

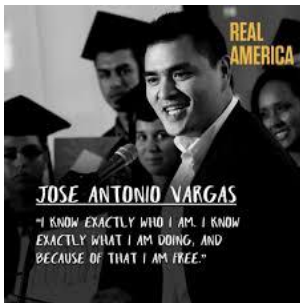


## Latin American Heritage Month

### *Did you discover something about Ellen Ochoa?*

Dr. Ellen Ochoa was born in Los Angeles California in 1958. She received her masters and doctorate in electrical engineering from Stanford University, having already completed her bachelor of science degree in physics from San Diego State University. She became the world's first Latina astronaut in 1991, working as a mission specialist and flight engineer. She has traveled into space on four occasions and continues to serve as a member of NASA's space program. For more information, visit

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



## Who is Jose Antonio Vargas?

<https://joseantoniovargas.com/about/>

## More Information about National Hispanic Heritage Month

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

## Part 2: Family Tips: Supporting Students with ADHD During Distance Learning

Welcome to part two of "Family Tips"-- a series of strategies and tools to help meet our students' needs while we are apart for distance learning. This week, we look at how to make the most of audio and video features on our learning platforms (Seesaw, Google Suite) and devices.

### 1. Access directions in multiple formats.

Most assignments are introduced in live Zoom meetings, and they are posted with written instructions on Seesaw (KP-4th) or Google Classroom (5th-8th). If your child is still not sure of what to do, explore additional options with teachers. Teachers may be able to provide recorded verbal instructions on Seesaw or recordings of Zoom classes for playback.



### 2. Try text-to-speech tools.

While students are on devices for learning, typing will play a role. Providing alternatives by using text-to-speech and other voice tools could help to alleviate any frustration. Utilize the video and voice recorder options on Seesaw. Enable Siri. Adjust "Accessibility" options on Apple devices to turn on "Spoken Content." Voice typing on Google Docs works well too!

For additional support maximizing these tools, reach out to the Academic Support Department or Technology Team.

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