

October Special Education Newsletter

ADHD Awareness Month

ADHD is a neurodevelopmental disorder affecting both children and adults. It is described as a “persistent” or ongoing pattern of inattention and/or hyperactivity-impulsivity that gets in the way of daily life or typical development.

Individuals with ADHD may also have difficulties with maintaining attention, executive function (or the brain’s ability to begin an activity, organize itself and manage tasks) and working memory.

www.adhdawarenessmonth.org

ADHD Myths

- ADHD doesn’t exist
- People with ADHD just can’t concentrate
- ADHD is over diagnosed
- Only boys have ADHD
- ADHD meds are addictive
- ADHD is caused by bad parenting
- ADHD is just an excuse for laziness
- All children outgrow ADHD
- Everyone has a little ADHD
- Children with ADHD just need more discipline

Dyslexia Awareness Month

Dyslexia is a language-based learning disability. Dyslexia refers to a cluster of symptoms, which result in people having difficulties with specific language skills, particularly reading. Students with dyslexia usually experience difficulties with other language skills such as spelling, writing, and pronouncing words. The exact causes of dyslexia are still not completely clear, but brain imagery studies show differences in the way the brain of a person with dyslexia develops and functions. Moreover, most people with dyslexia have been found to have problems with identifying the separate speech sounds within a word and/or learning how letters represent those sounds, a key factor in their reading difficulties. Dyslexia is not due to either lack of intelligence or desire to learn; with appropriate teaching methods, students with dyslexia can learn successfully.

www.dyslexia.org

Dyslexia Myths

- Reading and writing letters backwards is the main sign of dyslexia
- Dyslexia doesn’t show up until elementary school
- Kids with dyslexia just need to try harder to read
- Dyslexia goes away once kids learn to read
- Dyslexia is a vision problem
- Dyslexia is caused by not reading enough at home
- Dyslexia only happens in the English language

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Downs Syndrome Awareness Month

In every cell in the human body there is a nucleus, where genetic material is stored in genes. Genes carry the codes responsible for all of our inherited traits and are grouped along rod-like structures called chromosomes. Typically, the nucleus of each cell contains 23 pairs of chromosomes, half of which are inherited from each parent. Down syndrome occurs when an individual has a full or partial extra copy of chromosome 21.

This additional genetic material alters the course of development and causes the characteristics associated with Down syndrome. A few of the common physical traits of Down syndrome are low muscle tone, small stature, an upward slant to the eyes, and a single deep crease across the center of the palm - although each person with Down syndrome is a unique individual and may possess these characteristics to different degrees, or not at all.

ndss.org

Professional Learning for Staff

Some of our Special Education teachers participating in a professional learning session for a new reading intervention program being piloted.



Depression Education Month

Depression is a mood disorder that causes persistent feelings of sadness, emptiness, and loss of joy. It is different from the mood fluctuations that people regularly experience as a part of life. It is an ongoing problem, not a passing one.

If you think you or someone you care about is experiencing depression, help should be sought through your doctor or a mental health provider in your area.

Some Local Supports:

Cayuga County Mental Health
Cayuga Counseling Services

