

**MAY 2018**

## **WOODALL GNETS NEWSLETTER**

The Woodall GNETS Program \* 1822 Shepherd Drive, Columbus, Georgia 31906 \* 706-748-3166 Office  
A community of lifelong learners, responsible citizens, and champions of success!

### **Message from Mrs. L. Thornton — Director**

#### **Summer is Coming!**

In a few short weeks teachers will be saying goodbye to their students and sending them off to the next grade level. It is so easy to dive right into the important work of summer-time relaxing and recharging, but all too often students lose a portion of skills and knowledge gained in the school year during the long summer stretch.

#### **Tips for Parents**

- Make learning a part of everyday life. Use car trips to review math facts, and listen to books!
- Keep a summer journal. Work with your child to take pictures through out the week and then write a short paragraph about what happened.
- Make reading a family affair. Take a trip to the library and then head to a park for a reading picnic. Read books aloud taking turns being the reader.
- Have children work on worksheets before meals and discuss at the table.

#### **Tips for Students**

- Be a know it all! Pick a topic and become an expert. If you like bugs, re-search them on the internet, check out books on them at the library, take photos and create a bug scrapbook!
- Start a book club. Meet with friends and take turns reading each others favorite books.
- Work through math workbooks or worksheets with a friend. See who can



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# **How To Keep Kids With ADHD Occupied During The Summer**

**Information From: Psych Central.com**

The summer is fast approaching, and the school year is very structured for kids with ADHD. Are you looking for a structured summer for your child with ADHD? If so, continue reading this article for some tips to keep a structured routine for your child during the summer.

## **Take A Visit To Your Local Park**

On a first note, consider taking a visit to your local park to have more structure in your child's routine. Let your child play in the park. If your child is hyperactive, this will enable him/her to burn off energy. You can even have your child bring a friend to the park. This will make your child's visit to the park more fun. In addition to playing in the park, you and your child's friend can also have a picnic lunch in the park. You can make a whole day adventure out of spending a day in the park.

## **Go To The Library**

On a second note, you and your child can go to your local library and pick out a few books to read. Since summer is fast approaching and the weather is becoming warmer, you do not have to read inside with your child. You can read in your backyard. This will enable your child to get out of the house and enjoy the outdoors.

## **Go To The Beach**

On a third note, another way to establish more structure in your child's routine during the summer with ADHD is to go to the beach. This will burn off a lot of energy for your child. Plus, everyone enjoys the beach. It will enable your child to enjoy a nice, sunny day at the beach. He/she can swim in the ocean and play in the sand.

## **Have A Play Date With A Friend**

On a fourth and final note, another way to have more structure in your child's routine with ADHD is to have a play date with one of your child's friends. This enables your child to work on their social skills and maintain friendships that he/she has developed during the school year.

## Notes from the Desk of —

**Dr. Leon Rodgers— Forensic / Licensed Clinical Social Worker**

### **Brain Development: The Prefrontal Cortex**

Emerging research suggests that when neurological deficits (i.e., cognitive, volitional, psychological, and/or emotional dysregulation caused by abnormal, incomplete, or impaired prefrontal cortex and/or neural substrate development) are coupled with insufficient adult supervision, there is increased susceptibility for youth to engage in risky, antisocial, maladaptive behavior.

In the context of child and adolescent development, the human prefrontal cortex is essential for evaluating feedback; establishing task completion criteria; forming schemata; reconciling incongruent beliefs; modulating impulses; categorizing information by type; processing neurosensory messages; and integrating and synchronizing executive functions associated with synaptic or neurocognitive plasticity, metacognition, inductive reasoning (i.e., capacity to weigh multiple perspectives), sensory processing (i.e., capacity to interpret and catalogue stimuli), intentionality (i.e., capacity to stop a particular behavior or thought), and decision-making accuracy.



**Notes from the Desk of —  
Dr. Chiko Saiwa — BCBA**

se be on the lookout for

## ***Steps in Setting Up Expectations***

### ***State Expectations:***

**You let the person know what behavior is expected and what the consequences are for meeting and not meeting the expectation.**

### **STEPS:**

- ⇒ **Tell the person clearly what specific appropriate behavior you expect.**
- ⇒ **Say in a calm manner, “I expect you to \_\_\_\_\_”, or “I want you to \_\_\_\_\_.”**
- ⇒ **If there is a negative response or protest, acknowledge it briefly with an empathy statement.**
- ⇒ **Say something like, “It seems like you are frustrated by this.”**
- ⇒ **Do this only one time then go directly to the expectation.**
- ⇒ **Say something like “Good, you understand what I want you to do.”**
- ⇒ **Praise this even if they tell you with an “attitude,” grudgingly, or sullenly.**
- ⇒ **Ignore junk behavior!**

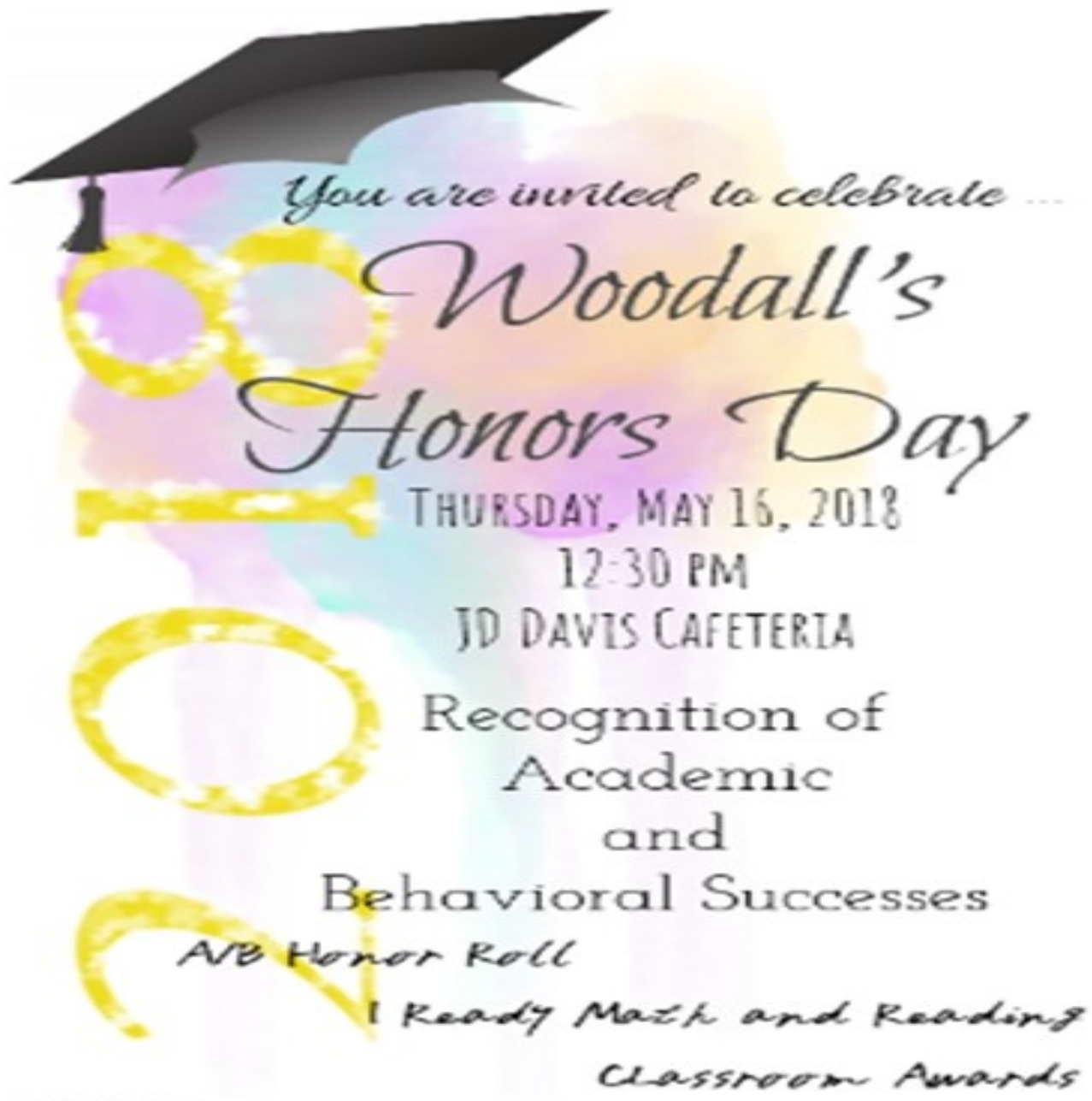




## Notes from the Desk of —

### Mrs. Sommer Lewis— Social Service Tech

This year has been full of excitement and engagement. Our parents have been *AWESOME* supports in various activities. As we approach the ending of the year we will conclude with an Honors Day Celebration. We will honor our 8<sup>th</sup> grade transition students along with academic and behavioral improvement.



lookout for 8<sup>th</sup> grade transitional student please dress in black bottoms, white tops or black dresses.

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**Notes from the Desk of —**  
**Mrs. Sommer Lewis— Social Service Tech**  
**Fun Summer Activities for the Family.**  
**Camps**



**BIG BROTHERS BIG SISTERS OF CHATTAHOOCHEE VALLEY**

Contact: Erica Lee

Work

Columbus GA 31902

Work Phone: 706-327-3760

Website: [Click here:](#)



**CAMP DREAM**

Work

Roosevelt Institute

Warm Springs GA

Work Phone: 678-367-0040



Website: [Click Here](#)

Categories: Overnight Camps, Special Needs Camps

[Show Description](#)



**CAMP JOY**

Contact: Emily McLendon

Work

Highway 116 W

Hamilton GA 31811

Work Phone: (706) 628-4074

Website: [Click Here](#)

Categories: All Boys/Girls, Overnight Camps

[Show Description](#)



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**Notes from the Desk of —**  
**Mrs. Sommer Lewis— Social Service Tech**  
**Fun Summer Activities for the Family.**  
**Camps**

The logo for Girls Inc. features the words "girls" and "inc." in a red, lowercase, sans-serif font, stacked vertically.

**of Columbus &  
Phenix-Russell**

**GIRLS INC. OF COLUMBUS**

Contact: Marion Hemingway

Work Phone: 706-683-0809, option 4, ext.26



Website: [Click Here](#)

Categories: All Boys/Girls, Day Camps, Education & Learning (STEM) Camps

[Show Description](#) | [Show Notes](#)



**YMCA OF METRO COLUMBUS**

Work  
Columbus GA

Work Phone: 706-322-8269

Website: [Click Here](#)

Categories: Day Camps

[Show Description](#)



**PASTORAL INSTITUTE**

Work  
2022 15th Avenue  
Columbus GA 31901

Work Phone: 706-649-6500



Website: [Click here:](#)

Categories: Special Needs Camps

[Show Notes](#)



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**Notes from the Desk of —**  
**Mrs. Sommer Lewis— Social Service Tech**  
**Fun Summer Activities for the Family.**

**Uptown's Friday Night Concert Series**

Uptowns' Spring Friday Night Concert Series is **BACK!!** All concerts are **FREE** and open to all ages. Bring your lawn chair, blanket, and your family for a night of great music and fun!

Spring Concert Series Lineup: **April 27th: Peggy Jenkins & the Bizness** **May 4th: The Ultimate Garth Brooks Tribute** **May 11th: Mike Jerel and the Chemistry Project** **May 18th: The Jain Hand Band** **May 25th: Slippery When Wet**

Free Parking : River Center Deck, 919 Broadway/ CB&T Deck, Corner of 11th Street & Front Ave.

\*\*Uptown's Friday Night Concert Series prohibits all outside food, beverages (alcoholic & non-alcoholic) and coolers. This policy will help to provide a clean and safe environment for our attendees, merchants and the greater Uptown community.

\*\*For more information, call Uptown Columbus at 706.596.0111.

**Autism Speaks Community Meeting May 7th @ 12:00 pm - 1:30 pm EDT**

The goal of this meeting is to provide information about Autism Speaks vision, our new direction, and the resources available to you and your family.

Whether you are a parent or family member of a child with autism, an individual with autism, work with individuals on the spectrum, or just want to learn about the new direction of Autism Speaks, this meeting will answer your questions and provide you with information about:

- Autism Speaks mission• Advancing research breakthroughs• Increasing early screening and intervention• Improving transition to adulthood• Advocacy efforts• Ensuring access to reliable information and resources• Increasing understanding and acceptance.



# Notes from the Desk of —

## Mrs. Sommer Lewis— Social Service Tech

### Fun Summer Activities for the Family.

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#### Unplug From The Computer for Chess' Sake May 8 @ 4:30 pm - 6:00 pm UTC

#### Recurring Event

Mildred L. Terry Public Library at Children's Area Time: 4:30 pm - 6:00 pm

Children's Library Event, Classes & Lessons Website: <http://meetings.cvrls.net/evanced/lib/eventsignup.asp?ID=38983>

### Eye Spy Camera Scavenger Hunt at FDR State Park

May 19 @ 8:00 am - 4:00 pm EDT |Recurring Event (See all)

*F.D. Roosevelt State Park – 2970 Georgia Highway 190, Pine Mountain, GA 31822, 105 Georgia St Pine Mountain, GA United States*



Team up for our on-site scavenger hunt with your camera or phone. Pick up checklist/rules at the park office any time. Pictures must be brought to park office with checklist by 4PM Sat. Winners notified by phone to pick up prize.

### Target Archery Shoot at FDR State Park

May 19 @ 9:00 am - 11:00 am EDT |Recurring Event (See all)

*F.D. Roosevelt State Park – 2970 Georgia Highway 190, Pine Mountain, GA 31822, 105 Georgia St Pine Mountain, GA United States*

Stationary target shooting adventure for ages 10 to adult. We provide basic instruction equipment and prizes. Not geared towards large groups. Groups can contact us for special time. Pay and pre-register at Park Office. Meet across the from Park Office.

[Find out more »](#)

9:30 AM

### Bluebirds and Butterflies at FDR State Park

May 19 @ 9:30 am - 10:30 am EDT |Recurring Event (See all)

*F.D. Roosevelt State Park – 2970 Georgia Highway 190, Pine Mountain, GA 31822, 105 Georgia St Pine Mountain, GA United States*



Help us monitor our bluebird nest boxes and check on our butterfly garden. There is a short walk to five bluebird boxes and our demonstration pollinator garden. We will talk briefly on what it takes to attract both bluebirds and butterflies to your yard. Handouts provided. Meet at the Park Office.

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**Notes from the Desk of —**

**Mrs. Sommer Lewis— Social Service Tech**

**Fun Summer Activities for the Family**

**OHANA NIGHTS: FAMILY CRAFT HOUR**

MAY 24 @ 6:30 PM - 7:30 PM UTC | Recurring Event ([See all](#))



You know what they say...Families that build marshmallow towers together... have a good time! Join us, with your mom, or dad, or aunt (cousin, brother, sister, best friend, not a friend, sorta friend, frenemy, enemy) or whoever, or simply stop by solo. From pretzels palaces and marshmallow moats, in this bi-monthly event, we will be bringing the goodies and you will be making something cool with them. Call for more details. [Click here to learn more about this event.](#)

**Home Depot Kids Workshop**

June 2 @ 9:00 am - 12:00 pm EDT | Recurring Event ([See all](#))

*Home Depot*



Home Depot Kids Workshop First Saturday of every Month 9:00 a.m. – 12:00 noon TIME TO GET HANDS ON! The Home Depot offers FREE hands-on workshops; designed for children ages 5 – 12. All children get to keep their craft, receive a FREE certificate of achievement, a Workshop

Apron, and a commemorative pin while supplies last. Children must [...]

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**Notes from the Desk of —**  
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**Columbus Public Library at Aflac Storytime Room**

**Summer Cinema for Kids: Charlie and the Chocolate Factory: May 23 @ 10:30 am - 12:00 pm UTC . Columbus Public Library at Auditorium.**

A young boy wins a tour through the most magnificent chocolate factory in the world, led by the world's most unusual candy maker.

**Rock, Paper, Scissors Tournament** May 23rd @ 4:00 pm - 5:30 pm Columbus Public Library at Teen Department .

Bring your friends and kick off summer by competing to win the Rock, Paper, Scissors trophy! Event open to teens ages 12 to 18.

**For more details of events and upcoming activities: <http://www.muscogeemoms.com>**

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**Notes from the Desk of —**  
**Dr. Vytoris Sanford — Instructional Specialist**  
**Summer Literacy Strategies**

1. Enroll your child in your local library's summer reading program

Almost all local libraries participate in summer reading programs, where kids can log the books they read over the summer and work towards reading incentives. Many libraries also have summer reading events, such as visiting authors, fairs, puppet shows, fitness activities, or readings.



2. Use a summer reading list that is age or interest specific

The vast amount of children's literature out there can be overwhelming: even going to the library with the intentions of picking out a few good books can be overstimulating for a lot of kids. So, before you take your child to select books, use age or interest specific lists to guide their reading experience.

3. Practice essential vocabulary outside to boost fluency and get moving

For beginning readers, practicing reading fluency is of utmost importance for building literacy skills. Fluency involves reading quickly and accurately, and kids practice their skills using various techniques in class.

4. Download fun educational apps

In the age of digital learning, interactive literacy practice is readily available to any child who has access to a digital device.

5. Set an example

We all know that kids are tiny imitators: what they see their parents, teachers, and older siblings doing, they are likely to do, too. So set a standard for reading in your home: take on your own grown-up summer reading challenge or read books before your kids do, so that you can discuss them afterwards.



**Notes from the Desk of —  
Mrs. Chauntell Beal—Behavioral Specialist**

# Summer Safety Checklist



## Driving

- Buckle up... properly! Bottom strap across hips and shoulder strap across chest.
- Do not be distracted by other passengers, motorists, cell phones, radio, etc. Stay focused!
- Obey car and booster seat guidelines.

## Swimming and diving

- Do not dive in less than nine feet of water.
- No board, no diving!

## Personal watercrafts

- Be watchful, defensive, obey speeds, and keep your distance.

## Body boarding

- Hold board so it extends past head.

## General Water Safety

- No re-dos; do not combine alcohol and water-related activities!
- Be aware of sandbars.
- Feet-first entry.

## Bicycle Riding

- Wear a helmet... properly! A helmet should be worn snug, fitted, and level.
- Replace helmet after three to five years and/or if cracked.

[www.christopherreeve.org](http://www.christopherreeve.org)



CHRISTOPHER & DANA  
REEVE FOUNDATION  
TODAY'S CARE. TOMORROW'S CURE.

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# Summer

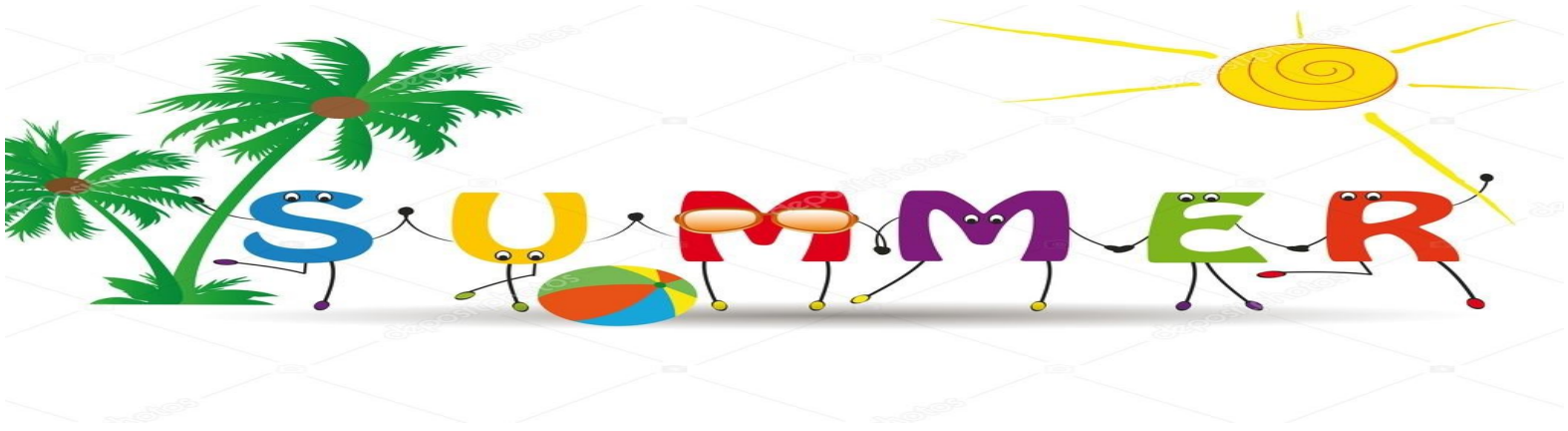
Playing outside  
having fun,  
Picnics in the  
summer sun.



Picking daisies,  
Catching bees,  
Birds are singing  
In the trees.



Desipoems.blogspot.ie2015



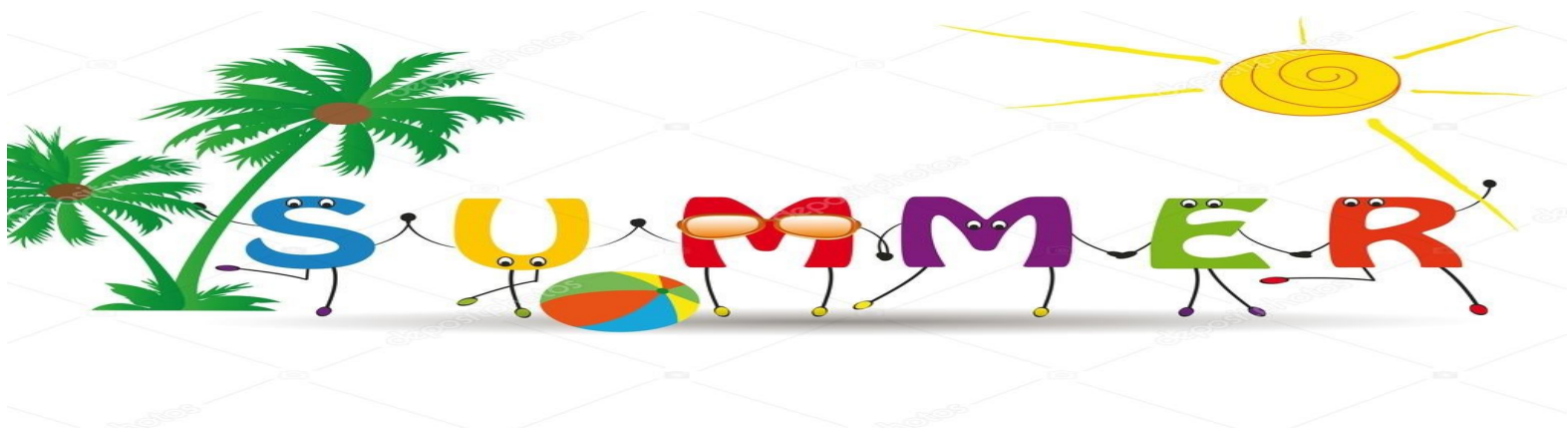
**If you have any questions in regards to the  
GNETS program contact:**

**Ms. Vickie Cleveland—**

**GNETS State Program Manager**

**[VCleveland@DOE.k12.ga.us](mailto:VCleveland@DOE.k12.ga.us)**

**Or contact your local school district.**



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