

Delaware Valley Special Education District News

As we wrap up an incredible school year, we're proud to celebrate the many achievements of our amazing students! From academic growth to personal milestones, each student has made meaningful progress, and we couldn't be prouder.

This spring, our students shined at the Special Olympics Track and Field Day, where they showed off their strength, determination, and team spirit—it was truly a day to remember!

We also came together to celebrate Autism Awareness Month with school-wide activities that fostered understanding, acceptance, and inclusion. It's been a year full of learning, laughter, and unforgettable memories, and we can't wait to see what our students accomplish next!

We wish all our families a safe, joyful, and relaxing summer break filled with fun and memorable moments. Thank you for a wonderful school year—we look forward to seeing you in August!

WHAT'S IN THIS QUARTER'S ISSUE:

- District Happenings
- Summer Academic Resources
- Emotional Regulation
- Mental Health Resources





Stay Sharp This Summer: Reading and Math Made Fun!

Keeping up with academics over the summer helps students retain what they've learned and reduces the risk of the "summer slide." When learning is fun and engaging, kids stay curious, confident, and ready for the new school year!

Read Every Day

Encourage at least 20 minutes of daily reading. Let kids choose books they enjoy—comic books, audiobooks, or magazines count too!

Use Math in Everyday Life

Involve kids in real-life math: measuring for recipes, counting change, tracking time, or budgeting for groceries.

Create a Learning Routine

Set aside a consistent "learning time" each day for reading, writing, or educational games—it helps keep skills sharp without overwhelming kids.

Visit the Library

Take advantage of summer reading programs, book clubs, and educational events hosted by your local library.

Incorporate Educational Apps & Games

Use screen time wisely with apps that make learning math, reading, and science fun (like Prodigy, Khan Academy Kids, or Epic!).



Visiting the library over the summer gives our students free access to books, activities, and programs that support learning and spark a love of reading. Check out their programs in the Milford and Dingman Township Branch today!

<https://pikecountypubliclibrary.com/>

DVSD DIGITAL TOOLS

Did you know families can access their students digital accounts up until August 15th?

Students may use their Math Seeds, Reading Eggs, IXL and Epic Accounts all summer long with just their student id number and password.

Visit the DVSD Parent page and click the Class Link Tab on the left, or visit the following URL:

<https://launchpad.classlink.com/dvsd>



FOR MORE VISIT:

<https://www.dvsd.org/domain/1101>

Supporting Emotional Regulation During Summer Transitions

Many students thrive in structured environments because routines provide a sense of predictability and security, helping them stay regulated and focused. As the school year winds down, many students may feel anxious about the upcoming change in routine. While summer break can bring fun, rest and relaxation, the change in schedule can be overwhelming. Supporting children's emotional regulation during summer transitions involves acknowledging their feelings, creating predictable routines, and teaching them tools for managing emotions. You can aid in emotional adjustment by creating a flexible routine, providing opportunities for self-soothing, offering space for open communication, and incorporating mindfulness practices. Below are a few strategies to help during the transition. These would apply for transition to summer or back to school.

Acknowledge and Validate Feelings:

1. Listen actively and create a safe space for the child to express their feelings.
2. Validate the feelings, even if the feelings seem "unreasonable" to you. For example, "I can see you're really upset right now, I know it feels big to you and that matters." When appropriate, try to keep the child solution focused. What can they do about the problem at hand?

Maintain a Gentle Structure:

1. Consistent Routines: While summer can be more relaxed, maintain some routines for wake-up and bedtime, and possibly meals. Sleep and food intake impact emotion regulation, and although a child may be receiving both, the inconsistency of them can have impact.
2. Plan Activities: Plan meals, outings, or activities in advance.
3. Visual Calendars: Use visual calendars or lists to help children know what to expect.

Provide Tools for Emotional Regulation:

1. Mindfulness Techniques: Introduce deep breathing exercises and present moment awareness to reduce stress. (Breathe in for 4, hold 7, exhale 8) (Grounding exercise: Look around the room and name 3 things in order of each color of the rainbow)
2. Visual Timers: Use visual timers to indicate upcoming transitions.
3. Problem-Solving: Engage in problem-solving conversations about alternative ways to handle situations.

Create a Safe and Supportive Environment:

1. Cool-Down Space: Designate a comfortable spot where children can decompress. In a moment where decompression is needed, you can specify this is where the child should go. "It looks like you're having some big feelings. How about we take a little time in the calm space to help you reset?" "Let's take a few minutes in the calm-down area so your body and brain can feel better."
2. Emotional Check-ins: Make time for daily check-ins and ask how they are feeling. This would also help open that line of communication.
3. Journaling: There is no right or wrong way to journal. Freestyle is always an option. The following is another option for behavior accountability. In the morning, the child can identify 3 goals they have for the day. The goals can be big or small, such as cleaning my room, taking a shower and having fun all day. In the evening the prompt can be how the day could have gone better, which is a vague question, but if the child didn't accomplish their 3 goals it allows them to see that, and reflect in a solution focused manner on how they can do better at achieving their goals the next day.

Seek Professional Support When Needed:

1. If big emotions are making summer harder, consider reaching out for extra support when needed. Professionals can offer tools and guidance that can make a big difference for both children and caregivers. If you're not sure where to start with this, you can always call the number on the back of your insurance card and request a list of in network providers in your area.

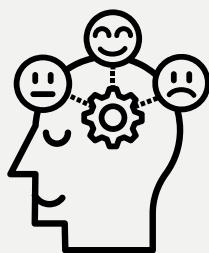
Mental Health Resources

As a parent, getting mental health services is the first important step in helping you and your child get the support you may desperately need for emotional and behavioral issues that may be a dominant factor in your lives. This guide will help you get started.

Studies show that children with emotional and behavioral problems respond best to treatment when their parents and caregivers are active participants in their child's treatment. As the child's parent, you know your son or daughter best and mental health providers will rely on your input into the development of your child's treatment plan and will partner with you in carrying out that plan. Since the mental health treatment for your child will change over time, it is important to strengthen and educate the family to be a constant source of support throughout the child's lifetime.

Getting support for yourself as a parent or caregiver is also an important part of your child's treatment. Here are some ideas for taking care of you:

- * Accept help from your family and friends
- * Talk with other parents who have children with similar behaviors
- * Join a parent support group
- * Consider getting therapeutic support for yourself
- * Participate in an activity that is just for you – social organizations, church groups, reading



Pike County Helpful Websites

Network of Care for Behavioral Health-Provider Directory for Carbon, Monroe and Pike Counties

<http://pa.networkofcare.org>

Community Care Behavioral Health Organization – Provider Directory for Members

<http://www.ccbh.com/ProviderDirectory/Home/ChooseLocation>

Carbon Monroe Pike Mental Health and Development Services

<http://www.cmpmhds.org/>

COMPASS – Apply on line for Medical Assistance/Medicaid

<https://www.compass.state.pa.us>

Consent to Treatment and Confidentiality Provisions Affecting Minors in Pennsylvania

<http://www.jlc.org/resources/publications/consent-treatment-and-confidentiality-provisions-affecting-minors-pennsylvania>

Crisis Services Available 24/7 by calling Carbon Monroe Pike Mental Health and Developmental Services (CMP MH/DS)

1-800-338-6467

Resources for Human Development at 570-992-0879 or 1-800-849-1868

There is no cost for crisis services and they are available to anyone in Carbon, Monroe and Pike Counties.

FOR MORE VISIT: <https://www.dvstd.org/domain/1101>