



## SCHOOL NOTES FOR JOHN CROSLAND SCHOOL FAMILIES

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### September 6, 2017 Issue

#### TECHNOLOGY AND CURRICULUM NIGHT

Technology and Curriculum night is tomorrow, September 7<sup>th</sup>, from 6:00 – 7:30 pm. This event will provide an opportunity to meet your child's teachers and hear about other programs and offerings at the school. Please bring your devices used to check email and access the internet. Look for sign-up sheets for EMP meetings scheduled later this month. This will allow you to request your preferred meeting time. Childcare will be provided.

#### GALA NEWS

Dear Parents,

We are excited to start planning for our March 10, 2018 Gala Event! Last year we raised over \$150,000 for The John Crosland School. If you would like to learn about Gala and how you can assist we would love to have you on our committee. Our first Gala meeting will be on **Wednesday, September 20th at 8:15 am**. Please email [Jennifer Nichols](mailto:jennifernichols@johncroslandschool.org) if you can attend or would like to learn more about Gala. There are many ways to help including: assisting us in soliciting items to auction, donating an item to the auction, and helping with the event set-up on March 10th. To learn more about Gala click [here](#).

### Upcoming Events

#### September 7

Technology and Curriculum Night 6:00 – 7:30 pm

#### September 13

School-wide MAP Testing

#### September 22

JCS Social 6:00-8:30 p.m.  
Home of  
David & Nancy Crowell  
8339 Greencastle Drive  
Charlotte

#### September 26

School Pictures

### Quick Links

[Facebook](#)

[Instagram](#)

[2017-2018 School Calendar at Glance](#)

## PARENT COUNCIL NEWS

Any and all parents: please join the Parent Council for our upcoming meetings. We will be planning the adult social, book fair, fall fest, and other great opportunities to build community and support our wonderful school! All meetings take place in the Board Room at 8:15am. Below is a list of our upcoming meetings.

- 9/11 (MONDAY)
- 10/2 (MONDAY)
- 11/2 (FRIDAY)
- 12/1 (FRIDAY)

Also, please Save the Date for the upcoming JCS Social! On September 22nd, faculty and staff, board members and parents will gather for a fun night of socializing at the Crowell home.

PARENTS, STAFF, AND BOARD MEMBERS  
PLEASE JOIN US FOR A

*JCS Social*

FRIDAY EVENING

SEPTEMBER 22ND  
DROP IN 6:00PM-8:30PM

8339 GREENCASTLE DRIVE  
(HOME OF DAVID & NANCY CROWELL)

HOSTED BY YOUR JCS PARENT COUNCIL

RSVP TO [PARENT.COUNCIL@JOHNCROSLANDSCHOOL.ORG](mailto:PARENT.COUNCIL@JOHNCROSLANDSCHOOL.ORG)

\*THIS IS AN ADULT ONLY EVENT\*

LIGHT APPETIZERS WILL BE SERVED



## LUNCH ORDERS

The lunch order for October opens on September 10th. Be sure to check out our new vendors: Boston Market, McAlister's Deli, Chick-fil-A, Carolina Prime Steakhouse, and Hungry Howie's. The order will close at 11:59 p.m. on September 24th.

## LOWER SCHOOL

"Homework Help" for Lower School will be offered this year on Monday and Thursday 2:45-3:15 p.m. It is not available on half-days. Homework Help starts tomorrow, Thursday, September 7<sup>th</sup>.

## LABELING YOUR CHILD'S POSSESSIONS

Please label your child's lunch box, jacket, book bag, etc. so the items can be returned if your child loses them.

## 2017-2018 SPEAKER SERIES

Listed below are the dates and descriptions for our 2017-18 Speaker Series. All these events are open to the general public, free, and take place at the school. Please take some time to read over this list. There are some very interesting and informative topics being covered this year.

### Kindergarten Readiness & Signs of Learning Differences

**Dr. Melanie Powell, Charlotte Behavioral Health Associates**

**Monday October 2<sup>nd</sup> 2017; 8:30-9:30 am**

**RSVP September 25<sup>th</sup> [nlukacik@johncroslandschool.org](mailto:nlukacik@johncroslandschool.org)**

Dr. Powell will be speaking about typical development for 4 and 5 year olds. She will address signs of kindergarten readiness as well as signs that a child might not be ready for kindergarten and/or may be displaying early characteristics of learning disabilities or attention deficit disorders. She will also answer questions about when and if testing might be valuable or necessary as well as things you can do as parents to help improve your child's readiness for kindergarten.

*Dr. Powell received a B.A. in Psychology from Furman University (1993), and an M.A. (1995) and Ph.D. in School Psychology with a Specialization in Neuropsychology from the University of Georgia (1997). She is a Licensed Psychologist (NC#2478) and Health Services Provider (HPP). Her training includes a year of practicum, 3 years at the Center for Clinical and Developmental Neuropsychology (UGA), a one-year internship in the public school setting (GA), and pre- and post-doctoral fellowships at the Child Neuropsychology Clinic at the Medical College of Georgia. Dr. Powell's research is in the areas of Learning Disabilities and ADHD (including articles in professional journals and book chapters), which she has presented at national and international professional conferences. She also has served as a reviewer for manuscripts submitted for publication in the Journal of Learning Disabilities (1999).*

## Dislexia: The Movie

### Film and Discussion

**Tuesday, December 5<sup>th</sup>, 2017, 5:30pm – 8:00pm**

**RSVP: November 28<sup>th</sup> [nlukacik@johncroslandschool.org](mailto:nlukacik@johncroslandschool.org)**

"Find out what's happening in the lives – and brains –of my fellow dyslexics. The funny ones... the successful ones... the ones whose lives have been unnecessarily ruined. Along the way, experts tell us what science is discovering about dyslexia and teachers tell us how dyslexics can learn." A quote from Harvey Hubbell V, a dyslexic himself.

*The Movie, written and directed by Hubbell, helps to increase social awareness of the trials and triumphs of people with learning differences. Interviews with Billy Bob Thornton, Joe Pantoliano, world renowned brain scientists and researchers, a group of students researching in the jungles of Costa Rica, as well as Hubbell's account of his days growing up as a dyslexic in the 70's, highlight the film.*

## Meditation – ADHD's Secret Rival!

**Myque Harris, Southeast Psych**

**Wednesday, January 10<sup>th</sup>, 2018, 8:30am – 9:30am**

**RSVP: January 3<sup>rd</sup> [nlukacik@johncroslandschool.org](mailto:nlukacik@johncroslandschool.org)**

Meditation is a current buzz word. But did you know it is a powerful rival to ADHD? Parents, teachers, and other professionals will learn how and why meditation and other mindfulness practices help reduce inattention, hyperactivity, impulsivity, disorganization, and other related experiences to ADHD.

*Myque is a warm and energetic psychotherapist, registered yoga teacher, and meditation specialist who works with teens, adults, and young children starting at 3 years of age. Myque supports clients with anxiety, depression, identity exploration, and other major life transitions, such as divorce; as well as supporting LGBTQ clients and single parents. Myque has a unique practice because she infuses traditional therapeutic methods with yoga, meditation, and mindfulness. Myque holds a Master's degree in Clinical Psychology from Loyola University and has been a licensed professional since 2007. She is certified with Integral Yoga Academy in Children's Yoga and Meditation, and also certified with Yoga Alliance as a Registered Yoga Teacher (RYT-200). She has completed more than 400 hours of yoga, meditation, and mindfulness trainings and has specialty training in Postnatal Yoga, Hatha Yoga, Vinyasa Yoga, and Yoga for Children with Special Needs. Myque is certified in Early Childhood Mental Health. She has extensive experience helping children, teens, and parents work through day-to-day struggles or challenging situations at school or at home.*

## The Calm Before the Storm: Executive Function Disorder Strategies

**Anne Jaeger, The John Crosland School**

**Thursday, March 8<sup>th</sup>, 2018, 8:30am – 9:30am**

**RSVP: March 1<sup>st</sup> [nlukacik@johncroslandschool.org](mailto:nlukacik@johncroslandschool.org)**

Ms. Jaeger will share ideas and strategies to improve students' executive functioning skills in school and beyond! This presentation will be given in an engaging format with focus given to the three following key areas: working memory, impulse control, and mental flexibility. Ms. Jaeger will share activities that support students' needs for mindfulness, and mechanics and their power to improve executive functions.

*Ms. Jaeger has worked with students with learning differences since 1994 and has recently observed intensive executive functioning summer programs sponsored by the Hill Center in Durham, NC. Ms. Jaeger earned her Bachelors of Arts degree from the University of Kentucky in Special Education and Middle School Language Arts in 1993 and completed her Master of Education degree from Clemson University in (cont.)*

Special Education with emphasis on Secondary Transition in 1997. Ms. Jaeger has taught students with learning disabilities, cognitive delays, behavioral and emotional disabilities, ADD/ADHD, Autism Spectrum Disorder and other social communication disorders in both public and private school settings. In addition, Ms. Jaeger is the proud mother of a ninth grade son with learning differences.

## Adam (Film)

### Film and Discussion

Monday, April 9<sup>th</sup>, 2018, 5:30pm – 8:00pm RSVP:  
April 2<sup>nd</sup> [nlukacik@johncroslandschool.org](mailto:nlukacik@johncroslandschool.org)

**Adam seems to be a good catch for a young woman. He's good looking, works as an engineer, has a big, comfy apartment, is fascinated by astronomy and knows lots and lots of stuff. However, he has Asperger's syndrome. Beth has never met anyone like him. He behaves in social situations with an honesty that approaches cruelty and doesn't seem much aware of that.**

*"Adam," the story of a romance involving this unlikely couple, would seem more unlikely if Beth herself weren't so self-centered. Perhaps it takes a man even less outgoing to inspire her nurturing side. At first Adam simply offends her with his baffling objectivity. Then he explains, "I have Asperger's" and she understands. If she knows the term, it's surprising she hasn't already arrived at that diagnosis herself. This film, released in 2009, was awarded "Best Feature" at Method Fest, 2009, and the Alfred P. Sloane Feature Film Prize at the 2009 Sundance Film Festival. It is rated PG-13.*

## Sensory Processing Issues and How They Affect Learning

Megan Bevington, Child and Family Development

Wednesday, May 9<sup>th</sup>, 2018, 8:30am – 9:30am  
RSVP: May 2<sup>nd</sup> [nlukacik@johncroslandschool.org](mailto:nlukacik@johncroslandschool.org)

Sensory Processing is the way that the nervous system receives messages from the senses and turns them into appropriate motor and behavioral responses. It is the foundation for higher level skill acquisition including attention, engagement learning, and adaptability. Dysfunction in one or more of the senses creates challenges in performing everyday tasks.

*Ms. Megan Bevington received her B.S. from North Carolina State University and her M.S. in Occupational Therapy from East Carolina University. She has worked in several different settings including home health, skilled nursing and pediatrics. However for the last 5 Years, Ms. Bevington has been practicing at Child and Family Development. Ms. Bevington would say that pediatrics is her true passion. Over the course of her professional career she has gained knowledge in areas such as feeding, sensory processing dysfunction, neurodevelopmental treatment, reflex integration and praxis training.*

## CROSLAND NOTABLES

Mrs. Lukacik's health class working on an assignment.

