# CST CHATTER BOX

## What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder characterized by a persistent pattern of inattention and/or hyperactivity/impulsivity that occurs in academic, occupational, or social settings. Problems with attention include making careless mistakes, failing to complete tasks, problems staying organized and keeping track of things, becoming easily distracted, etc. Problems with hyperactivity can include excessive fidgetiness and squirminess, running or climbing when it is not appropriate, excessive talking, and being constantly on the go. Impulsivity can show up as impatience, difficulty awaiting one's turn, blurting out answers, and frequent interrupting. Although many individuals with ADHD display both inattentive and hyperactive/impulsive symptoms, some individuals show symptoms from one group but not the other.

## "But don't all children show these kinds of behaviors?"

Because most individuals especially children - display these behaviors from time to time, it can be difficult to differentiate behaviors that



reflect ADHD from those that are a normal part of growing up. The key distinction is that for individuals with ADHD, problems with attention and/or hyperactivity/impulsivity are substantially more persistent, severe, and intense. There is a difference between an energetic child and one whose activity level causes persistent problems; between a friendly, talkative child and a child whose excessive talking is an ongoing source of difficulty; and between a child who sometimes has difficulty completing homework or chores and a child who requires constant monitoring and supervision to get things done. The difference is that for a child with ADHD these behaviors cause significant impairment in daily functioning. When such impairment is not evident, and the behaviors occur only occasionally, they are more likely to reflect typical childhood behavior.

"How come a child with ADHD can play Nintendo for hours but can't concentrate on homework for ten minutes?"

One perplexing aspect of ADHD is that a child's symptoms can vary considerably at different times and in different settings. For example, it is common for parents to wonder how their child can have ADHD when that child focuses intently when watching TV or playing Nintendo. Similarly, when engaged in free play activities, children with ADHD are often indistinguishable from their peers. In other settings, however, particularly those where activity must be restricted and attention sustained to tasks that seem uninteresting, the symptoms are quite evident.

## Spring 2016

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## Special points of interest:

- © Learn about ADHD
- © Technology support
- Summer Community Events
- © Learning Tips over the Summer
- Summer Library Information

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# KEEPING BUSY WITH PROGRAMS AND APPS Some are free and some are at a minimal cost!

## Starfall <u>http://www.starfall.com/</u>

PBS Kids <u>http://pbskids.org/</u>

Preschool EduKidsRoom Pizza maker Crazy Chef Game Supermarket Girl Monkey Preschool Lunchbox Animals Puzzle for Kids- Abuzz Food Puzzle for Kids- Abuzz Kids Paint Easy- pescAPPs Kids Doodle and Color-Doodle Joy Studio istorybooks-imarvel



# More Community Resources!

Even though it's summer, there are still a lot of resources available for you and your family. Think of it as a time to get any extra help you need!

**Free Parenting Classes** available for parents of children age 5-12 at Morris County Family for Success Center in Dover, NJ. Learn new parenting ideas, meet other parents, receive support and encouragement. Classes include refreshments, a parent book, and certificate of completion. The 8 classes take place on Tuesdays, starting 5/31-7/19/16 from 6-8 PM. Contact Johanna Hernandez (973-908-7093).

Managing Your Child's Behavior: A Workshop for Parents is a seminar teaching effective behavior management strategies for parents of chil-



dren with challenging behavior. Sessions meet on Wednesdays evenings over the course of a seven week period: June 15, 22, 29, July 6, 20, 27. Each weekly session is from 7-8:30 PM. It is located at Children's Specialized Hospital, Auditorium A, 150 New Providence Road, Mountainside, NJ 07092. Contact Dr. Shoshana Isenberg, 908-389-5679.

**NAMI Second Annual Supporting Youth in Transition Seminar:** The National Alliance on Mental Illness NJ presents a free seminar on June 11 9-12 PM for students, parents and professionals. The keynote, panel discussion and breakout sessions feature experts in the areas of supportive employment and education, co-occuring disorders, financial planning and legal advocacy. College students with lived experience tell their stories of thriving in college with a mental illness. The location is at Notre Dame Mount Carmel Church, 75 Ridgedale Avenue, Cedar Knolls. Contact 973-680-1603.

# How To Incorporate Academics Over The Summer and Still Have Fun

- Talk to your child's teacher or case manager to see what is their current level of functioning and reading levels are so you can provide your child with work that they can be successful in completing. Also, review your child's most current IEP and reports cards on what you can work on to help enhance their skills over the summer. Keep a record at home on the growth that you see your child making so you can know how to better assist their needs educationally and create individuality.
- 2) Practice different skills with your child. For instance, have

your child help with baking a cake and measuring out the different ingredients and following the recipe.

- Once the skill is mastered it is important to expand on those skills. For example, adding more difficult vocabulary, spelling words, or math problems to your child's list.
- It is important to remember that your child may need the skills to be taught to them at a slower pace and repeated.
- 5) It is important to have a fun summer and relax. Makesure you find time to enjoy your summer and do things together. You can always

take trips to Barnes and nobles or go to a museum.

## Reference:

Sandbox Learning Education Tools. (2006). How to help children retain skills over the summer break. Retrieved from: <u>http://sandbox-</u> <u>learning.com/Default.asp?</u> <u>Page=159</u>



# **Summer Reading Programs**

## Wharton Public Library 973-361-1333

**Summer Reading Program** begins June 16<sup>th</sup> at 6:30pm. Open for Pre-K thru 5<sup>th</sup> Grade. At the registration on June 16<sup>th</sup> enjoy ice-cream and a "rock-n-roll dance party"!! This program is free but must register to be a part of the program and must meet the reading goal to be a part of the August 4<sup>th</sup> pizza party.

*Mondays* all summer: Movie Day! 1pm for 6 weeks. FREE but must register (all ages).

*Wednesday* evening programs all summer: 6:30pm. Games such as "Minute To Win It" and "Book BINGO" will be played. Free for all ages but you must register!

*Fridays* all summer: 1pm for GAMES and CRAFTS by theme. Must register (all ages).

July 26 at 6:30: Shakespeare Theatre: 4<sup>th</sup> Grade and up. Summer FINALE: Outdoor picnic on August 3<sup>rd</sup>. Pizza Party for the children who read the required amount!

#### Rockaway Borough Public Library 973-627-5709

<u>Summer Reading Program</u> begins June 16<sup>th!</sup> You will be given an incentive for the program and a Reading Log. Children up to 10 will read at least 10 books and children over 10 will read 3 chapter books to meet the goal. Logs are to be returned between August 1<sup>st</sup>-August 12 (last day). All who meet the reading goal will be entered in for the Grand Prize.

Other programs (call for registration) the library is offering this summer are:

Mad Science, Art Classes, Move It Mondays, and Story Writing Class (teens).

Saturday storytime will continue for ages 2+

Summer storytime will take place on Tuesdays from 11-11:30am ages 2+

Pajama Storytime will take place Wednesday evenings for ages 2+

Lego Club will continue every Monday at 4pm for ages 4+

Brick-by-Brick Bookends will be offered for up to 12 children for ages 12+ (call for details)

"Memories of Elvis" is a fun night for the whole family!! 7pm August 3<sup>rd</sup>. Bring a chair or blanket!

## Shared Services Child Study Team

Wharton Borough Schools 973-361-3010

Mine Hill Township School (CAS) 973-366-0590

Rockaway Borough Schools 973-625-8605



The Shared Services Child Study Team has made it a goal to increase communication and Special Education knowledge with parents as well as teachers and administration within the three school districts. As part of this goal, you will now be receiving newsletters from the team three times a year filled with information on special education practices/law, community resources, special needs tips, etc. We hope you find this helpful!

Leslie Mozulay, LDTC Stephanie Dzikowski, LDTC Stacy McCoy, School Psychologist Alexa Mignone, School Psychologist Armi Clancy, School Social Worker

Nancy joined the Rockaway Borough team in October 2014 as the Secretary for the Child Study Team. She came to us from the Montville Township School District where she started as a substitute teacher. Nancy went on to be a kindergarten aide and paraprofessional for seven years. Summers were spent at the Lakeland Hills YMCA as the Cooking Specialist where she was excited to plan lessons to get the campers interested in preparing healthy, tasty meals! She has her Bachelors degree in Business Administration and worked in private industry while raising her family before having the opportunity to work in an elementary school. When the position

# Get to Know Your CST

was available in the CST office, Nancy felt it was the perfect time to pursue the chance to blend her office skills and classroom experience, and she was



Rockaway CST Secretary Nancy Beiermeister

right! She is the first to admit that the team is pulled in many directions and is she willing to help anyone in any way needed. Nancy works hard to keep everything organized, updates onCourse, communicates with related service providers and notifies and confirms upcoming meetings with families and staff. She is diligent in coordinating information for the Extended School Year each summer.

Walking her dog(s), reading, going to the beach (any beach), and doing home improvement projects with her husband are some of the activities she enjoys when she is not working. Nancy is the proud mother of three children, aged 14 - 24 and loves Box-