

Celebrate the Children

Weekly Newsletter

Student DJ's

Special points of interest:

- Radio DJ's
- Classrooms
- Upcoming Events

On Monday, a group of our students returned to HomegrownRadioNJ.org in Boonton to play some tunes and give shout-outs to family and friends across the internet. The show is hosted by Mike Stephenson, brother of our very own Linda Dimick. The boys did a really great job being behind the microphone! Thanks for having us!! [#WCTC](https://twitter.com/WCTC)



Inside this issue:

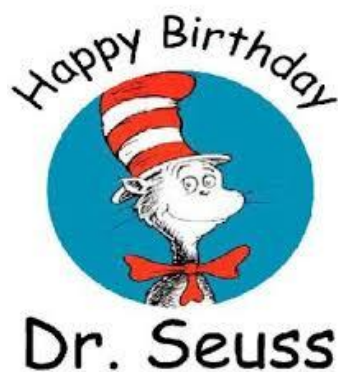
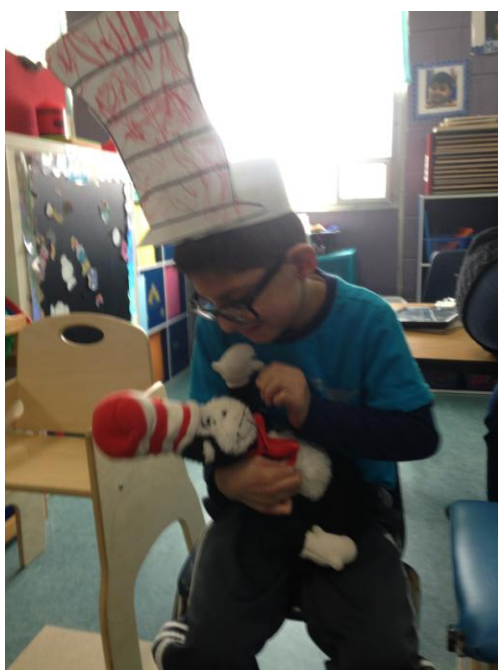
Classrooms
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A peek into the Classroom Michelle's class

In honor of Dr. Seuss' birthday, Miss Michelle's class has been learning about Dr. Seuss and birthdays. We have been practicing our vocabulary by identifying our favorite Dr. Seuss characters and things we would see at a birthday. We also worked on the concepts of 'all', 'some' and 'none' while describing how many balloons we were able to throw into the Cat in the Hat hat. We read *The Cat in the Hat*, *The Sneetches* and *My Many Colored Days*, and answered 'what', 'where' and 'mood' questions after the story. For CBI, we baked cupcakes and practiced party games. We then put all our wonderful knowledge to use by celebrating Dr. Seuss' birthday. We had so much fun!



A note from the SFSS Department

If you ever suffer from anxiety or depression, or you know someone who does, here are some strategies often suggested to support ourselves in a very doable way. One way to start and end every day on the right foot and remain aware of how you/they are feeling and coping is to:

Create a few Daily Rituals

Everyone knows that we all need and are challenged to:

- Sleep More.

Sleep deprivation can contribute to one's overall moods, deepening depressed feelings or increasing anxiety. Studies now suggest that we can make up for lost sleep with small naps or sleeping longer on the weekends when you can. Taking 10 minutes a day to close your eyes and just rest your body and your mind can truly rejuvenate you.

- Be Active

We all face never having enough time to squeeze a workout into our day but also don't want to deal with the emotional fallout of feeling unaccomplished. Figure out what you can do; dancing to music at home, parking further away in the parking lot so you have to walk a bit more, just stretching your body is a way to wake yourself up or release your stress - literally and in lifting our mood. Moving releases endorphins, a hormone that increases happy feelings.

- Blast Some Music

While it may seem rude to most people, plugging earphones in and listening to favorite tunes can help bring focus and calm when feeling particularly overwhelmed. It's also no secret that listening to music can trigger the release of other happy hormones in your brain, which makes you feel loved and increases your sense of well-being.

Some degree of sadness and anxiety is inevitable in life. But for some people, these emotions can become truly debilitating, keeping them trapped in cycles that can lead to depression and even chronic pain.

➤ One strategy that seems counterintuitive, but can work:

If you've got some anxiety going, in that moment try to just breathe, and feel the anxiety. Notice how it feels throughout the body. Greet it like an old friend, "Oh I know you, you're my old pal fear. You've visited me on so many occasions. Welcome back."

This can really help crystallize that it's often the attempts to make our anxiety go away, not the anxiety itself, that traps us more in the anxious state and gets us 'stuck'.



Join Us!
Light It Up Blue



Shine A
"Blue" Light
ON
Autism
— in April

Friday, April 6, 2018

CTC Gym 10am

All Family and Friends are Invited!

CTC's Light It Up Blue event is a chance for our community to come together to shine a light on autism. The day includes music, blue themed activities and more!

Please join us and don't forget to wear

BLUE!



Save the Date

*Celebrate the Children
Prom*

Friday, April 6, 2018

Cannongate, Picatinny Arsenal

--Welcome to Wonderful Wednesdays--



Dear CTC Parents,



Please join our team of Wonderful Wednesday parents. Our mission is to show our thoughtful appreciation to CTC teachers, aides and staff who do so much to help our children discover inner strengths and become the best they can be. Once a month we treat these amazing people to continental breakfast delights including such goodies as coffee, yogurt, bagels, fruits, danish, quiche etc. Wonderful Wednesdays are the second Wednesday morning* of each month. In order to do this, we need your support. It would be helpful if you could donate at least \$50 during the school year or make/bake something delicious and send it with your child on Wonderful Wednesday. **Please contact Carole McBride (Jordan and Isaiah's mom) by email at carolemcbride@comcast.net or at 908-798-0094 as soon as possible. If writing a check make payable to Carole McBride and please put Wonderful Wednesday in the memo.**

It is so important to show our CTC folks that parents appreciate their efforts. And breakfast is a simple way.

Thank you for your anticipated support,
Carole & Lori

*3/14, 4/11, 5/9 and 6/13

If there is a weather delay or closing we will have Wonderful Wednesday on the following Thursday and if Thursday is delayed or closed it will be on Friday.

Please note this is not a PTO effort



School for Children with Alternative Learning Styles
Developmental Individual Relationship-based Intervention
www.celebratethechildren.org
230 Diamond Spring Road, Denville, New Jersey 07834
Phone: 973-989-4033 Fax: 862-244-9055

You're Invited!
We cordially invite you to join the
**Celebrate the Children 8th Annual
FUTURE FAIR!**

When: Friday, April 27, 2018 – 10:00 am to 12:00 pm (Vendor Arrival/Set-Up 9:30 am)

Where: 230 Diamond Spring Road, Denville, NJ 07834

Who & Why: The Future Fair is a gathering of Agencies & Organizations serving persons with special needs and their families. The goal of this annual event is to assist students, families, and professionals in understanding, preparing, and planning for Post-21 life. Areas covered include Transition, Employment, Arts, Post Secondary & Technical Education, Vocational Services, Supports & Services, Day Programs, Recreation, Advocacy, etc.

We encourage you explore, connect, and utilize, the vast resources that will be available to you through these organizations. The knowledge you will gain, the confidence it will afford you in your journey, and the community connections you will secure are invaluable!

Please RSVP to: Jennifer Mandato, MA School Counselor

jmandato@celebratethechildren.org

973-989-4033 ext. 413

**We look forward to seeing you at
CTC Future Fair 2018!**

Celebrate the Children



School for Children with Alternative Learning Styles Developmental Individual Relationship-Based Intervention®

www.celebratethechildren.org

230 Diamond Spring Road Denville, NJ 07834

Phone: 973-989-4033 Fax: 862-244-4969

January 29, 2018

Dear Parents and Guardians,

The New Jersey Special Olympics Area 3 is excited to host its annual Track & Field competition at Hackettstown High School for its 13th year. The date is set for **Saturday, May 5, 2018**. There is no rain date for the event. Based on the regulations from Special Olympics, all Celebrate the Children (CTC) students who are age 8 years or above are eligible to participate in the competition. Accommodations are made to support the athletes and each competitor is successful and receives a medal. All participating athletes must arrive for registration between 8:00 and 8:30 am and opening ceremonies begin at 9:00 am.

Special Olympics continues to update their paperwork. There is now a participation packet that must be completed in its entirety. The participation packet includes a checklist to assist with completing the participation packet and provides instructions. Each athlete must have a valid participant Release Form and Athlete Medical form on file. Both of these forms are valid for three years. Special Olympics must have the **ORIGINAL** paperwork on file. They will not accept scanned or faxed copies. Please see the attached Participation Packet for further information.

We have also included a CTC Letter of Intent. Please fill out this form if you intend for your child to participate in the competition. It includes an area to document the athlete's t-shirt size. Please circle both size and whether it is an adult or child size. Each athlete will receive a shirt to wear during the competition and it is a souvenir for them to remember the experience and wear with pride.

Please be aware that this is not a CTC run event. We have learned that it is a long day for the athletes and there is a lot of waiting involved for all who participate. Unfortunately, we are not informed of event times. Track events take place in the morning and field events (softball, TurboJav, and shot put) are in the early afternoon. Each athlete may compete in up to a maximum of two track events, one field event, and one relay race. In the event that the day is too long for your athlete, you have the option to participate in only the morning track session.

Please return the **ORIGINAL** participant RELEASE FORM, ATHLETE MEDICAL FORM, and CTC Letter of INTENT to Celebrate the Children (c/o Danielle Dieckmann and/or Lisa Bruno) by **Friday, March 2, 2018**. Unfortunately, there is NO exception to the due date. Any forms submitted after March 2nd will NOT be accepted and the athlete will be unable to participate in this year's competition. If your athlete competed in the past with CTC's Track & Field team, they have a current release form and athlete medical form on file, unless we notify you otherwise. These athletes will still need to submit a CTC Letter of Intent by Friday, March 2nd.

If you have any questions regarding Special Olympics, please contact Lisa Bruno or Danielle Dieckmann at (973) 989-4033 x123. We look forward to another incredible partnership opportunity with Special Olympics. Go CTC Sea Turtles!

Sincerely,

Your CTC Special Olympics Coaches



Lisa Bruno, OTD, OTR

Danielle Dieckmann, PT, DPT

Save the Date



Joy and laughter are central to our developmental approach to education and all of our important work.

On Saturday, May 12, 2018, Celebrate the Children will host the Let's Play Gala at the Rockaway River Country Club in Denville, New Jersey. Join us for a garden party, an evening of whimsical fun - video horse racing, auctions, dancing, and the celebration of the power of play.



SAVE THE DATE!

Spring Concert 2018

"#CTCWHODUNIT?"

Thursday, June 7, 2018

The College of St. Elizabeth

Morristown, NJ

Spring 2018 'Making A Difference For Autism Scholarship' Application Now Open To High School Graduates And Current College Students Who Are On The Autism Spectrum!

Hey everyone,

Please find our Spring 2018 Scholarship Application at:

<https://kfmmakingadifference.org/scholarship-programs-for-adults-with-autism/>

Please pass along to any student who may be looking for aid and would like to apply. Deadline is May 28th.

If you'd like to make a tax-deductible donation to support our scholarship fund moving forward for these students you can donate today here:

<https://kfmmakingadifference.org/donate/>

Just a quick note: All high school students with autism attending a post-secondary program in the 2018-2019 academic year may apply. In addition, all current college students with autism may apply as well who will be attending a post-secondary program in the 2018-2019 academic year. Previous winners of our scholarship also may reapply as long as you update your application and submit a new original essay. We've had several multiple winners in the past.

Thanks everyone!

Best,

KFM Scholarship Committee

www.kerrymagro.com

Save the Date



World Autism Awareness Day "Empowering Women and Girls with Autism"

Thursday, 5 April 2018, 10 a.m. - 1 p.m. (observance)
United Nations Headquarters, New York

For more information and to RSVP, click on image or go to:
www.un.org/en/events/autismday



From the 2017 observance on
"Toward Autonomy and Self-Determination"

Inclusion Festival

Amy Pinder is the Creator of [Inclusion Festival](#), the nation's first sensory-friendly music, yoga, and wellness festival for individuals with special needs. The Festival is debuting July 28-29, 2018 at Mountain Sky Festival Grounds in Jermyn, PA.

Inclusion Festival will celebrate individuality, promote understanding and acceptance, and provide diverse educational opportunities within a safe, nurturing environment. Participants will be invited to attend recreational and educational workshops, connect with nature, experience live music, participate in mindfulness practices, and build a supportive community network that extends far beyond the festival grounds.

Through this experience, we aim to shift the public's perception of special needs, demonstrating the ability all individuals hold to positively impact their communities when they are empowered to be the best versions of themselves. Through this awareness, we also hope to expand participation and vocational opportunities for individuals with special needs so that they are able to meaningfully engage in their communities.

We are currently seeking [volunteers](#), [workshop hosts](#), [vendors](#) and [sponsors](#) that share in our vision of supporting individuals with special needs. You can learn more by visiting our website, and by clicking on the links to each application on the [Participate](#) page.

Please see flyer on next page for information and feel free to contact Amy Pinder with any questions at: apinder@celebratethechildren.org.



Parents, Adults, Educators, Professionals & Students
High School Transition Conference & Resource Expo
Sunday, June 3, 2018

The College of New Jersey (TCNJ)
2000 Pennington Road, Education Building, Ewing, NJ
08628

32 informative workshops
Breakfast and lunch provided
Networking and Resource Expo
Certificates for 6 Professional Development hours
distributed

NJEA Professional Endorsement

To register with a credit card go
to: www.LDANJ603.eventbrite.com

Early registration by May 1: Students \$25, Members \$50,
Non-members \$75.

Questions? 732-645-2738 or info@LDANJ.org



Autism Family Services of New Jersey

2018 Autism Scholarship Program

The Autism Family Services of New Jersey scholarship is a unique opportunity that allows 2018 graduates pursuing a college, university, technical, trade, or vocational school level education to apply. This scholarship is not solely based on academic achievement. Meaningful community volunteerism, participation in extra-curricular activities and essay response will all be considered when choosing a recipient for this scholarship. Candidates do not need to be near the top of their class to be considered. All who are eligible are encouraged to apply.

To be eligible, candidates must be: a New Jersey resident; graduating high school in 2018; have an established diagnosis of Autism, Asperger Syndrome, or PDD-NOS; and plan on pursuing a post- secondary education.

[Download Scholarship Application](#)

Please return all completed applications to:

Autism Family Services of [New Jersey](#)
[35 Beaverson Blvd. - Building 11](#)
[Brick, NJ 08723](#)

Attn: Melanie McGackin

Scholarship application and supporting documents are due by
May 1, 2018

Should you have any questions
please contact **Melanie McGackin** at [\(800\) 372-6510](tel:(800)372-6510) or by [email](#).

Upcoming Events

PARENT TRAINING

“HOW” Hands On Workshop Series

Monday March 12th from 10-11:30am

“How” is a five-part workshop series to help families navigate the transition from school to adult life and entitlements vs. eligibility.

RSVP REQUIRED

jmandato@celebratethechildren.org

Wonderful Wednesdays for CTC Staff

3/14, 4/11, 5/9 & 6/13

Contact Carole McBride @

carolemcbride@comcast.net or

908-798-0094 if you are able to help.

Parent Healing Group, Meditation & Tonglen

March 14th @12:30

RSVP REQUIRED

jmandato@celebratethechildren.org

World Autism Awareness Day

“Empowering Women and Girls with Autism”

Thursday, April 5, 2018, 10 a.m. – 1 p.m. (observance)

United Nations Headquarters, New York

For more information or to RSVP go to:

www.un.org/en/events/autismday



Light it up Blue

April 6th @ 10am

CTC Gym

Save the Date

Prom

April 6th

More information to follow.

CTC's 8th Annual

FUTURE FAIR

Friday, April 27th from 10-12

RSVP to: Jennifer Mandato

jmandato@celebratethechildren.org

or 973-989-4033 ext 413

Mark your Calendar!

Special Olympics Track & Field
Competition

Saturday, May 5, 2018

Hackettstown High School

Let's Play Gala

May 12th @ 7pm

Join us at the Rockaway River Country
Club in Denville

Save the Date

Spring Concert

June 7th

More information to follow.