



## Fairland School

## Year-end Newsletter 2020

*Who could have predicted such a Spring and end to the school year?? It has been a journey unlike any of us has ever experienced. We have worked hard to reach out to our students and families, providing enrichment and education in this unique way. While we miss in-person interactions with our students, we value our time together online. We thank parents for their tireless efforts in finding ways for your students to continue their learning, weathering the challenges of employment, technology, and emotional stressors. We have all found a way to make this work and our Fairland family remains strong! We look forward to seeing you all when we can, and we wish you a relaxing and enjoyable summer!*



As the 19-20 school year draws to a close, so too does the professional career of Mrs. Carol Kline at the Lancaster Lebanon IU 13. Mrs. Kline's distinguished career and commitment to excellence started 25 years ago at the IU13, where she taught in several classrooms throughout her 20 years of teaching. Mrs. Kline's excellence was recognized in 2015 when she received the Annie Sullivan Award, prior to her becoming a Special Education Consultant at Fairland. The purpose of this Pennsylvania state award is to honor a professional who exemplifies caring involvement with students with disabilities and goes beyond the duties of the classroom in helping others in the school and community to understand and accept people with disabilities. Although she will definitely be missed, we are excited for Mrs. Kline as she begins the next chapter of her life. Her passion throughout her career for serving students and having their best interest at heart is priceless. We wish her all the best in her retirement.



Need help? Call 211! Serving Lancaster and Lebanon Counties, 211 provides connection to help with health/human services, such as housing/food resources.

**Crisis Hotline: 1-800-273-TALK**

It is with pride that we share Ms. Fellow's class participation in the Governor's Stem Challenge! Our students created the "Showerability" Helper, helping disabled individuals to shower on their own. They then presented their project, demonstrated, and answered questions in front of a panel of educators!



*A Message from Miss Meg!*

**Kids Can Calm Down Anywhere!**

Count to 5

This helps kids stop & think before reacting.

Take a deep breath

Great relaxation technique for all!

Blow into your hands

This gives feedback of taking a deep breath.

Place hands in pockets

A good tool for kids who react with their hands.

Make a fist, then relax

Relieves built up tension

Do a body scan

Notice areas of tension & relax

### Things to do at Home with your Kids During the Covid-19 Outbreak!

(Adapted from an article by Megan Johnson 4/16/2020)

1. Maintain a structured schedule.
2. Use online educational resources.
3. Teach your kids life skills like cooking/doing the laundry.
4. Break out the board games!
5. Have a family movie night complete with popcorn.
6. Read a book together.
7. Get moving! Go for a walk together.
8. Play with arts and crafts.
9. Try one of the STEM experiences your child has been learning about!
10. Make sure everyone in the house has some time to themselves-including YOU!



**Carol Arena, Social Worker: 717-201-2380**