

LET'S CHAT NEWSLETTER

January - February 2010



Information for Parents, Students, and Educators from The Arc of Indiana County, ARIN IU 28 Local Task Force On The Right To Education and the Armstrong and Indiana County School Districts.

THE EDITOR CHATS... I hope you will find the information helpful. If you have any information, helpful hints or comments, please contact me, Barbara Telthorster, at btelth@arcindiana.org or at The Arc of Indiana office at Regency Mall in Indiana at 724-349-8230.

Let's chat about..... **Half-Full Social Science for Raising Happy Kids**

Gratitude is something that can and should be practiced at home. Research shows that people who practice gratitude feel considerable happier than those in control groups: they feel more joyful, enthusiastic, interested, determined, and strong. Gratitude practitioners are also more likely to be both kind and helpful to others.



Here are some ways to teach your child to practice gratitude:

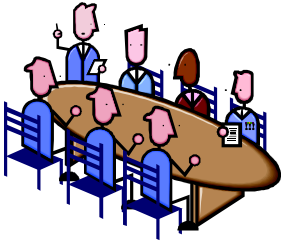
- 1. Keep a family "gratitude journal" or lists of things family members are thankful for.**
Anything can go on the list, no matter how large or small – people, places, toys, events, nature. Let older kids be listed keepers; younger kids can dictate. Variations on this theme are endless, for example, at mealtime you can go around the table and ask each family member to talk about 3 good things that happened that day.
- 2. Slow down and smell the roses.** "Savoring" good experiences can heighten positive emotions. Adults can teach kids to savor positive events by habitually expressing gratitude when nice things happen, even if they are very small things. Simply stop what you are doing and express thanks for the moment – a beautiful sunset, the chance to smile at a baby, the opportunity to be with your child.
- 3. Write "gratitude letters" large and small.** Large: Help kids write a thank-you letter to a person that is important to them, and then encourage them to deliver it in person and read it out loud. Small: encourage kids to write unexpected thank-you notes for things other than gifts. Write notes for kind words spoken, to someone who lent a helping hand, or to say thanks for a fun day.



Thanks to Kathy Abby-Baker, Indiana County Children's Advisory Commission
and the website www.greatergoodparents.org

Let's Chat About..... Upcoming Meetings

PARENTS, STUDENTS, AGENCIES, AND EDUCATORS ARE WELCOME TO ATTEND



PARENT TRANSITION GROUP (PTG): A group of community members including the schools, ARIN IU 28, agencies and parents meet monthly to discuss how to successfully transition youth/young adults with disabilities from high school to adult living.

PTG meets 10am – 12 with lunch on Monday

Jan. 4, Feb. 1, March 1, April 14, May 3.

The Arc of Indiana office at Regency Mall , 1570 Oakland Ave., Indiana, PA 15701

Let's Chat About..... Joining other parents at meetings



LOCAL & STATE TASK FORCE ON THE RIGHT TO EDUCATION:

A local and state advocacy group for students with disabilities that works to strengthen, improve, expand, and monitor programs and services that meet individual educational needs.

All meetings are located at ARIN IU 28, 2895 West Pike, Indiana, PA 15701 Phone 724-463-5300

LOCAL TASK FORCE MEETINGS: Meetings are on Fridays 10am-12 noon

Feb. 26, April 23, May 21

STATE TASK FORCE MEETINGS: Down linked to ARIN IU 28

Meetings are on Wednesdays 10am – 12:30pm on Jan. 13, March 10, May 12

ARIN IU 28 TRANSITION COUNCIL MEETING

Student transition issues and information are shared at the meetings. Meetings are:

Armstrong County at Lenape from 10-12 on Feb. 17, March 13

Lenape, 2215 Chaplin Ave., Ford City

Indiana County at ARIN IU 28 from 10-12 on Feb. 17, March 12

ARIN IU 28, 2895 W. Pike, Indiana 724-463-5300

Let's Chat About....Information and Resources Websites



www.iu28.org – for information about special education, workshops, Armstrong & Indiana school closings

www.pattan.net – for information on statewide special education issues, annotated special education forms, workshops, and conferences

www.arcindiana.org – for information about programs at The Arc of Indiana County with links to The Arc in PA and The Arc in US

Thought For the Day.... No one is in charge of your happiness but you!