



# Jennings Special School District

January 2021



## Websites

[Jennings  
Special School District](#)

## **Monthly Mantra**

I slow down and enjoy  
the gift of the present  
moment.

Find more mantras [here](#).

## Events

January  
ESY Determinations  
FastBridge Winter Screenings

Monthly  
[SSD Superintendent Update](#)

[SSD/Jennings  
Contact Information](#)

[SSD Guidance for  
Distance Learning](#)

[Academic and Related  
Services Took Kit](#)

[SSD Parent Advisory  
Council](#)

## Self-Determination and students with disabilities...

### Self-Determination is...

- Knowing and believing in yourself
- Knowing what you want your future to be and how to make plans to achieve this future
- Knowing what supports you need to take control of your life

Studies show that students who included self-determination goals in their Individualized Education Programs (IEPs) were more likely to earn a higher income one year after graduation (Wehmeyer, 2004).

- For more information about self-determination
  - <https://www.imdetermined.org/>

## Mindfulness ([click here for more information](#))

### At School

#### [5.4.3.2.1 exercise](#)

Brings students attention to the room and the present moment.

Students list 5 things they can see, 4 they can feel (e.g., feet on ground), 3 they can hear, 2 they can smell, and 1 they can taste

### At Home

#### **Awaken with Gratitude**

When we begin the day with gratitude, we can train our minds to look for the positive rather than focusing on the challenges, frustrations, and slights. The key to making this habit effective is not the number of things you feel grateful for or even the amount of time you spend in gratitude, but rather the intensity of focus and feeling you have around the effort.

## RESOURCES

### [Parent Education & Diversity Awareness Program](#)

For information about Family Engagement [click here](#)