



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

TVDSA Newsletter

Newsletter Editor: [Celena Auger](#)

August 2012

In this Issue

By the end of August, many will be heading back to school. Enclosed in this month's newsletter, you will find inspiration and suggestions to prepare for the new school year to come.

Did **YOU** respond to the TVDSA Contact Information Request sent on June 26th? If not, please send your name, email and mailing address to [Malu](#), so we can update your information and areas of interest! Thank you!

Monthly and archived TVDSA newsletters are available on our website at: www.idahodownsyndrome.org for viewing and sharing. Notifications will be sent out when the newsletter has been posted each month.

Inclusion: The Right Thing for All Students

It's time to restructure all of our schools to become inclusive of all of our children.

We have reached the tipping point where it is no longer educationally or morally defensible to continue to segregate students with disabilities. We shouldn't be striving to educate children in the least restrictive environment but rather in the most inclusive one.

Inclusion is founded on social justice principles in which all students are presumed competent and welcomed as valued members of all general education classes and extra-curricular activities in their local schools – participating and learning alongside their same-age peers in general education instruction based on the general curriculum, and experiencing meaningful social relationships.

We know inclusion works. In the Individuals With Disabilities Education Act of 2004 Congress found: "Disability is a natural part of the human experience and in no way diminishes the right of individuals to participate in or contribute

to society. Improving educational results for children with disabilities is an essential element of our national policy of ensuring equality of opportunity, full participation, independent living, and economic self-sufficiency for individuals with disabilities."

The largest study of educational outcomes of 11,000 students with disabilities, the National Longitudinal Transition Study, showed that when students with disabilities spent more time in a general education classroom they were more likely to score higher on standardized tests of reading and math; have fewer absences from school; experience fewer referrals for disruptive behavior; and achieve more positive post-school outcomes such as a paying job, not living in segregated housing, and have a broad and supportive social network. These results were true regardless of students' disability, severity of disability, gender or socioeconomic status.

Continued on pg 2

Organizing Your Child's Special Education File: Do It Right! By: Pete Wright, Esq.

Do the hard jobs first. The easy jobs will take care of themselves. – Dale Carnegie.

The special education system generates mountains of paper. Some information is important so you are afraid to throw anything away. The mountain of paper grows higher every year. What do you do with it? How do you organize this information?

Continued on pg 3

August 11th:

Best Buds, Cool Club, AIM and D.A.D.S Gathering:
6:00pm at the Meridian Speedway in Meridian
Contact: [Kristie Yerger](#)

August 14th:

Buddy Walk Committee Meeting at 7:00pm at Maui Wovi, Meridian
Contact: [Melody Witte](#)

August 16th:

TVDSA Fundraising Event at Ceramica 6:00pm-8:00pm
All Sitting Fees are donated to TVDSA. Contact: [Malu Mulholland](#)

August 21st:

TVDSA Board Meeting
7:00pm-9:00pm at A New Leaf
Contact: [Paul Auger](#)

August 23rd:

Understanding Autism Spectrum Disorders Presented by: Krystal Butgereit, MSOTR/L with Elks Rehab
7:00pm-9:00pm
St. Luke's Meridian, Lower conference room
Free – but you must pre-register: 706-5549

August 27th:

Lil' Buddies Playgroup
10:00am-12:00pm at Just Kidn' Around in Meridian
Contact: [Kristie Yerger](#)

August 27th:

Webinar: [Innovative Research & Teaching for Students with Intellectual Disability](#)
[Transitioning to Postsecondary Education](#)

September 15th:

[The Southeast Idaho Down Syndrome Association Buddy Walk](#) At Brooklyn's Playground at OK Ward Park, Pocatello, ID

September 17th:

Webinar: [Getting Started: Developing College Opportunities for Students with Intellectual Disabilities](#)



10th Annual TVDSA Buddy Walk Saturday, October 13th

It's not too early to start thinking about the Buddy Walk!
Online Registration is NOW OPEN!

Online Registration will close, Tuesday, September 5th.
Pre-registration Cost: \$15 for adults; \$7 for 12 and under

Registration includes a t-shirt, lunch, entertainment, children's goodie bags and games, and more!

After September 4th, registration fees are slightly higher, so create a team, register or donate today!

Thank you to our current 2012 Sponsors:



Inclusion: (continued from Page 1)

Furthermore, as the recent WNYC story states, the achievement of students without disabilities is not compromised by the presence of students with disabilities in their classrooms. Some studies even show that implementing inclusion on a school wide basis improves achievement for all students.

And just as important as academic outcomes are the attitudes and values that all students learn when they are educated together. The Autistic Self Advocacy Network says, "How children are treated in schools often mirrors how they will be treated in later life. As with other minorities, segregated school placements lead to a segregated society, whereas inclusion in the earliest years promotes increased opportunity and greater understanding of differences for all involved. A society that separates its children (during their school years) is likely to maintain those separations indefinitely, reinforcing attitudinal barriers to disability in all aspects of life." Not only do we know that inclusion works, we know how to make it work. There are resources for teachers and administrators from large, urban schools on how to implement inclusive education. You can find hundreds of books, research articles, guidelines for inclusive practice,

testimonials from students with and without disabilities, teaching strategies, and strategies for designing instruction and assessment for all learners to help guide you and your teachers.

The NYC's Department of Education has been screening videos like "Including Samuel" for staff members as part of its special education reform. Every single barrier you can think of has been addressed by others, and that knowledge is there for the taking.

Imagine what you could do for the children in the 1,700 New York City schools if the resources you are currently spending on out-of-district placements and separate special education schools and classrooms were allocated to create well-supported inclusive classrooms. It's the right thing to do and it works for all students.

Cheryl M Jorgensen, Ph.D., is a member of the affiliate faculty with the National Center on Inclusive Education at the Institute on Disability at the University of New Hampshire. In 2008 she received the National Down Syndrome Congress Education Award for her leadership and pioneering research supporting the inclusion of students with Down syndrome. She has written this open letter to Shael Powlakow-Suransky, the chief academic officer for New York City schools.

Organizing Your Child's Records (continued from Page 1)

You need a simple, foolproof document management system. In this article, you will learn how to organize your child's file. After you organize the information about your child into a file, you will have a clearer understanding of your child's disability and needs.

Document Management Systems:

Think about the last school meeting. Did the IEP team members have a complete copy of your child's file? Did you have a complete copy of your child's file? How can the IEP team make decisions about your child's special education program if they do not have complete, accurate information about your child? Schools keep records in different places. Information and reports are misplaced. When you organize your child's file, you will have all the information about your child in one place. With our document management system, you can track your child's educational history. When you use this parent-tested system, you can quickly locate any document in your child's file. When you take your organized file to the next school meeting, you will understand the power of getting organized. You will gain a sense of control.

Gather Information About Your Child: Follow these steps to get information about your child.

Make a Master Provider List

Make a list of all individuals and agencies that may have information or records about your child. Your list should include the names and titles of all professionals who have provided medical or mental health treatment services, including doctors, therapists, and other health care providers. Include their addresses, telephone and fax numbers, and email addresses. You may want to develop your list by category of service rendered, e.g., medical, educational, psychological evaluations.

Request Your Child's Records

Send a letter to all individuals and agencies on your list and request a copy of your child's records. Explain that your request relates to a school issue and the need to secure an appropriate education for your child. Ask if you should expect to pay a photocopying fee and what this fee will be. Your letters should be neat and convey a professional image. If you do not receive a response within ten days, send a short letter explaining that you requested information ten days ago and have not received a response. Attach a copy of your original letter to the second request letter. Ask if you can do anything to help expedite the request. Offer to visit the office to help copy the information. Be polite. Make photocopies of all letters for your file.

Request Your Child's Educational Records

Write a letter to the school and request a complete copy of your child's entire cumulative file and confidential file, omitting nothing. You want copies of all evaluations, records, correspondence, and other documents the school has about your child. Use a word processor for your letter. Expect to pay a reasonable photocopying fee. Send one letter to the principal of your child's school and one letter to the director of special education. If you do not know the director's name and address, call the main office of the school district and request this information. If your child does not attend a public school, send the letter to the principal of the last public school your child attended. Before you mail these letters, sign them and make copies of the signed letters for your Master File. Log the letters into your contact log.

Organize the Master File

You will organize and file all information about your child in three-ring notebooks. Gather all documents that relate to your child. Bring all paper in boxes, file folders, and bags together in one place. Begin by organizing the documents by year.

To finish reading this article on how to organize your child's educational binder, [click here](#).

“Disability is a matter of perception. If you can do just one thing well, you're needed by someone.”
- Martina Navratilova



TREASURE VALLEY
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Social Groups Page

Calling All Performers:

By popular demand, Elevated Dance Project Verge dancers will be back to perform at the 10th Annual TVDSA Buddy Walk, October 13th **AND** they need individuals with Down syndrome to join them on stage!

Practices will be held at the EDP Studio: 1396 E. Iron Eagle Drive, Suite 300 in Eagle on **Tuesdays, September 4th, 11th, 18th, 25th, and October 2nd** from **4:30pm-5:30pm** and a dress rehearsal the week prior to the performance (TBA) at the Julia Davis Bandshell.

We ask that the dancers be at least 8 years of age, due to the need to memorize the routine.

If you, or an individual with Down syndrome you know, would enjoy dancing on stage, please contact: [Celena Auger](#).

Lil' Buddies Update:

June Outings:

Lil' Buddies will play **Monday, August 27th from 10:00am -12:00pm** at Just Kid'n Around Indoor Play Place at 2374 E. Cinema Drive in Meridian. Admission for each child with Down syndrome will be provided by TVDSA.

Parents are free with child.

Need more information on Lil'Buddies Playgroup? Interested in helping organize the monthly gatherings? Please contact [Kristie Yerger](#).



Best Buds (Elementary), Cool Club (Jr./Sr. High), Adults in Motion (AIM) and D.A.D.s Group:

August Outing: Best Buds, Cool Club, AIM, and D.A.D.S will gather together on Saturday, **August 11th at 6:00pm** at the **Meridian Speedway** for an evening of racing fun. Located at 335 South Main Street in Meridian, tickets for up to 4 people per family will be provided by TVDSA thanks to Meridian Speedway and Rick Murray of

Sysco.

Need more information on **Best Buds** Social Group or want to help organize? Please contact: [Kristie Yerger](#).

For more information about **Cool Club** please contact [Molly Benton](#).

For more information about **AIM** contact: [Freddie Gallas](#).

For more information about **D.A.D.S.** please contact [Gus Olmos](#).



Adults In Motion (AIM) Additional Information:

Announcing: Ruby's Rainbow

Dedicated to the higher education needs of adults with Down syndrome, their mission is to create awareness of the capabilities of these amazing individuals and grant scholarships for enrichment, vocational, or post-secondary education classes. Funds will be available for the Fall semester 2012 and they are seeking applicants!

For application and requirements, or to learn more about Ruby's Rainbow, please visit their website: www.rubysrainbow.org

**"I hope to have as many friends as all the stars in the sky. I think that I am getting very close to my wish."
- Annie Forts**

Conferences, Workshops, Webinars & TVDSA Scholarship Information

Idaho Parents Unlimited (IPUL) Parent Support Group

FREE Inclusive Art Classes with Amy Nack at IPUL
For school age children

August 8th, 10th, 15th, 17th, 22nd and 24th

1:00pm-3:00pm
500 S. 8th Street, Boise

For more information,
www.ipulidaho.org

[Innovative Research & Teaching for Students with Intellectual Disability Transitioning to Postsecondary Education](#)

Webinar: **August 27th**

[r.i.s.e conference](#)

7th Annual Building Futures Secondary Transition to College and Employment

October 22nd-23rd
Portland, OR

[TVDSA Scholarships](#)

Are you considering attending an upcoming workshop or conference?

Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?

The TVDSA Scholarship program is NOT income based, so everyone is eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

[The Southeast Idaho Down Syndrome Association Buddy Walk](#)

September 15th

At Brooklyn's Playground at OK Ward Park
Pocatello, ID

[Idaho Partnership Conference on Human Services](#)

Restore * Rebuild * Renew Strategies for Success

November 1-2nd
Riverside Hotel, Boise, ID

Understanding Autism Spectrum Disorders

Presented by: Krystal Butgereit, MSOTR/L
The course will provide basic factual information regarding diagnosis, treatment, terminology, symptoms, and prevalence.

August 23rd 7:00pm-9:00pm
St. Luke's Meridian, Lower conference room

Free – but you must pre-register: 208-706-5549

[Getting Started: Developing College Opportunities for Students with Intellectual Disabilities](#)

Webinar: **September 17th**

[r.i.s.e conference](#)

Respect, Inspire, Support and Educate 23rd Annual Parent Conference

January 18th & 19th, 2013
Portland, OR

[Step UP for Down Syndrome Celebration](#)

September 22nd:
10:00am

Mirabeau Point Park,
Spokane Valley, WA

[ID Miss Amazing Pageant](#)

February 8-9th, 2013
Boise, ID

Inspiring Videos:

- [Hula Hoop Hysteria with Riley, a fourth grader with Down syndrome](#)
- [Twins with Down Syndrome Fighting Cancer Together](#)
- [Boy with Cerebral Palsy Inspires Kids – Kids Inspire Us All](#)
- [26 Year-Old with Down syndrome, serves Hugs with Lunch](#)
- [Amazing Pianist with Down syndrome and Leukemia](#)

"We always need to aim high and never underestimate individuals with disabilities. Time and time again we see that holding to high standards leads to greater achievement in school and greater success in the job market when these children become adults."

***-Shirley Swope,
PEAK Parent Advisor***

Join the Celebration while Supporting TVDSA



The PGA Tour will return to Boise for the 23rd annual Albertson's Boise Open presented by Kraft, **September 10-16, 2012** at Hillcrest Country Club. Thanks to Sara Lee TICKETS Fore CHARITY program, 100% of the ticket price will go directly to Treasure Valley Down Syndrome Association.



Order your tickets and support a worthy cause today, by visiting and selecting TVDSA:

www.albertsonsboiseopen.com



TREASURE VALLEY
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PO Box 1404
Meridian, Idaho 83680

We're on the Web!

See us at:

www.idahodownsyndrome.org

Check us out on
[Facebook](#) and [Twitter](#)!



Ceramica Fund Raising Event

1002 S. Vista Avenue, in Boise

August 16th from 6:00pm-8:00pm

The entire \$6.00 per person's painting fee for ANYONE that shows up during this time will be donated to TVDSA!
PLUS: Receive 20% off pottery pieces costing at least \$3.00.

You choose your colors and paint your design, paint as long as you like, leave it to be glazed and fired, then pick up your masterpiece.

Shop With Scrip and Give Back To TVDSA

Purchase Gift Cards for school supplies, clothing, dining, gas, groceries, entertainment, home décor and more, and a percentage goes to TVDSA!

Visit www.shopwithscrip.com, set up a free account, link to TVDSA by using the enrollment code: BC8651D833664 and start shopping, all while donating money to TVDSA!

From the TVDSA Lending Library:

Negotiating the Special Education Maze

by: Anderson, Chitwood,
Hayden, and Takemoto

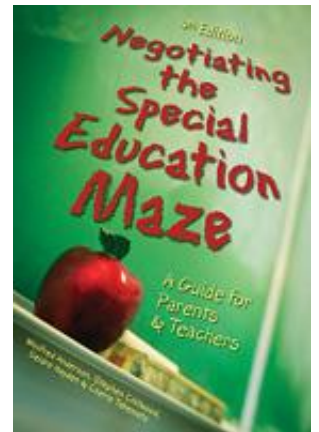
The authors of this book liken entering the world of Special Education to entering a maze. In either case, one may quickly become confused, intimidated or even scared. This book is the step-by-step guide to help parents understand every facet of obtaining

individualized services so that they can be the best possible advocates for their children.

This book is available from the TVDSA library.

Members may reserve it by contacting the librarian at library@idahodownsyndrome.org.

For a complete list of the books/DVDs available through TVDSA, please check out our [Lending Library](#)



The mission of Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.

Board of Directors:

President: [Paul Auger](#)

Advisor: [Lynda Wells](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)

Marketing: [Jason Woodward](#)

Vice President and Programs Chair: [Kristie Yerger](#)

Secretary: [Audrey Byrum](#)

Buddy Walk Chair: [Melody Witte](#)

Fundraising & Membership: [Malu Mulholland](#)

For more information, articles, past newsletter and more, please visit our website: <http://idahodownsyndrome.org/>

Mailing: PO Box 1404 Meridian, ID 83680; Check us out on [Facebook](#) and [Twitter](#)