

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

Parents/Guardians,

After a few months of lock down due to Covid-19, we at Woodall are happy to welcome back our students who are in school and online.

These are trying times and we urge you to continue to monitor and encourage your child as they adjust to this new “normal.”

We thank you for your cooperation and urge you all to be mindful in practicing all safety guidelines provided by the School District, courtesy of the CDC.

If you have any questions or concerns in regard to the Woodall GNETS Program, please do not hesitate to contact me via phone or email (706)748-3166 Office and E-Mail: Thornton.Lachrista.S@muscogee.k12.ga.us

Woodall GNETS Mission Statement

To create a climate of
cooperation and
socio-emotional
competence through
explicit modeling of
behaviors and
expectations for
students and staff.



WOODALL GNETS PBIS FRAMEWORK



What is School-wide PBIS?

School-wide positive behavior intervention and supports (SW-PBIS) is a system of tools and strategies for defining, teaching, acknowledging appropriate behavior, and correcting inappropriate behavior. It is a framework for creating customized school systems that support student outcomes and academic success. SW-PBIS is for the whole school, it is preventative, and it changes the paradigm of focus from negative behaviors to positive expectations and interactions

There are four main elements in SW-PBIS

1. Customized practices to support student behavior, such as defining and teaching appropriate behavior
2. Systems of support for educators in the school; such as school-wide behavioral expectations, indicators, and coaching
3. Data-based decision making, which is the corner stone of the behavior problem-solving process
4. And, the combination of these enable school-wide outcomes, which promote social proficiency and academic success

Dr. Vytoris Sanford—Instructional Specialist

Notes from the Desk of:

Chauntell Beal— Behavioral Specialist

Character word for October



Being gentle, willing to help, friendly, courteous, and considerate

Greetings,

The Woodall GNETS Program will be collecting screening information about our students to determine how we can best meet their social and behavioral needs. We seek your permission to conduct the Strengths and Difficulties Questionnaire (SDQ) two or more times a year with your child.

We are conducting these screenings with our students (ages 4-17) to proactively address and prioritize your child's needs while receiving services in the GNETS program. There are three versions of the questionnaire to be completed, a parent, teacher, and student form. The SDQ will inquire about our students' emotional distress, behavioral difficulties, hyperactivity, and concentration. Completing the questionnaire is voluntary. We hope parents/guardians will participate so that your child's knowledge can be a part of our information for prioritizing his/her needs. Please sign and return the permission slips. Thanks for all of your support.

"Kindness is a gift everyone can afford"- Unknown.

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Notes from the Desk of:

Dr. Vytoris Sandford—Instructional Specialist

Learning for kids with *Special Needs*

The worst consequences of the COVID-19 pandemic are experienced by the most vulnerable students, such as children who require an individualized education program (IEP), Carling points out. The first thing parents need to do is to meet with an IEP team and discuss what strategies and tools the school can put into place to support students in virtual learning. Work with your child's teachers to identify and remove any learning barriers.

Many children may need more support with focus during classes. Carling recommends starting with smaller amounts of time for an activity. Reward the child for accomplishments, then gradually increase the duration of learning sessions.

Keep in mind that most phones and laptops have built-in technology that can aid kids with special needs. For example, read aloud or text-to-speech can help struggling readers, and speech-to-text can help struggling writers.

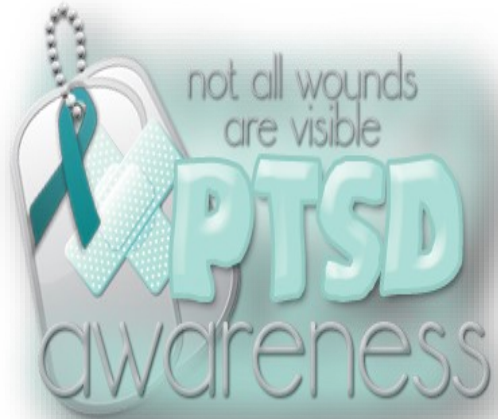
Every kid is unique and it's important to find out what works best for your child. Set some time a few days into the semester to observe them and figure out the optimal length of learning sessions, the times that they are most engaged, and what helps them maintain focus.



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Traumatic Stress Disorder
Dr. Leon Rodgers, EdD, MSW, MHDL
Forensic / Licensed Clinical Social Worker

Exposure to abuse, neglect, violence, and other negative experiences increase a person's lifelong potential for serious health problems and engaging in maladaptive, dysfunctional behaviors. Recognizing the signs and symptoms of trauma in students is crucial. Trauma refers to experiences that cause intense physical and psychological stress reactions. Trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting negative effects on the individual's functioning and physical, social, and emotional well-being. Although many individuals report a single specific traumatic event, others, especially those seeking mental health services, have been exposed to multiple or chronic traumatic events. According to psychologists, trauma is defined as when a person is exposed to actual or threatened death, serious injury, or sexual violence.



Complex trauma is typically interpersonal and generally involves situations in which the person who is traumatized cannot escape the trauma because he or she is physically, socially, or psychologically dependent or emotionally unable to leave. Because of this, people who have experienced complex trauma often have additional disturbances in their ability to self-regulate their thoughts and behavior. These include difficulties in emotional regulation, difficulties in one's capacity to establish and maintain relationships, problems with attention or consciousness (e.g., dissociative experiences), irrational beliefs, disorganization, and/or somatic complaints (i.e., children with somatic disorder worry excessively about routine physical symptoms that they interpret as signs of serious illness).

Post-traumatic stress disorder (PTSD) is a psychiatric disorder that may occur in people who have experienced or witnessed a traumatic event such as a natural disaster, a serious accident, or who have been threatened with death, sexual violence or serious injury. People with PTSD have intense, disturbing thoughts and feelings related to their experience. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel separated or withdrawn from other people. People with PTSD typically avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch.

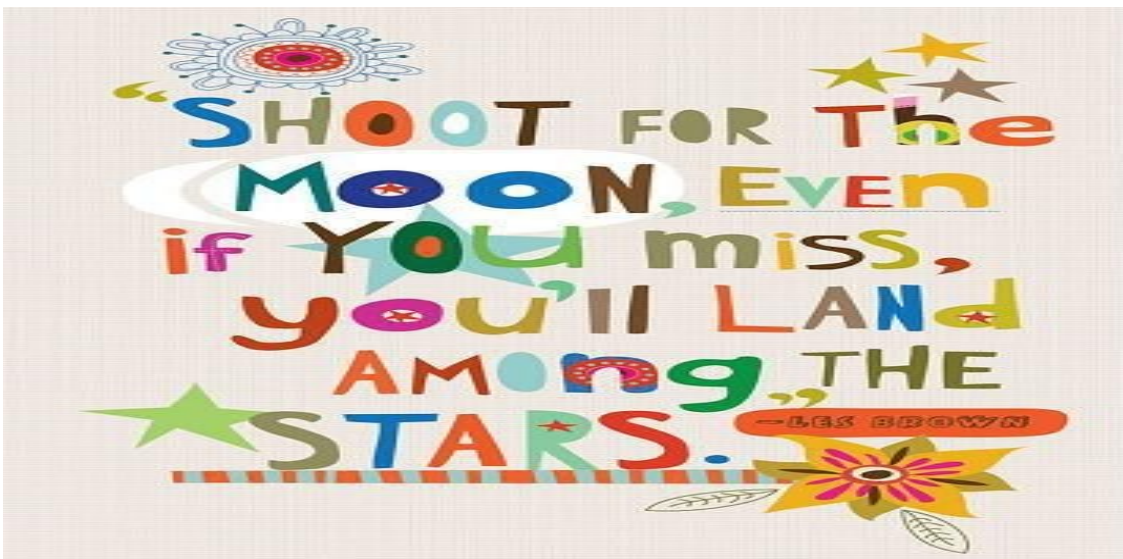
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Cont'd... Traumatic Stress Disorder

Symptoms of PTSD fall into four categories. (1) Intrusion: Intrusive thoughts such as repeated, involuntary memories; distressing dreams; or flashbacks of the traumatic event. Flashbacks can be so vivid that the person feels as though they are re-living the trauma; (2) Avoidance: Avoiding reminders of the traumatic event may include avoiding people, places, activities, objects and situations that may trigger disturbing memories. They may resist talking about what happened or how they feel about it; (3) Alterations in cognition and mood: Inability to remember important aspects of the traumatic event, negative thoughts that lead to distorted beliefs about oneself or others (e.g., "No one can be trusted"); distorted thoughts about the cause or consequences of the event that lead to wrongly blaming self; ongoing fear, guilt or shame; no interest in activities previously enjoyed; or being unable to experience positive emotions (a void of happiness); and (4) Alterations in arousal and reactivity: Being irritable and having angry outbursts; behaving recklessly or in a self-destructive way; being overly watchful of one's surroundings in a suspecting way; being easily startled; or having problems concentrating or sleeping.

Seeking to actively resist re-traumatization (i.e., avoid creating an environment that inadvertently reminds people of their trauma and causes them to experience debilitating emotional and biological stress), treatment involves Trauma-Informed Care, which is a strengths-based approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for the trauma survivor, and that creates opportunities for the survivor to rebuild a sense of control, positive self-image, and empowerment.



October is Breast Cancer Awareness Month



**Free Clinical Breast Exams
Every Wednesday in October!**
8:30 am to 4:00 pm



**Learn the facts about
breast cancer
and make your
appointment today!**

**Call
706-321-6300**



**Columbus Health Department
5601 Veterans Parkway
Lower Level**



You're invited to another great event in your community

AMERIGROUP Community Care Presents:



**Monday, October 26, 2020
6:00pm-7:00pm**

Join Zoom Meeting!
<https://zoom.us/j/92002076298?pwd=am5wWm10YkZ3MXN1MGl0THcxSzZxdz09>

**Meeting ID: 920 0207 6298
Passcode: 426296**

Join us for important health information. There will be games, prizes, recertification reminder information, & much more!

An Amerigroup Community Care representative will be present to answer questions about member benefits and services.



**Amerigroup
RealSolutions[®]**
in healthcare
www.myamerigroup.com/GA



Amerigroup is a culturally diverse company. We welcome all eligible individuals into our health care programs, regardless of health status. If you have questions or concerns, please call 1-800-600-4441 (TTY 1-800-855-2880) and ask for extension 34925. Or visit www.myamerigroup.com.

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Amerigroup, Feeding the Valley, Springer Opera House, & IMA Presents:

Mobile Food Pantry

You're invited!

Friday, October 16, 2020
10:00am - 11:30am

Springer Opera House
103 E 10th Street
Columbus, Georgia 31901



**Come and receive free fresh fruits, vegetables & canned goods!
(While supplies last)**

An AMERIGROUP COMMUNITY CARE Representative will be present to answer questions about member benefits and services.



To find out more about Amerigroup, call us at
1-800-600-4441 (TTY 1-800-855-2880).

Or visit www.myamerigroup.com/GA.

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NEED LAUNDRY SERVICES?

Faith Chapel has partnered with Muscogee County School District's Social Work Department to provide free laundry services to MCSD students.

Families will be able to wash clothes **free of charge**.

A Faith Chapel representative will provide quarters and laundry detergent for each household. Student's household are limited to 3 loads of laundry per visit. This includes wash and dry services.

CONTACT YOUR SCHOOL SOCIAL WORKER OR SCHOOL COUNSELOR TO SIGN UP FOR SERVICES.



Fun Facts about October

- It is the second autumn month.

National Fire Prevention Week falls during the week of October 9 each year. It commemorates the Great Chicago Fire of 1871.

- October in the Northern Hemisphere is similar to April in the Southern Hemisphere.
- The leaves of trees often begin to change their colors during this month.
- The World Series for Major League Baseball generally takes place during October.
- The NBA, National Basketball League, and the NHL, National Hockey League, both begin their seasons in October.

There are many health observances that have October as their national month. These include Healthy Lungs, Breast Cancer, Lupus, Spina Bifida, Blindness, and Sudden Infant Death Syndrome (SIDS).

DID YOU KNOW?

Columbus Day originated as a celebration of Italian-American heritage and was first held in San Francisco in 1869. The first state-wide celebration was held in Colorado in 1907. In 1937, Columbus Day became a holiday across the United States. Since 1971, it has been celebrated on the second Monday in October.