thing.

– Rachel Maher, Erika Greszler &  
Amanda Tincknell

## Helpful Resources & Events

Upcoming opportunities and resources for students and parents  
recommended by Linwood staff

**Free Yoga for Children & Teens with Autism:** The Yoga Center of Columbia offers free yoga classes for children and teens with autism every other Saturday! Upcoming dates include July 14, August 11 & August 25!

**Pathfinders for Autism** offers a variety of events/workshops for individuals living with autism and their families, including the opportunities below. Learn more and register at [www.pathfindersforautism.org/calendar](http://www.pathfindersforautism.org/calendar).

- Hotel Transylvania 3: AMC Sensory Friendly Film – Saturday, July 28 at various AMC Theaters
- Autism Speaks’ Orioles Game vs. Tampa Bay Rays – Sunday, July 29th in Baltimore
- Walking Discovery at Baltimore Zoo – Sunday, August 5th in Baltimore
- Walking Discovery at Rawlings Conservatory – Sunday, August 12th in Baltimore
- Our World Explores: Teen & Young Adult Respite – Saturday, September 8th in Lanham



# Summer Heat Safety

Linwood's School Nurse shares how to stay safe and cool in the summer heat

Summer is definitely here at Linwood, and with that comes longer days and strong sun rays! I wanted to take some time to inform everyone on how to stay cool when the weather gets too hot and how to identify the symptoms of various heat related illnesses. Below are helpful guidelines, outlined by the Centers for Disease Control and Prevention (CDC), when it comes to preventing, managing, and treating heat related illnesses.

## How to Beat the Heat: Extreme Heat

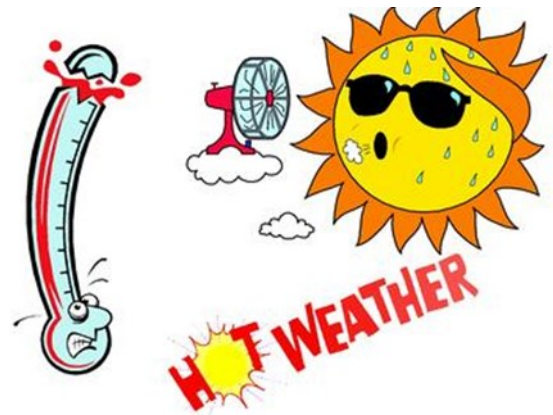
**What It Is:** Extreme heat or heat waves occur when the outside temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become dangerous to people's health.

**Who It Could Affect:** Children, older adults, people with disabilities, people with mental illness and chronic health issues, outside workers. More males than females are affected.

**Where:** Houses with little to no air conditioning, construction worksites, cars.

### How To Avoid:

- Stay cool in an air conditioned area.
- Avoid going outside between the hours of 10am- 4pm on days when there is heat advisory or heat warning.
- Stay hydrated with water and avoid sugary beverages.
- Wear light-weight, light colored, loose fitting clothes, wide brimmed hats, sunscreen with SPF 30 and above, and UV protected sunglasses to protect your eyes.
- Find shade as much as possible if you are



outside during peak sun hours.

- **DO NOT** leave children, elderly, pets or people at risk in cars during extreme heat. During extreme heat the temperature in your car could be deadly, even with the windows cracked!

## Heat Related Health Issues: Heat Stress

Heat stress is a heat-related illness caused by your body's inability to cool down properly. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Heat stress ranges from milder conditions like heat rash and heat cramps to the most common type, heat exhaustion. The most serious heat-related illness is heat stroke. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

**What To Look For:** See the following CDC resource titled "Heat Related Illnesses":  
[www.cdc.gov/disasters/extremeheat/warning.html](http://www.cdc.gov/disasters/extremeheat/warning.html).

Please read through it and if you have any questions, feel free to call or email me. Thank you for your attention to these important matters concerning the health of our students!

– School Nurse Bonnie Fisher, RN, BSN  
Phone: (410) 465-1352 ext. 224  
Email: [bfisher@linwoodcenter.org](mailto:bfisher@linwoodcenter.org)

# Star Staff

Thank you to these team members for going above and beyond to help our students and staff succeed!

- ★ **Ms. Amanda, Teacher** – Our Employee of the Month for May! As a new teacher, you have stepped up to focus on the students and their needs in an exceptional manner. We are so happy you joined our team!
- ★ **Ms. Kendra, Speech Language Pathologist** – Our Employee of the Month for June! You are always kind and supportive of the students and staff. You speak up when needed and make a difference every day!
- ★ **Ms. Laurie, Speech Language Pathologist** – Our Employee of the Month for July! You advocate for our students and focus on their needs consistently. Thank you for working hard to provide the students with what they need to increase communication!



**Special Graduation Acknowledgements:** Thank you to everyone who played a role in this day and helped make it so special for Peter, Marquise, Brendan & Zach.

- ★ **Graduation Committee** – Thank you for organizing an amazing graduation for our 2018 senior class! It was an awesome day!
- ★ **Ms. Karen's Classroom Staff** – Thank you for creating and planning Senior Week for the graduates! All of the activities were absolutely wonderful!
- ★ **Ms. Amanda and Ms. Lisa's Classroom Staff** – Your decorations for prom were super fabulous!
- ★ **Mr. AJ** – Thank you for providing snow balls at our Senior Cookout and for being the Prom DJ and Senior Week photographer!
- ★ **Ms. Lorielle** – Thank you for your fabulous the flyers, your spirit, and your wonderful ideas! You are so creative!
- ★ **Ms. Shoshana** – Thank you for being the dance leader at Prom and for teaching everyone new dance moves! They were a big hit!
- ★ **Mr. Chris and Ms. Flor** – Thank you for providing the food and snacks for all the events during Senior Week and Graduation. You are appreciated!
- ★ **Ms. Stephanie and Ms. Colleen** – Thanks to you, the stage for Graduation was set for pomp and circumstance! Your decorations were uplifting and beautiful—you are the best team!
- ★ **Mr. Bill, Ms. Kathie, and Ms. Kali** – The show could not have gone on without the audio and music. Thanks for setting this up and making it happen. The music performances were so uplifting and fun!
- ★ **Ms. Peyton** – Thank you for the senior slide show and the senior pictures! There wasn't a dry eye in the room after the slide show!



# School Calendar

## July 2018:

7/27 In-Service for Staff (School closes at 12pm)

## August 2018:

8/3 In-Service for Staff (School closes at 12pm)

8/17 In-Service for Staff (School closes at 12pm)

8/27 Summer Term Ends

8/28-8/31 Summer Vacation – School Closed!

## September 2018:

9/3 Labor Day – School Closed!

9/4 Term 1 Begins

9/10 Summer Term Progress Reports Released



## Contact Information

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“ Positivity creates change. ”

– Colleen Martin, Linwood Teacher