

TVDSA NEWSLETTER



TREASURE VALLEY
DOWN SYNDROME ASSOCIATION

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TVDSA Upcoming Events

August 3

Board Meeting

Google Meet, 8:00 pm

August 7

Lil' Buddies

Discovery Park, Meridian

2:00 pm

August 22

Best Buds

Stephen Guerber Park, Eagle

2:00 pm



Sign up for 2021 Virtual TVDSA Walk for Down Syndrome

The TVDSA Walk for Down Syndrome is a great opportunity for those of us who love someone with Down syndrome to share our feelings with everyone we know! Yes, the walk is the biggest fundraiser of the year for TVDSA, but it's also a vehicle for creating community awareness.

This year we have decided to celebrate our Walk for Down Syndrome virtually to ensure the safety and health of all our members and friends.

Go to the **TVDSA Walk for Down Syndrome website** to create a team of your own or join an existing one, then celebrate with your own Walk with your team members anytime October 1–8. You choose the route and distance for your own event and

be sure to share pictures and videos with us so we can experience your celebration along with you!

As always, we will have prizes for raising money and incentives for getting creative with your team. Most importantly we hope that you will **HAVE FUN!**

On October 9, the official Walk for Down Syndrome Day, we will share your photos and videos, awarding prizes and enjoying some fantastic online entertainment just for our friends!

We hope you will all join us for the 19th Annual TVDSA Walk for Down Syndrome!



Social Groups

Lil' Buddies

We're having a Back to School Celebration!

You are invited to a back to school bash with all your Lil' Buddies! Even if you aren't going to school this year, you're still invited!

Join us **Saturday, August 7** at **10:00 am** at **Discovery Park**, 2121 E Lake Hazel Rd, Meridian

We will have games and activities to celebrate the new school year coming up and most of all we will just enjoy being together.

What to bring:

- Masks for adults and siblings over 5 years old
- Swim suits for the splash pad
- Sand toys for the sand play area
- Sunblock (there's not a lot of shade at the park)
- Water and snacks for your family

Please review the **guidelines for TVDSA social group activities** from the TVDSA website.

RSVP is required. Email lilbuddies@idahodownsyndrome.org.



Best Buds

Hello Best Buds!

On **Sunday, August 22** at **2 pm**, we are having a Welcome Back Carnival and will have assortment of little games for the kids to play and prizes to win!

Join us at **Guerber Park** in Eagle (2200 E Hill Road). There is also a splash pad and a playground nearby so bring your towels, bathing suits, and sunscreen.

There is a big area rented for everyone to sit underneath in the shade with seating. Currently we're not able to provide food, but feel free to pack your family a snack if you will need one during this time.

Please be aware that you will have to sign a waiver for COVID-19 and new waiver for TVDSA so we can ensure everything is current.

Remember, to participate in any TVDSA social groups, you have to be a current member of TVDSA. Membership is only \$10.00 a year, and

you can become a member or renew your membership on the **TVDSA website**.

RSVP is required for this event. Please keep attendees limited to your immediate family. To RSVP, text message Danielle Williams at 208-794-8995. Include your family's last name, person with Down syndrome name and age, and how many people will be coming.

For more information about Best Buds, email bestbuds@idahodownsyndrome.org



Idaho Parents Unlimited (IPUL) Monthly Training—

Back to School: What Parents Need to Know

Webinar

August 18, 2021, 6:00 pm

(Click here to register.)

Join us for a discussion to prepare you and your child for a positive start to the new school year.



Helpful tips for a safe, organized, informed, and stress-free start to the 2021–2022 school year.

This will consist of a normal, hour long webinar training that will be recorded, followed by a half-hour question and answer section that will not be recorded.

Courageous Kids Climbing Event

Registration is now open and reservations are required for the upcoming Courageous Kids Climbing event at the **Boise Downtown YMCA** on **Saturday, September 11** from **10 am until noon**. This is a **FREE** event for children between the ages of 3 months and 103-years with special needs, physical or developmental (and including visually challenged or hearing impaired) and under 300-pounds to experience rock wall climbing.



Thank you to ACCESS VANS for supporting this event!

To reserve a spot for this event, register at courageouskidsclimbing@gmail.com, and check out the **Courageous Kids Climbing Facebook page** for more information.

Our Mission

To enhance the quality of life for persons with Down syndrome by promoting inclusive environments as well as advocating respect, dignity, and appropriate supports for people with Down syndrome to ensure that the world sees them as we do — Equal.

Our Vision

A world where full inclusion is a reality rather than a goal.

Join TVDSA Today!

If you are not currently a member or you would like to renew your membership, you can do so **online with the TVDSA Membership Form**. You can contact us at membership@idahodownsyndrome.org to verify your membership status.

Board of Directors

President

George Taylor

Vice President &

Community Outreach Chair

Charmaine Thaner

Secretary & Membership

Jen Rice

Treasurer & Spanish Contact

Lucy Olmos

Contact Information

Treasure Valley Down
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Back-to-School Anxiety in Kids: What to Watch for

understood.org

Español

Hay niños que se sienten ansiosos cuando van a comenzar un nuevo año escolar. Es posible que este año muchos más se sientan estresados por regresar a la escuela. Esto es especialmente cierto para los niños con dificultades para aprender o hacer amigos, así como para los que tienen ansiedad.

Muchos niños han dejado de asistir a la escuela a tiempo completo o de manera presencial durante un año y medio. Tendrán que adaptarse al aprendizaje en un aula tradicional, y a las reglas de distanciamiento social y el uso de mascarillas. También tendrán que interactuar más con compañeros y adultos que lo que venían haciendo últimamente.

Algunos niños comenzarán este año con dificultades que no tenían antes de la pandemia o no habían notado. Y los que ya tenían dificultades tal vez se hallan atrasado o tengan más dificultades que antes.

Estas son algunas cosas por las que los niños podrían sentir ansiedad al regresar a clases este año:

- Estar atrasado con las asignaturas y creer que no podrán ponerse al día.
- Ver a otros niños e integrarse después de estar tanto tiempo alejados.
- No sentirse preparado para los cambios o no saber qué esperar.

Es posible que los niños necesiten más apoyo en este regreso a clases. Pero hay cosas que las familias y los educadores pueden hacer para facilitar la transición y ayudarlos a controlar la ansiedad.

Lea el artículo completo en understood.org.

English

Some kids get anxious over the start of school every year. This year, many more may be feeling stressed about going back. That's especially true for kids who struggle with learning or with making friends, and those with anxiety.

Many kids haven't done full-time in-person schooling for a year and a half. They'll need to adjust to learning in a traditional classroom. They may have to get used to new rules about social distancing or wearing masks. And they'll also have to interact more with peers and adults than they have in a while.

Some kids are starting the year with difficulties they didn't really have — or didn't notice — before the pandemic. And kids who already had challenges may have fallen behind or be struggling more than ever.

Here are some other things kids are likely to be anxious about as school starts this year:

- Being behind and not being able to catch up
- Seeing other kids and fitting in after being away so long
- Not being prepared for changes or not knowing what to expect

Kids may need extra support as they head back to school. But there are things families and educators can do to ease the transition and help kids manage anxiety.

Read the full article at understood.org.