



SPIN NEWS

The Newsletter for Parents of Children with Special Needs

SPECIAL
PARENT
INFORMATION
NETWORK

September 2018 Volume XXXV, No. 1

SPIN is co-sponsored by the Disability & Communication Access Board and the Department of Education. Services include a phone line for information referral and support, a quarterly newsletter, an annual conference and community workshops. SPIN is guided by an Advisory Committee made up of parents, teachers and people with disabilities.

SPIN

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New Efforts Take Aim at Bullying

All parents know from their own experiences or those of their children that bullying results in fear as well as physical and emotional pain. It can not only affect learning, but also negatively impact social relationships, school attendance and self-esteem. What parents may not know is that their child with a disability is **2 to 3 times more likely to be bullied** than a student without a disability.

Last December, our Department of Education agreed with the U.S. DOE's Office for Civil Rights that Hawaii schools need to do more to prevent and resolve complaints of bullying and harassment --particularly for those students protected from discrimination due to disability, sex, gender and race.

Progress taken to prevent and address bullying so far includes:

Hiring 15 Equity Specialists

(1 per Complex Area)
to investigate complaints,
advise schools and assist
with training



Posting Notice of Non-Discrimination for Parents, Students & Staff

Posted on each school's website and
included in school announcements,
bulletins and catalogs.
(available in 15 languages)



Adding Grievance Procedures and New Definitions to Chapter 19 & Chapter 41



Revisions are currently being
reviewed by the Board of Education

Chapter 19 is the rule regarding student misconduct and discipline. It addresses student-to-student bullying and harassment. Chapter 41 (to be renamed Chapter 89) is the civil rights policy and complaint procedure for adult-to-student bullying. Both chapters must take into account the federal protections for students with IEPs or 504 Plans, which include determining whether the bullying or harassment denied the student access to a Free and Appropriate Public Education (FAPE).

On page 2, we talk about the proposed changes in these rules and provide some options for you to be involved in the reform efforts.



Zero Tolerance

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Take Steps to Stamp Out Bullying



1 Become more informed

✓ **Stopbullying.gov** has a wealth of information about bullying and cyberbullying and tips on how to build a safe environment. There are special pages for kids with disabilities and for LGBTQ youth.

✓ The U.S. DOE Office for Civil Rights sent a guidance letter to all Departments of Education in 2014 that spelled out their responsibilities for investigating disability-related bullying and harassment. They include helpful questions to determine if a bullied student was denied FAPE.

✓ The infographic on page 3 talks about self-cyberbullying. If you think your child could be at risk, click the article link to learn more.

2 Review the drafts of Chapters 19 & 89

The drafts for Chapter 19 and Chapter 89 were first presented to the Board of Education (BOE) on September 6, 2018. The Special Education Advisory Council (SEAC) and others presented testimony that you may view.

Board members then asked the Department of Education to rewrite the drafts taking into account the feedback received. A new set of drafts are expected to be shared at the October 4th BOE General Business meeting. If you'd like more information about how to access the new drafts or how to present your own testimony on October 4th, call SPIN or the Board of Education (586-3334).

3 Attend a public hearing

Once the BOE agrees with the final drafts, Chapters 19 and 89 will go out for public hearings. If you would like to be alerted regarding when and where the hearings will be held, call SPIN. You are not required to testify at these hearings, but you are encouraged to do so.

4 Find out what your child's school is doing to address bullying.

Then join in. School principals and teachers need you to learn the signs that a child is being bullied or is bullying others, and to share that information with them. Ask what options are available for parents to receive training and join ongoing prevention programs.



Parents for Public Schools Hawaii (PPSH) urges parents and all in the community who support public education to join the "Fund Our Hawaii'i Schools Coalition." It is educating the public and rallying support for a specific ballot measure on this year's November 6th ballot. The measure asks voters to allow for a Constitutional amendment (ConAm) to create a new funding source for Hawaii schools by taxing investment properties.

Special education parents frustrated over the shortage of qualified special education teachers in the classroom may be shocked to learn that Hawaii teachers have the lowest pay and our per pupil funding is lower than 90% of the other states when adjusted for cost of living. The ConAm ballot measure will create a mechanism to boost funding, so PPSH and Hawaii's public school teachers stress that it is very important to vote YES on the measure below:



Question: "Shall the legislature be authorized to establish, as provided by law, a surcharge on investment real property to be used to support public education?"

There are a lot of powerful interests opposing the ballot measure, so please go to www.pps.hawaii.gov for the FACTS. PPSH believes that once you become educated, you will urge your friends and family to vote YES for Hawaii's keiki.



SEAC's Annual Report for SY 17-18

The recent Special Education Advisory Council (SEAC) Annual Report includes a four-page summary of data describing issues that may be holding back students with IEPs from achieving their potential in school. The report also includes SEAC's recommendations to the Superintendent to improve the delivery of special education services statewide. To view or download the report, go to: www.seac-hawaii.org/reports and click on 2018 SEAC Annual Report.



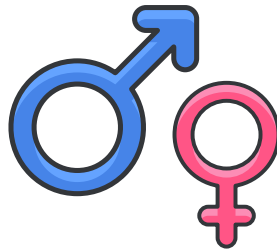
Protecting Teens from Themselves: Self-Cyberbullying

Self-cyberbullying (also known as digital self-harm) is a relatively new form of online self-abuse. It happens when teens anonymously post mean and hurtful comments about themselves.

Here's what we know about self-cyberbullies:



They make up 6% of students between 12 - 17.

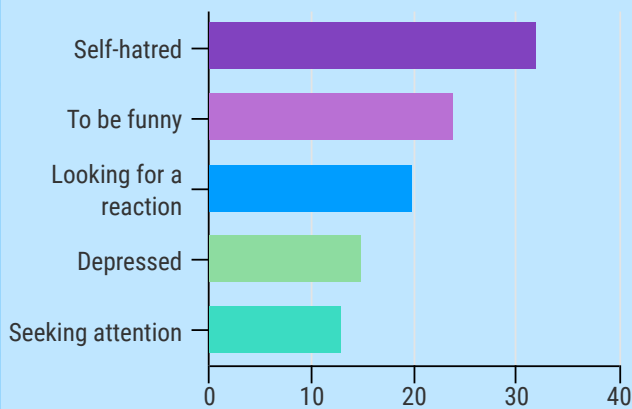


More males than females become self-cyberbullies.



They choose social media that allow anonymous messaging.

What are the top motivators for digital self-harm?



Contributing factors can include sexual orientation, substance abuse and prior bullying.

What can parents and other adults do to help?



Monitor your teen's use of social media. Encourage your teen to talk to you about problems & feelings.



If you suspect your teen is being cyber-bullied, ask for help in detecting the source.



If necessary, seek out professional therapy. The following therapies can be helpful in treating self-harm:



Cognitive behavioral therapy, and



Dialectical behavior therapy.



The App Corner



If you're looking for a one-stop shop for apps, e-books and music, then visit **PBS Kids**, and your keiki can play fun educational games from their favorite **PBS Kids** TV shows. You can download apps for any device--including Apple and

Android phones, tablets, computers and Kindles--for free using any app store. One of our favorite things is the ability to choose from skills like science, reading, music and social emotional learning, as well as the age range of 2-6 years old. Looking for a fun book to read to your keiki? Check out the e-books to download; they include **Daniel Tiger**, **Caillou**, **Elmo** and even picnic recipes for parents. PBS Kids also has free show-themed albums to download, so you and your keiki can sing songs from their favorite shows in the car or around the house. For more information or to download apps, songs and books, visit www.pbskids.org/apps.

Teal Pumpkin Project



If your child has food allergies, Halloween may not be a holiday to look forward to. But the Teal Pumpkin Project, a national program started in Tennessee, promotes inclusion of all trick-or-treaters throughout the Halloween season. According to FARE (Food Allergy Research & Education), 1 in 13 children in the U.S. have a food allergy, and many popular candies contain nuts, milk, eggs, soy or wheat, which are the most common food allergens. Providing non-food treats will allow kids who have food allergies or intolerances, feeding tubes, special diets or other challenges to be apart of the festivities without singling them out. Try giving out glow sticks, pencils, stickers, small water bottles, bubbles, balls, bookmarks or novelty toys. If you want to become a Teal Pumpkin House, you can place a teal colored pumpkin in front of your home, or download a teal pumpkin picture and place in your window. You can also visit www.foodallergy.org to add your home to the Teal Pumpkin Project map and spread the word on your social media platforms.

Happy Halloween



Ask SPIN



At SPIN, we receive a lot of calls from parents asking for help. Some call about their next IEP meeting, others about services available in the community. Many families call us asking for information and supports for their child with autism. We have a short list of groups that we share out to folks who are looking for parent-to-parent support, events with other kids and families, and larger workshops surrounding the topic of autism. If you know of a group that is providing supports, please let SPIN know, so we can look into adding them to our resource list.

- **Autism Bridges Maui** sponsors and partners with other organizations for events and outreach in their community. Find them on Facebook, visit their website at www.autismbridgesmaui.org or call 298-4153.
- **Autism Society of Hawaii** (ASH) sponsors events, parent and teen meetings and gatherings. Find them on Facebook and their website www.autismsocietyofhawaii.org or call 368-1191.
- **Hawaii Autism Foundation** sponsors events and gatherings including a Halloween Party on the Windward side of Oahu. Find them on Facebook, their website www.hawaiiautismfoundation.org or call 233-9144.
- **Honolulu District Families Embracing Autism Parent Support Group** is sponsored by Leadership in Disabilities and Achievement of Hawaii (LDAH) and is for families living in Honolulu. They meet on the third Wednesday of each month. For more information, call 536-9684.
- **Ho'omana Windward Oahu Parents Supporting Parents** meets twice a month, at the Key Project in Kahalu'u and Pali View Baptist Church in Kaneohe. To find out the next meeting date and topic, email hoomanagroup@gmail.com or call 426-6879.
- **Talk About Curing Autism** (TACA) Hawaii sponsors a monthly Coffee Talk for parents and other events throughout the year. Visit their website at www.tacanow.org/local-chapters/west/hawaii.

Transition to Success

Please join us at the “Footsteps to Transition Fair,” hosted by the Department of Education, Central District! This FREE event is geared towards middle and high school students with disabilities, their families, case managers, therapists, teachers, and anyone else in their circle of support. It’s not too early to start planning and preparing for life after high school. As you transition to post-graduation and adulthood, it can be a challenge to make the many decisions about life after high school. Will you go to college, get a job, and/or move into your own place? Who do you turn to if you need help with your finances, or need to see a doctor, or want to make new friends? Will your parents continue to make decisions for you, or will you be responsible for your own choices? How do parents access services for their adult child? All of these questions can be answered at the upcoming “Footsteps to Transition Fair” hosted by the Department of Education in partnership with various community agencies. Knowledgeable guest speaker, Leolinda Parlin of Hilopa’a Family to Family Health Information Center, will explain the transition process in easy to understand steps. A student panel will share their own experiences of the transition process. A variety of State and private agencies will come together under one roof to provide information about their services for students with special needs after high school. This is a great opportunity to meet and network with other students and families to build and add to your support system. There will be door prizes and free light refreshments to enjoy. We look forward to seeing you there! Call SPIN at 586-8126 to register, or go online www.footstepstotransition.weebly.com and click on the RSVP tab. Walk-ins are welcome, if you forget to register in advance of this free Oahu-wide event.

FOOTSTEPS TO **TRANSITION FAIR** **2018**

Take the first step in
developing a transition plan!

Meet with adult service
organizations and agencies!

Hear stories from students
on their path to success!

Network with other families
walking in your shoes!

8:30 am Visit exhibit, talk story

9:30 am Student Panel

Keynote speaker, Leolinda Parlin

10:30 am Door Prizes

Visit exhibits, talk story

Registration recommended, walk-ins welcome!

To register or request accommodations:

<http://footstepstotransition.weebly.com>

or call **586-8126**

If accommodations are needed, call by

September 29, 2018

OCTOBER 20, 2018

RADFORD HIGH SCHOOL



Mid-Semester IEP Check In

As first quarter fast approaches, now is a good time to check in and make sure your child's IEP is being followed appropriately. If you find discrepancies, contact your child's teacher for a chat, reach out to your school administrator and if things still are not going smoothly, call an IEP Team meeting to try and resolve the issue.

Check in with the Teacher

Parent/Teacher conferences are great for check-in's but if you need more time, schedule a separate meeting to discuss concerns, student feedback and how to move forward.



Contact Your IEP Team Leader

If you think the IEP is not being followed, be proactive and contact your child's Care Coordinator and give them the chance to make it right. Be friendly but firm.



Call a New IEP Meeting

If things still haven't improved, don't wait for the next annual meeting, you can call a team meeting to discuss how to make improvements to your child's learning.



Know Your Child's Schedule

Know when your child is being pulled out or worked with and when it is happening. Make sure they are not missing important core curriculum instruction that could set them back on their learning.



Read the Progress Reports

Progress Reports usually come out with the quarterly grades. Know when to expect them, and read through them to make sure the IEP goals are moving forward. If you have concerns, jot them down and call the teacher.



Watch, Listen & Follow Up

Watch for homework and assignments to make sure any accommodations are being followed, listen to your keiki if they express concerns about their learning and follow up quickly when you see a potential problem.



Adapted from: <https://www.understood.org/en/school-learning/special-services/ieps/the-teacher-isnt-following-my-childs-iep-what-can-i-do>

SAVE THE DATE

“SPIN on Down the Road”

33rd Annual
SPIN Conference

February 23,
2019

UH Manoa Campus Center

For More info:

Call: 586-8126

Email: spin@doh.hawaii.gov

Web: spinhawaii.org



Some of this year's topics will include:

- Financial Literacy
- Behavioral Supports
- ADHD/ADD
- Literacy Strategies
- Civic Advocacy
- IEP Tips & Strategies
- Seizure Disorders
- Alternative Therapies
- Self Determination
- Autism ... and more!



Fall Calendar of Events



- 9/22** LDAH Traveling Mini Conference - FREE
Kauai -Kamakahahei Middle School 9-2:00
- 10/6** Oahu - Hawaii USA FCU 9:00 - 2:00
- 10/13** Oahu - BYU School of Education 7:30 - 1:00
To RSVP or for more info, call 536-9684.

Hawaii Theater for Youth ASL Interpreted & Sensory Friendly Performances

- 9/22** 11:00 am "Filipino Folktales & Fables" ages 6+
 - 10/20** 11:30 am "Sparkle" for ages 3+
 - 11/17** 11:00 am "Paniolo Stories" for ages 7+
- For tickets, www.htyweb.org or 839-9885
\$20 adult, \$10 youth. Tenney Theater, at St. Andrews Cathedral 229 Queen Emma Square



Side by Side Parent Support - FREE

- 9/25** "Dyslexia 24/7" w/ Margaret Higa
- 10/23** "Math Challenges" w/ Eryle Okamura
Waikele Shopping Center, RSVP to Susan Okamura. Email: sidebyside@inspirechurch.tv

- 10/5** SEAC - Special Education Advisory Council Meeting 9:00 am - 12:00 pm
- 11/9** Puuhale Ele School, 345 Puuhale Rd. Honolulu
Public welcome to attend. RSVP 586-8126

- 10/6** Access Surf Day at the Beach - FREE
- 11/3** White Plains, Ewa Beach from 9:00 am - 1:00 pm.
- 12/1** Fun surfing event, for all ages and abilities. Sign up online at accesssurf.org

- 10/7** Children & Youth Day - FREE
10:00 am - 3:00 pm, Hawaii State Capitol
Fun, food, entertainment and educational activities for the whole family. For more info and the schedule visit www.hawaiicyd.org

Epilepsy Foundation Talk Story - FREE

- 10/10** 5:30-7:30 pm, 200 N. Vineyard Blvd., Honolulu.
- 12/12** 5th floor conference room.
RSVP by calling 528-3058 or email: efh@epilepsyhawaii.org



Providing a world of support to parents of children with special needs

Special Parent Information Network
1010 Richards Street, Room 118
Honolulu, Hawaii 96813

- 10/13** Cruise Down for Down Syndrome - FREE
5:00 - 10:00 pm at the K1 Speedway, 91-1085 Lexington St., Kapolei
Bounce houses, rides, slides, car show and food trucks. Sponsored by Down Syndrome Ohana 366-6706 or email dsohana808@gmail.com

- 10/13** 2nd Saturdays with ABC Group & TACA
9:00 - 10:00am FREE for TACA families.
"Safety! Home, Halloween & the Holidays"
At ABC Group: 99-870 Iwaena St, Aiea
RSVP: takanow.org/local-chapters/west/hawaii

- 10/14** Yoga for Autism in Kailua-Kona - FREE
11/11 10:45 am, Yoga Hale 74-5583 Luhia St, Kailua-Kona. For info, call 368-1191, to register visit Autism Society of Hawaii on Facebook

- 10/17** Honolulu District Families Embracing
12/19 Autism Support Group - FREE
6:00 - 7:00 pm. Sponsored by LDAH
245 N. Kukui St., Honolulu 96817
Child care provided, RSVP 536-9684

- 10/19** After School Summit - \$25-60
10/20 Includes breakfast & lunch. UH Campus Center for more info, visit www.afterschoolalliance.org

- 10/20** Footsteps to Transition Fair - FREE
8:30 am - 12:00 pm, Radford High School
Resources, student panel & keynote speaker for families of middle & high school students.
RSVP at www.footstepstotransition.weebly.com or call 586-8126



Ho'omana Windward Parent Support

- 10/24** Key Project, Kaneohe 6:00 - 8:00 pm
- 10/25** Pali View Baptist Church, Kaneohe 6 - 8:00 pm
- 11/28** Key Project, Kaneohe 6:00 - 8:00 pm
- 11/29** Pali View Baptist Church, Kaneohe 6 - 8:00 pm
Contact: alohadebbk@yahoo.com or hoomanagroup@gmail.com for info.

- 11/10** Epilepsy Hawaii Community Conference
Oahu: Aloha Tower Marketplace, ground level
Multipurpose room 3.
9:00 am-12:30 pm FREE
RSVP: www.epilepsyhawaii.org

