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Accessible Gardening for the Summer

Another school year comes to a successful close; and vacations, summer school and summer activities will begin soon for some. Others will look for different ways to spend the summer days. An ongoing project for the entire summer could be planting, growing and maintaining a garden. Your child might like the smells, textures and colors of flowers, plants, vegetables and fruits; but he or she might also enjoy the accomplishment of growing a beautiful garden.

The key to success is having a garden that is accessible for your child to cultivate the dirt, plant seeds, pull weeds, water the growing plants, and pick the fruits, vegetables and flowers.

A garden does not have to be planted in the ground. Containers of varying heights and sizes will allow your child to have a beautiful garden. Choose the sizes of the containers based on your child's ability to reach what will grow inside the containers and to water the entire pot. The shape of the container could be round, rectangular or square. Follow the planting instructions on any packages to determine how far apart and how deep to plant the seeds or plants.

Raised beds are another alternative to planting in flat ground. Raised beds allow you to build the bed to the ideal height that your child can reach. Keep in mind the depth and location of the bed, as your child should be able to reach the middle. A bed too deep or tucked against a wall might not allow the accessibility needed to water, weed and pick the grown crops.

A garden does not have to be horizontal. If a flat garden is not ideal for your child, consider going vertical. Choose plants that can grow upward on their own or on a trellis. Vinelike fruits and vegetables such as tomatoes, peas, cucumbers, cantaloupes and squash grow well on cages, ladders or trellises. Morning glories, trumpets and sweet peas are a few of the vine flowers that can grow vertically. Sunflowers are another option for a tall flower.

A garden that is designed to accommodate your child is a great summer project to keep your child active, involved and continually learning. The rewards of his or her hard work will be enjoyed by the entire family.

Staying Safe Outside This Summer

Compiled from information provided by Ellen Hager, Shady Grove; and the American Academy of Pediatrics

With the warm summer weather arriving soon, there will be more fun activities that families can enjoy together. If you are going to be outside during the summer months, remember these safety tips:

- Wear light-colored and lightweight clothing. Put on a hat or cap that gives 3 inches of cover over the face, and use sunglasses that block 99-100 percent of ultraviolet rays.
- Apply sunscreen with a sun protection factor (SPF) of 15 or higher. This should be applied 30 minutes before exposure to the sun and reapplied every two hours. Using sunscreen is advisable even on cloudy days because the sun's rays penetrate the clouds.
- Avoid being in the sun between 10 a.m. and 4 p.m. This is when the sun's ultraviolet rays are most harmful. If there is high heat and humidity, restrict all outdoor activity between these times. Stay in the shade, and limit active exercise.
- Drink lots of water to prevent dehydration. If children are involved in prolonged exercise, they should drink between 5-9 ounces of tap water or flavored sports drink every 20 minutes.
- Keep life jackets on children when boating, swimming or fishing. Stay together as a group. Do not let one person go off alone. Use a water-resistant sunscreen if swimming, or reapply regular sunscreen upon leaving the water.
- Avoid bites from ticks and mosquitoes by using an approved insect repellent on exposed areas of skin and clothing. The best protection comes from products that contain 30 percent N,N-diethyl-metoluamide (DEET). Using protection from insect bites is important when hiking or camping.
- Empty containers around the yard – buckets, pans, old tires, etc. – that hold stagnant water, which could provide a breeding ground for mosquitoes.

Summer Day Camps and Activities for 2010

Parent Focus

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Missouri Schools for the Severely Disabled
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Archie Derboven,
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Information concerning other available resources, programs, etc., is not to be construed as an endorsement by Missouri Schools for the Severely Disabled for any specific product, organization, or philosophy.

Location	Organization/Contact	Information
St. Louis Area	The Recreation Council of Greater St. Louis (city, county and St. Charles) <ul style="list-style-type: none"> • 314-772-2299 • http://stlouis.missouri.org/501c/reccouncil/ 	Visit the Web site or call to obtain a copy of the "Summer Opportunities Guide." This includes details on day camps and summer activities for children and teenagers with developmental disabilities.
	Easter Seals (13975 Manchester Road, Manchester) <ul style="list-style-type: none"> • 636-227-6030 or 800-664-5025 • http://mo.easterseals.com/ 	Call for detailed information on the full- and half-day programs.
	Camp Independence (Webster Groves Recreation Center, 33 E. Glendale, Webster Groves) <ul style="list-style-type: none"> • 314-454-2642 • http://www.stlouischildrens.org/content/medservices/campindependence.htm 	This is a sports-intensive day camp managed by pediatric therapists from St. Louis Children's Hospital. The camp is offered 9 a.m. to 4 p.m. Monday through Friday from June 14 through July 30 (no camp the week of June 28). The camp is open to children ages 7-18 who have cerebral palsy, are able to function at a first-grade level, are able to follow directions and have use of at least one arm.
	YMCA of Greater St. Louis <ul style="list-style-type: none"> • 314-436-1177 • http://ymcastlouis.org/ 	Call the office or visit the Web site for details on programs at Festus, O'Fallon, Potosi, St. Peters, Washington and other sites. These locations offer an inclusion program that can accommodate kids with developmental disabilities. Provide details of your child's needs; allow time for the specialist to ensure there is adequate staff for your child.
Joplin	G.O.A.L.S. Summer Camp (CSS Activity Center, 2312 Annie Baxter Ave., Joplin) <ul style="list-style-type: none"> • Katie Scott: 417-624-4515, Ext. 107 • http://cssmo.org/ 	This summer camp is open from July 5-29 for children ages 6-21 with developmental disabilities. Hours are 9 a.m. to 3 p.m. Monday through Friday. Cost is a one-time \$10 payment for children living in Jasper County and \$70 per week for children outside Jasper County.
Kansas City Area	Rainbow Center (900 N.W. Woods Chapel Road, Blue Springs) <ul style="list-style-type: none"> • 816-229-3869 • http://www.rainbow-center.org/ 	Call for detailed information. This center offers full- and half-day camps.
	Concerned Care Inc. (320 Armour Road, Suite 101, North Kansas City) <ul style="list-style-type: none"> • John Whalen: 816-474-3026 • http://www.concernedcarekc.org/ 	Call for detailed information. Families must live in Clay County; campers must be referred by the Kansas City Regional Center.
	YMCA of Greater Kansas City <ul style="list-style-type: none"> • Karen McDonald: 913-345-9622 • http://www.ymca-kc.org/ 	Call for information on available inclusion programs that can accommodate children with developmental disabilities.
	Camps for Kids (1080 Washington, Kansas City) <ul style="list-style-type: none"> • 816-559-4622 • http://campsforkids.org/ 	This organization provides scholarships to children with special needs attending day or specialty camps, and it might be able to refer parents in other cities to available programs.
	Child Care Source (626 Minnesota Ave., Kansas City, Kan.) <ul style="list-style-type: none"> • 913-573-2273 • http://childcaresource.org/ 	Use the Web site or call to locate appropriate summer programs or providers that accept children with special needs.

For families living in other areas, check with your home school coordinator or school building administrator for available summer programs and activities. Details are available at <http://dese.mo.gov/divspeced/stateschools> (click on *For Parents* and then on *Residential Camps*).

OAKVIEW SPRING DANCE

By Krista Haymes, Oakview

Students, family and friends had a blast at the Oakview Spring Dance on April 17 in Monett. The dance was held in the large multipurpose room while punch and cookies were served in the home living room. Beforehand, students learned such dances as the YMCA, the Chicken Dance and the Limbo. Students danced with their brothers and sisters, their moms and dads, and with each other. The room was decorated with balloons while the disco light cast shades of different colors on the dance floor. A photographer was on hand to take pictures of families in front of a special background decorated with flowers and butterflies. The PTO also sponsored a fundraiser, selling cookbooks and candles in the home living room. About 55 people attended the dance, and everyone was grateful for a wonderful evening of family fun. Hopefully this will become an annual spring tradition for the young adult students at Oakview!



Right: Billy and Lanie have fun dancing at the Oakview Spring Dance. **Bottom left:** A group of students, including Cheyenne (on the left), enjoy spending time with family and friends. **Bottom right:** Brianna poses for the camera immediately after a successful run through the Limbo line.



Start the Day with a Healthy Breakfast

By Claudia Rampley, Central Office

Nutrition and learning go hand-in-hand. Children who are nutritionally fit are more likely to have the energy and stamina that enhance their ability to learn.

Skipping breakfast is easy to do when you are in a rush, but people who eat breakfast:

- learn more easily in school.
- control their weight better.
- have lower levels of cholesterol, which decreases the risk of heart disease.
- have more energy in the morning.
- are better able to concentrate.
- are less likely to have disciplinary problems.

Bodies need refueling after a night of sleep. Children's small physical systems make refueling even more important. They should not miss breakfast. Hungry children are easily distracted; they become fidgety and irritable, and they also get tired.

Here are some nutritious breakfast ideas that will help your children get the fuel they need in the morning:

- yogurt and fruit
- bran or fruit muffin
- peanut butter sandwich
- bagel with cream cheese
- low-sugar cereals and milk
- cooked cereal.

Breakfast eaters have better school attendance and fewer hunger-induced stomachaches and headaches in the morning. They concentrate better and have better muscle coordination. Kids who eat breakfast are less likely to be overweight, too.

Help your child be better prepared for the day by starting each morning with a healthy breakfast. By doing so, you will help lay the foundation for your child to better meet the challenges of learning and growing.



Cut out and save this schedule to keep track of important dates for next school year after you've finished reading!

2010-2011 MSSD School Calendar

School Session Days

August 16	First Day of School
September 6	Labor Day Holiday
October 15	Staff Development Work Day
October 22	End of First Quarter
October 29	Parent-Teacher Meetings for First Quarter Progress Report/Staff Development Work Day
November 12	Staff Development Work Day
November 24-26	Thanksgiving Break
December 3	Staff Work Day (MAP-A)
December 23-31	Winter Break
January 3	Classes Resume
January 7	End of Second Quarter
January 14	Second Quarter Progress Report to Parents/Staff Development Work Day
January 17	Martin Luther King Jr. Day Holiday
February 11	Lincoln's Birthday Holiday
February 21	Washington's Birthday Holiday
March 4	End of Third Quarter/Staff Work Day (MAP-A)
March 11	Parent-Teacher Meetings for Third Quarter Progress Report/Staff Development Work Day
April 1	Staff Development Work Day
April 18-22	Spring Break
April 25	Classes Resume
May 9	Truman's Birthday Holiday
May 24*	Last Day of School
May 25	Fourth Quarter Progress Report to Parents

* The last day of school will be adjusted as needed to make up for days lost due to inclement weather/other factors.
NOTE: All listings designated in bold are student non-attendance days.

Make-Up Schedule

April 18-19 would be the first two make-up days. (April 20-22 are protected for Spring Break.) Additional make-up days would begin on May 25, with consecutive weekdays following as needed (excluding Memorial Day, May 30).

2011 Administrative Calendar for Extended School Year

June 20-July 29 (July 4 break for Fourth of July)

MISSOURI SCHOOLS FOR THE SEVERELY DISABLED
 Missouri Department of Elementary and Secondary Education
 Web site: <http://dese.mo.gov/divspeced/stateschools>

NOTE: If you have items of interest for Parent Focus, please call 573-751-0706 (Missouri Relay 800-735-2966) or forward them to Debbie Stover, Missouri Schools for the Severely Disabled, P.O. Box 480, Jefferson City, MO 65102-0480; e-mail: debbie.stover@dese.mo.gov.