



## Latin American Heritage Month

This is a special time of year when people all across the country celebrate Latin American Heritage Month, which is also known as National Hispanic Heritage Month. Though the calendar says September 15 - October 15, we should remember that learning about each other and engaging in conversation can happen every day of the year. Look for more opportunities to learn, engage and celebrate over the next several weeks.



### Who is Ellen Ochoa?

<https://www.biography.com/astronaut/ellen-ochoa>



### More Information about National Hispanic Heritage Month

<https://ca.pbslearningmedia.org/resource/4e982b0c-8c5f-4ebf-8add-ca692a1cc099/hispanic-heritage-month-all-about-the-holidays/>

## 3 Part Series on Family Tips for Supporting Students with ADHD During Distance Learning

For many students with ADHD and other learning challenges, the value of seeing and interacting with teachers in person is very important and hugely missed. This week, we introduce "Family Tips"-- a series of strategies and tools to help meet our students' needs while we are apart for distance learning. Parents, use these tips to advocate for your child, collaborate with their teachers, and provide support at home.

### 1. Create one place for everything.

Work with teachers to develop a single document containing your child's unique schedule with the links or meeting IDs for all live Zoom sessions-- including those with teachers, specialists, academic support, etc. Get multiple copies and hang them up for quick and easy reference.

### 2. Devise a daily or weekly checklist.

A daily or weekly (depending on student's age) checklist can be a great "catch all" keeping track of everything that must get done. Work with your child's teacher(s) to create all of their to-dos for the day or week. Some students may be motivated by the action of crossing off items as they are completed.

### 3. Schedule check-ins.

Asking for help is a skill that must be learned. It involves knowing when to ask, how to ask and having the courage to reach out. Collaborate with your teacher to find a designated time when your child can check in. Your teacher might already have "office hours" available-- a good time to make contact! A small reward system may help to encourage this.

We want to make sure we are setting our students up for success, and we will get through this together. Stay tuned for more tips next week.

Summarized and prepared by Megan Tang Ref.: <https://www.additudemag.com/distance-learning-accommodations/>