

FALL 2020



# WELCOME BACK!



I thought I would take a minute to introduce or reintroduce myself.

I am Jennafer LaPaglia Griswold, the continuing President of the Riverside County SELPA CAC. We are the Community Advisory Committee (CAC) to the Riverside County SELPA.

I am also the mother of two, a son and a daughter both with different abilities. My son is hearing impaired and has some processing issues associated with hard of hearing learning, and my daughter has Autism. What I know as a mom, is that whatever our kid's abilities are, we want to know that they can meet their full potential. We want them to have the best education, meaningful relationships, and for them to be an important part of our communities. We want to know that they have access to resources and services and that is what our CAC works towards!

We are a group of parents, educators, administrators, and community partners who meet and discuss various issues, concerns, events, resources, and our own experiences. Chances are, someone in our community has been there before who can guide and support us through. If you have a child with an IEP, this is the time to have your voice heard and your family's needs understood. We are heading into a new school year; it is going to look different. New measures are being taken to keep our kids safe and healthy. As a parent of children with disabilities, we understand better than anyone every school year can be stressful and it is a big transition. Especially this year, which has so many unknowns, it is impossible to predict what children will need to have their educational and social-emotional needs met.

I am asking if you would join with us and make our voices heard from your local district to Sacramento. We have unprecedented challenges, but we also have unprecedented opportunities to make some positive things happen for all of our kids. Voices of parents with special needs are being heard and change is happening quickly in our legislator because they understand we are a vulnerable population needing a different approach to return to school, but they are listening.

Riverside County SELPA was ahead of the curve and was already in the process of installing the equipment for virtual meetings. This means we are up and ready to ZOOM our meetings this school year. Meeting dates will be posted on the website and in this newsletter. We would love it if you would mark your calendar, set a reminder and make it a point to work with all of us to make sure that all the needs of all of our kids are met.

Finally, I just want to acknowledge that for many of our families there is a new level of absolute fatigue and feeling of being overwhelmed. I want you to know that you are not alone. We are a community and we are in this together. Let's come together and provide access, equity, and collaboration that ensures the best outcome for all children.

Stay Safe and Be Well!  
Jennafer LaPaglia Griswold

---

## PRESIDENTS MESSAGE

RIVERSIDE COUNTY SELPA

# CAC NEWSLETTER

# 10 Tips for Successful Homeschooling

By Danit Schusterman

---

## 1. Your attitude

If you are feeling upset and resentful that you are now home with your kids, your kids will absolutely feel this. From this moment on, we need to accept and embrace that this is the situation and we are going to make the absolute best of it. You as well as your children will benefit from this.

## 2. Create a daily routine

We all know that children as well as adults thrive on routine. If your children are older and are doing school online, sit down with them and have them make a routine for themselves for a full school day with your approval. If you have younger children, create a schedule using pictures and put it up on the wall so they will know what is coming next throughout their day. When a child knows what's happening next, they are automatically less anxious and more relaxed.

## 3. Have a prepared environment

Choose one area of your house where the children will be doing their activities and school work. This will limit the mess and keep all school supplies in one place. Even if your kids are doing different schoolwork, it keeps the momentum that school is in session. Set out their school work in an organized way so they have everything they need.

## 4. Take breaks

Kids can get lots of work done in a very short amount of time when homeschooled. Let them take breaks, and don't underestimate how much learning gets done through independent play.

## 5. Create jobs

This is a time where everyone will need to chip in around the house. Cater to each child's strength so it doesn't become a power struggle. If a child enjoys working in the kitchen, their job can be preparing lunch a few times a week. Our kids are more capable than we think. Chores should now be tied into your daily schedule. Folding laundry, sweeping, keeping their bedrooms clean. Create a chore list of everything that needs to get done to keep your home running smoothly and have a family meeting deciding who is going to do what and how often. If your children are older, they can rotate making dinner for the family once a week.

## 6. Quiet time

This, in my opinion, is absolutely essential for the parent that is with their children all day. You need 1-2 hours of the day that is down time. These hours are mostly for you to take care of yourself. If you have young children, possibly put on an educational video for them or have one of your older children watch them. This is your time to take a walk or exercise, go into your bedroom and take a nap, facetime a friend or family member, send out some emails or whatever you need to do for yourself. This is not school time, but it needs to be implemented in your day in order for you to maintain your sanity as a parent.

## 7. Don't over do it

I remember very clearly preparing different activities for my kids that would take me over an hour only to have them finish the activity in 5 minutes. This was not very conducive. You'd be surprised how happy kids are with simple activities.

## 8. Let your kids explore their creativity

This is a great time to let your kids get in touch with their creative side. Put out art supplies and paper, get them empty books and have them write stories, let them bake, make slime, bring out the glue gun and let them create.

## 9. Give the kids alone time

Your kids are going to be together for longer amounts of time than usual. Depending on the size of your house, and some may need to be more creative than others, there needs to be times of the day where the kids have time to themselves, either in their bedrooms or backyard, porch or wherever you can help make this happen. They can read a book, listen to a story with headphones or anything that just gives them some quiet alone time.

## 10. You got this

There will be days where you will be frustrated and yearn for time to yourself. There will be days where you witness your children doing some pretty awesome things. You will have great days and you will have really difficult days. But you will get through it and so will the kids.



## Student Spotlight

---



### **DISTANCE LEARNING**

Hello, I am AJ Iqueda and I am the coolest and smartest 6th grader with Deaf-blindness this year. Being Deaf-blind comes with its many challenges to my daily life and it can be hard to access the world without the appropriate support and tools.

On March 13th, 2020, when the stay at home order went into place my parents were very concerned. How could I access my education through distance learning?

At the beginning, I didn't like distance learning. It was very frustrating for me and for my parents. I refused to log online. I couldn't access the information well and I missed all my school friends and Instructional Assistant. It was hard, but we got through the year.

I promoted to middle school. I started a new school, with a new teacher and almost all new service providers. I had no friends and I was with people that I didn't know and that didn't know me. My parents became more worried of how it would impact my education, they had concerns of regression and concerns of more behavior problems.

My Mom contacted our district and the new school to discuss our concerns and how I would be able to thrive this school year.

My district and school were very supportive and helped expedite the support I needed. I now have an ASL interpreter and an Instructional Assistant that help me with online access. I started music classes and joined the Venture and Art club! I have the support of my teachers and my school.

With these accommodations, I have been able to adapt to distance learning and have had less meltdowns. I am engaged in class/work time. My parents are surprised at how much I am learning through distance learning.

It is very important that parents have great communication with their districts to help develop plans so that all students like myself can thrive!

I am thankful for everyone that has helped me through my journey and am looking forward to seeing how much growth I have this school year. I definitely cannot wait to get back to school and make new friends.

(This message was approved by AJ Iqueda).



**CAC**

COMMUNITY ADVISORY COMMITTEE  
SUPPORT • GUIDANCE • COLLABORATION

## Riverside County SELPA

Phone: 951-490-0375

Fax: 951-490-0376

Email: [info@selpa.org](mailto:info@selpa.org)

**We're on the web!**

**[rcselpa.org](http://rcselpa.org)**

## 2020-2021 CAC Executive Board Members

---

Jennafer Lapaglia-Griswold, **President**

Vicky Iqueda, **Vice President**

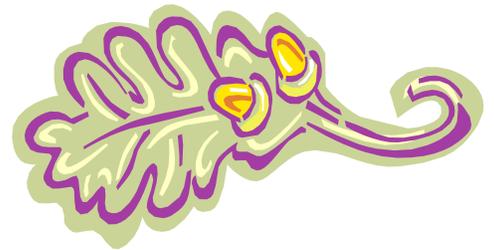
Vacant, **Secretary**

Vacant, **Public Information Officer**

Vacant, **Member at Large**

Cindy Lee, **Member at Large**

Phil Stein, **Past President**



## Upcoming Events

---

10/7/2020 at 3:30 pm

**Special Education in a Virtual World: What Parents Need to Know/  
CAC Business Meeting**

11/18/2020 at 3:30 pm

**Parenting Strategies for Positive Behaviors/  
CAC Business Meeting**

1/20/2021 at 3:30 pm

**Disaster Preparedness/CAC Business Meeting**

03/17/2021 at 3:30 pm

**Voices of our Families: Conversations on Education/  
CAC Business Meeting**

04/21/2021 at 5:30 pm

**13<sup>th</sup> Annual Recognition Event -"Recognition Round-Up"**

05/05/20 at 3:30 pm

**CAC Business Meeting only-Election of Officers**

