



# OPTIONS FOR TOMORROW

Transition Planning for the Future...  
Produced by the Anchorage School District STEP Center and the Secondary Special Education Department

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Options for Tomorrow is a publication for secondary special education transition planning for the future. It is distributed quarterly (October, January, March and May) through direct mailing to parents of ASD special education students in grade 9 and above. It is also sent out via email upon request. To subscribe to this newsletter: call 742-3868 or email: [loutrel\\_barbara@asdk12.org](mailto:loutrel_barbara@asdk12.org)

## In this issue...

**Alaska Family Directory**  
..... pg. 1

**Parent Conferences**  
..... pg. 2

**Statewide Assessments:**  
  
HSGQE ..... pg. 2  
  
For 9<sup>th</sup> Graders ... pg. 2

**Bits & Pieces:**  
  
Alaska Military Youth Academy .... pg. 3

Job Fair .... pg. 3

Parenting with Love and Logic .... pg. 3

**Parent Training Opportunities**  
..... pg. 4



## Alaska Family Directory

[www.asdk12.org/AFD](http://www.asdk12.org/AFD)

### How do I know what's happening in my community?

The Alaska Family Directory is an Internet website with amazing resources. It includes calendars of educational opportunities, newsletters and other helpful links to community resources.

### Are there any parent training opportunities in my region or around the state?

Yes, the Alaska Family Directory website has a calendar of events for every region in Alaska. Just go to the website, click your region on the map of Alaska and you will see the calendar button. Click on the button to see the calendar of events.

### Where can I find information on disabilities?

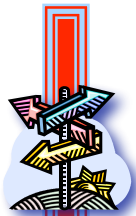
The Alaska Family Directory is also the home of AK Connect, Alaska's statewide disability information newsletter. You can read the current issue or read past issues.

### Who can I contact for more information?

The Alaska Family Directory is maintained by the Anchorage School District STEP Center.

Call Cathy White at 742-3874 for more information.





# Parent Conferences

March 25, 26, & 27

Conferences offer an opportunity for you to find out how your children are getting along with classmates, how they are progressing in school and what you can do at home to build on strengths and overcome challenges. Parents will have scheduled conferences with elementary teachers. At the middle school and high school levels, time with each teacher will be brief, but parent participation is an important way you can show support and schedule an individual conference if needed.

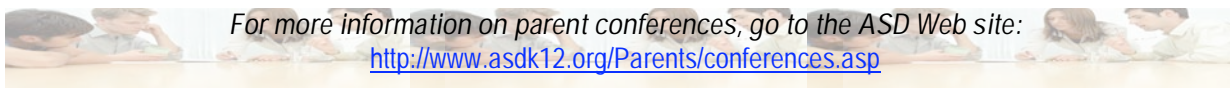
## *Tips for a positive conference experience:*

Before:

- Decide what you want to ask the teacher and write the questions down.
- Consider making a list for your child's teacher of things that will help create a better understanding of your child; for example, family conflict, feelings about school, hobbies, special health problems.
- Ask your child some questions:
  - what's her favorite subject?
  - what's her least favorite?
  - what do you want me to tell your teacher?
- Be on time. Write down the time of your appointment and arrive promptly. If you can't make the conference as scheduled, call and notify the teacher.

During:

- If you have a specific point to discuss or have a complaint, listen to the teacher's point before criticizing.
- The teacher may have some questions too -- not trying to pry into your personal life, but only to obtain information that will help her or him to work better with your child.
- Before you leave, develop an action plan. If need be, set up a way to check on your child's progress. You and the teacher can decide how best to stay in touch. Finally, follow through with the plan.
- Leave promptly to allow other parents to have as much time as you had with the teacher. If you feel the need to continue, schedule another conference with the teacher.



For more information on parent conferences, go to the ASD Web site:

<http://www.asdk12.org/Parents/conferences.asp>

# Statewide Assessments

April 1, 2, 3, 2008

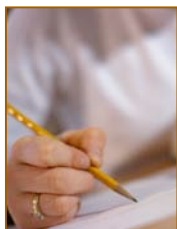
High School Graduation Qualifying Exam (HSGQE) 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> Graders

April 1 (Reading) April 2 (Writing) April 3 (Math)

HSGQE for 11<sup>th</sup> & 12<sup>th</sup> graders: These students will only take the subject areas that they did not pass previously.

HSGQE for 10<sup>th</sup> graders: This spring is the first time for sophomores to take the HSGQE.

- For more information on test preparation go to: [www.studygs.net](http://www.studygs.net) and [www.testtakingtips.com/](http://www.testtakingtips.com/)
- Take a practice test: [www.asdk12.org/depts/assess\\_eval/](http://www.asdk12.org/depts/assess_eval/)

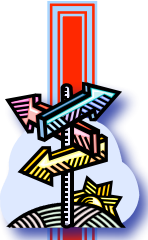


**For students on an IEP:** If parents and students want to pursue accommodations and modifications for Spring testing, they must see the Special Education Dept. Chair at their school. Modifications must be in place 60 days prior to the exam (by Feb. 1, 2008).

*The first time to take the exam, sophomores are not allowed modifications of the exam. If they do not pass any portion of the reading, writing or math, they may be able to get modifications for future HSGQE testing.*

## 9<sup>th</sup> Grade Testing

9<sup>th</sup> graders take the Standards Based Assessments on: April 1 (Reading), April 2 (Writing), April 3 (Math), April 4 (Science). Make-up for SBAs go through April 9, 2008.



# Bits & Pieces

## Alaska Military Youth Academy

Next session starts April 1

The Alaska Military Youth Academy's ChalleNGe Program is designed to meet the life coping skills and educational needs of 16 to 19 year old Alaskans who will not turn 20 prior to graduation. The Youth ChalleNGe program is a 22 week residential school based on the traditional military training model.



Cadets are instructed in the following areas: Life Coping Skills, Educational Excellence, Skills Training, Responsible Citizenship, Leadership/Followership, Health & Hygiene, Physical Fitness, and Service to the Community. In addition to these skills, cadets work toward the completion of a GED or High School Diploma.



This program is searching for positive role-models in the form of an adult mentor for each Cadet and begins before the Cadet even enters the Alaska Military

Youth Academy. This is an excellent opportunity to support a youth who may otherwise slip through the cracks.

For more information go to:  
<http://www.ngycp.org/state/ak/>  
or call: 877-242-5643

## "Fairview Works"

### Job Fair for Youth and Adults

Wed. April 2 from 11am-4pm  
1121 East 10<sup>th</sup> Ave.  
Anchorage, AK

- Meet employers
- Explore training opportunities
- Discover where you might fit in  
Investigate the options, even if you are 14 years old
- Attend free workshops

Call for more information:  
269-4777



### AK Youth and Family Network:

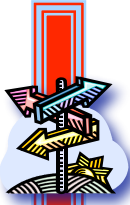
## Parenting with Love & Logic



Join us for a 7 week course, Parenting with Love and Logic. Geared for parenting a child or teen with behavioral or neurobehavioral health issues. Suitable for parents of children of all ages!

Kids pushing your buttons? Draining your energy? Outthinking you? Arguing? Come and join us! The next class is scheduled to begin in late March 2008, for seven Thursdays from 7 pm to 9 pm in Anchorage.

To register or make an inquiry call Jacquie at 764-4441.



# Parent Training Opportunities

## Upcoming from Stone Soup Group:

### March

- 3/4 6-8 pm Understanding the Evaluation Process and SPED Eligibility
- 3/18 6-8 pm Secondary Transition
- 3/24 6-8 pm Fetal Alcohol Spectrum Disorders 101
- 3/31 6-8 pm Fetal Alcohol Spectrum Disorders 101

### April

- 4/8 6-8 pm Differentiated Instruction/RTI
- 4/22 6-8 pm Self-Determination/Self-Advocacy (emphasis on summer activities)

### May

- 5/6 6-8 pm Early Childhood Transitions
- 5/12 6-8 pm Fetal Alcohol Spectrum Disorders 201
- 5/19 6-8 pm Fetal Alcohol Spectrum Disorders 201



All trainings are held at:

Stone Soup Group  
3350 Commercial Dr.  
Suite 100  
Anchorage, AK

Please call prior to the event to assure that there are no changes in date or location:

561-3701

## Upcoming Third Thursday at Three Teleconference Series:

### March

- 3/20 10:50 am Neuropsychological Perspectives on Supervision and Guardianship for Adults with TBI.  
*Presented by Robert Hirschman, PhD.*

### April

- 4/17 10:50 am Using Functional Outcomes for Program Evaluation.  
*Presented by Sue Bartless, LCSW, CRC, and Michelle Radloff, AS*

### May

- 5/15 10:50 am Ethical Considerations for Developing Effective Means to Communicate with Individuals who have Sustained a TBI.  
*Presented by Michael V. Kaplen, Esq.*

### June

- 6/19 10:50 am The Role of Speech Language Pathology in Assessment and Treatment of Mild TBI.  
*Presented by Gary Levine, MS, CC-SLP*

One Certification Education Credit Hour available.

For more information regarding registration, contact:

Sheila Evans, Speaker Series Coordinator at 603-323-7434 or email [los@lakeview.ws](mailto:los@lakeview.ws).

