



# AUGLAIZE DD CHILDHOOD & TRANSITION UPDATES

## Helping Students Cope with Winter Blues & Back to School

As the holiday season comes to a close and students return to school, the winter months can be particularly challenging for students, especially those with disabilities. Here are some tips to help your students overcome the winter blues and maintain their focus and motivation throughout the season.

1. **Consistent Routines:** Holiday breaks offer a much-needed rest; however, they disrupt established routines. Re-establishing a consistent schedule in the classroom helps students know what to expect, providing the structure that helps them feel secure and better manage their day.

2. **Socialization:** The winter months can feel isolating. Encourage students to engage with their peers by implementing partner or buddy systems to foster connections. Group activities are an excellent way to promote interaction and help develop social skills.

3. **Activities:** While the summer months are filled with activities, the winter months can often feel "boring" for children and teenagers. Planning engaging activities in the classroom, such as themed days, celebrations, or winter-themed fun, can bring excitement to the week!

4. **IEPs:** Review each student's Individualized Education Plan (IEP) to tailor strategies for the upcoming year. Consider scheduling daily or weekly check-ins with each student to ensure you are addressing their unique needs and providing the necessary support.

5. **Light Exposure:** The deficiency of Vitamin D during the winter months in Ohio can have a significant impact on well-being. Consider opening curtains or blinds to allow natural light to enter, or explore the use of mood lights or light therapy boxes to enhance the classroom environment and elevate spirits.

## BY THE NUMBERS

Children, ages 3 +, collaboratively supported by Auglaize DD and their local school districts.



## STAY TUNED

We are bringing back our 6<sup>th</sup> grade Disability Awareness presentations and essay writing contest in February. In honor of DD Awareness Month in March, we will be visiting 2<sup>nd</sup> grade classes for book readings on disability inclusion.

## Our Team



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*\*Please note we are currently hiring a new Childhood & Transition SSA. We will notify educators when the new staff member is in place!*

## Upcoming Events

**February 13<sup>th</sup>:** SALT Presentation from 5:00-7:00pm at the Auglaize County Board of DD (with pizza prior to the presentation) or via Zoom at 5:30pm.

**Play with a Purpose Events:** Stay tuned to our Facebook page for future dates.



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County Board of Developmental Disabilities  
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