



SPIN NEWS

The Newsletter for Parents of Children with Special Needs

SPECIAL
PARENT
INFORMATION
NETWORK

February 2019 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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586-8126


Neighbor Islands dial the exchange below, then 6-8126

Kauai - **274-3141**
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spin@doh.hawaii.gov

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www.spinhawaii.org

 Like us on Facebook

Oh the Places You'll Go!

In March, many schools celebrate Dr. Seuss as part of **Read Across America Day!** Today we're borrowing from this great children's book author to talk up the upcoming SPIN Conference. We think if Dr. Seuss was writing about our conference, he might say something like the following:



Oh the places you'll go, if you join
us at SPIN,
Are to tables of experts, What?
8, 9 or 10?
No more like six times that, all
ready to please;
So that you and your family can
feel more at ease.

Then off to the Ballroom where
SPIN dancers gyrate
And "Dorothy's" singing is really
first-rate.
We'll pick all your brains for
needs large and small,
So we'll be real committed
to solving them all.

Now the workshops are starting,
there's plenty to see,
Whether your kid is teen-aged
or really quite wee.
They're all full of knowledge
and tips to take back,

To help make a difference
and keep you on track.

Did we tell you there's lunch
along with great prizes?
And SPIN award winners
in all shapes and sizes?
They're people we thank
for the work that they do
In making our journey
just a little more true.

But by far the best place
you'll encounter at SPIN
Is the place of belonging
with other like kin.
With moms and with dads
whose keikis have needs
And extraordinary
gifts to share. Yes, yes indeed!

So flip to page seven,
the conference description,
And commit to come join us.
No need for connoption!
If it's support that you need,
just give SPIN a jingle,
And we'll find a nice Santa
or maybe Kris Kringle
(AKA agencies willing to pay
to help you come join us).
IT'S THE SPIN WAY!

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Related to Reading



Building Blocks to Reading Success

In learning to read, children typically have to master the basic skills at the bottom of the pyramid in order to develop higher level reading skills. Research in the area of children with learning disabilities has shown that deficiencies in processing letter-sounds are at the heart of many reading problems.




Five Finger Rule

Here's a tip for how to select books at your child's reading level:

- ✓ Have your child pick out a book he or she thinks looks enjoyable.
- ✓ Ask him or her to read the 2nd page of the book.
- ✓ Hold up one finger for each word that your child is not sure of or doesn't know.

If there are five or more words that your child didn't know, choose an easier book.



If your child did not miss any words, the book may be too easy. Pick one a little more challenging.

 National Center for Learning Disabilities
The power to learn, to learn, and to succeed

Apps to Help Students with Dyslexia and Reading Difficulties

1. "Read2Go": Bookshare subscribers can enjoy full control over font (size and color), along with text-to-speech technology, with this DAISY-formatted e-reader.
2. "ZoomReader": Use ZoomReader to read grocery-store labels, menus, signs, and more while on the go. A device with a
3. "Audiobooks from Audible": You or your child can listen to books on the go with this text-to-speech app that allows for digital literacy in various formats.

Download all 15 apps at www.LD.org/DyslexiaApps

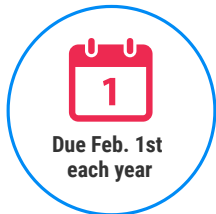


Lindsay Heller and Susan Wood, SEAC parent reps from the Big Island and Martha Guinan, SEAC Chair, with Dr. Seuss books collected for a future donation to special education students.

To learn more about the Special Education Advisory Council, SEAC, check out their website: <http://www.seac-hawaii.org>



U.S. DOE Office of Special Education Programs (OSEP) Monitoring and Support System for Hawaii



1 Hawaii's SPP/APR

This required state performance plan (SPP) and annual performance report (APR) measures our progress towards meeting special education targets on 16 indicators (like graduation rate, LRE, student achievement, drop-out rate, parent participation, disproportionality, etc.)



2 Hawaii's SSIP

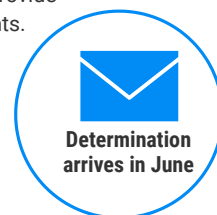
The State Systemic Improvement Plan makes up Indicator 17 on the APR. It is a six-year plan targeting an area of student functioning critical to long term success. Hawaii selected **reading achievement of 3rd and 4th graders** as its main measurement of how the system is improving to provide better outcomes for these students.



4 Differentiated Monitoring & Support

OSEP's DMS system of determining what kind of technical assistance a state may require looks at four main components:

- ✓ compliance with IDEA regulations
- ✓ student performance outcomes
- ✓ the SSIP, and
- ✓ fiscal (how money is spent).



3 Annual Determination Letter

OSEP reviews the APR and the SSIP sent earlier that year and makes a determination of the extent the state meets the requirements of IDEA. It then places Hawaii in one of 4 categories:

- Meets requirements
- Needs assistance (Hawaii's category)**
- Needs intervention
- Needs substantial intervention



5 Site Visit

An **OSEP DMS team** visited Hawaii January 7-11, 2019 to conduct intensive monitoring and support to both early intervention & special education. Team members included:
Jennifer Barrett-Zitkus, Part B & C State Contact,
Angela Tanner Dean, Team Leader, and
Christine Pilgrim, Team Member

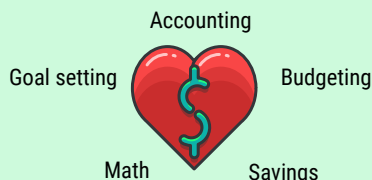
Their main areas of technical assistance were related to the following:

- **improving math and reading performance outcomes for students, and**
- **offering tools and suggestions to make the SSIP more effective.**



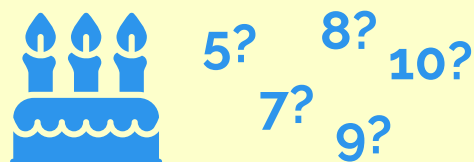
Paying Your Child an Allowance

What are the Benefits?



An allowance can be a good way for your child to learn about money. There are at least 5 money management skills you can teach with an allowance: 1) **setting goals**, 2) doing basic **math** to count money, 3) **saving** for a future purchase, 4) **accounting** (keeping track of spending), and 5) **budgeting** (deciding how much to spend, how much to save and how much to give to others). Here are some things to consider in setting an allowance:

When is my child ready?



Although many parents begin paying allowances when their child is in 1st or 2nd grade, there's actually no perfect age to start. See if your child is open to learning about or handling money. If you start an allowance that is tied to chores or grades, but your child is unmotivated by the money, you may want to wait until he or she is older.

How much allowance should I give?



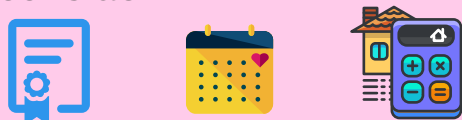
Some experts suggest that you should match your child's age with dollars--for instance, \$8 weekly for an 8-year old, \$10 for a 10-year old. Of course, the amount will depend on your overall family budget. If you want your child to learn to save some of their allowance and also give some to charitable causes, then you may need to provide enough money to make those options possible.

Should I have my child earn the money?



Here the experts are split. Some say having chores helps kids learn the connection between money and work. Consider tying the allowance to extra tasks--above normal family expectations of helping with dinner, making beds, etc. Others say the real purpose of the allowance is to provide the opportunity for money management lessons, **not** to withhold money when kids don't finish all their chores.

What are some other important things to consider?



- Be clear about the terms of the allowance.
- Help your child create a personal budget.
- Pay the allowance consistently and on time.
- Set a good example with your own money management.

YouTube Challenges and Internet Safety

Kids love YouTube. They watch other people play video games, they watch movies and music and they like to watch challenges. Many of them are funny or even helpful, like the “Try Not to Laugh” and “ALS Ice Bucket Challenge”, but there are some that can be downright dangerous, like the “Tide Pod” Challenge. National Online Safety has posted a guide for a sinister challenge called “Momo”. It has been around for awhile, but has resurfaced and is linked to Facebook, Whatsapp and YouTube. It is very concerning because it not only shows graphic and violent images to your keiki, “Momo” encourages youths to self harm. The best thing you can do to protect your keiki from online harm is to talk to your kids about what they see and interact with online. Common Sense Media posted 12 challenges your kids probably already know about. Visit their website to find out more about internet safety. Here are a few fun ones you could do with your keiki:

- **Whisper Challenge:** one person wears headphones with loud music and the other person says a phrase outloud. The person listening to the music tries to repeat the phrase.
- **Mannequin Challenge:** a group of people get together and pose, freezing in place, while someone with a camera walks around recording the scene with music playing in the background.
- **Eat It or Wear It Challenge:** A player chooses food from numbered bags. If they choose to eat it, they can dump the rest on another players head; if they choose to wear it, well, plan this one around laundry day.

Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly), YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.

What parents need to know about MOMO

CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on the internet, including YouTube Kids (such as 'surprise eggs', unboxing videos and filmcosplay videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until partway through the video.

DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be "inappropriate or offensive to some audiences" and that "viewer discretion is advised" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental filters.

SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithms, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other children's videos and other scary content which would be age-inappropriate for children under 18.

Top Tips for Parents

TELL THEM IT'S NOT REAL

Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them. Encourage your child to not go openly searching for this content online in any one place more distress.

BE PRESENT

It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. The nature of each task becomes progressively worse if it's also important to recognise and change in your child's behaviour.

TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you to discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls for your device at home. This will help to restrict types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's internet safety. For example, on YouTube you can turn off 'suggested auto-play' to stop your child from viewing content that they have not directly selected.

PEER PRESSURE

Trends and viral challenges can be tempting for children to take part in, no matter how dangerous or scary they seem. Make sure you talk to your child about how their friend's actions may be peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everything you see online is true. Check the website of the source and be mindful of what you share as it may only cause more worry.

REPORT & BLOCK

You can always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/report any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

FURTHER SUPPORT

Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and who their trusted adults are. They could stop contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is 0800 1111.

2019 SPIN Awards Need Your Nominations!

Every year, SPIN publicly celebrates wonderful parents and professionals whose efforts make a positive difference in the lives of our keiki with disabilities and their families. The SPIN Advisory Committee is looking for candidates for our 2019 SPIN Awards and we need your help in nominating someone who models the qualities and actions that families appreciate and rely on. There are three award categories:

- The **Parent of the Year Award** is given to a parent or parents of a child or young adult with a disability whose actions and advocacy have benefited other families.
- The **Professional of the Year Award** is given to a professional who has had a significant impact in improving services for children and/or youth with a disability and their families.
- The **Family Choice Award** is given to a professional who has been particularly helpful to families as they sort out services for their child with a disability. This individual may not have an impact on the larger system, but is recognized in his or her community as an extraordinary professional.

We encourage you to share your aloha and nominate one or more very special people for any or all of the awards. You can go to our website at www.spinhawaii.org, click on the conference tab and download an award nomination form. Or call us at 586-8126 and we'll accept your nomination over the phone or mail you a form. Deadline to apply is March 12th.





The App Corner



If your kids are begging you to join social media, but you're worried about what they will see, do and post, we have discovered an app that will make both kids and parents happy. **Mazu** is

a social media platform for kids that promotes mindful interactions based on core values, fun activities and exclusive experiences. Created by a parent, Mazu allows kids and teens to join communities and share ideas that you and your kids care about. There are moderated group chats and no ads to pop up and click on. They have their own messenger service to keep families connected and share their day with one another. We like that all posted content and comments are moderated and filtered for appropriate content. Mazu is free to download on Apple and Android devices.

Spotlight on Support



If you live on the Windward side of Oahu and have a child with autism, check out Ho'omana, a support group by parents, for parents. They are sponsored by the Windward District Autism Program and have two locations for meetings, one at the Key Project in Kahalu'u and one at the Pali View Church in Kaneohe, both meetings are from 6:00 - 7:30 pm.

They offer:

- Unbiased support to families
- Free child/teen/adult care (please RSVP to guarantee childcare by qualified individuals)
- Guidance to navigate systems
- Guest speakers
- Light snacks

To find out more about them and RSVP for their next meeting you can contact them via:

- Website: <https://sites.google.com/view/windwardautismprogram/parentfamily-support/hoomana>
- Email: hoomanagroup@gmail.com
- Call: 808-426-6879

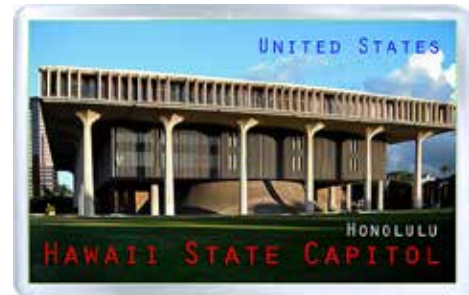
A Day at the Capitol

Thursday March 7, 2019, State Capitol Auditorium, Chamber Level 9:00 - 3:00 pm

March is Developmental Disabilities Month and one of the many activities happening in March is **A Day at the Capitol**. It is an annual event that celebrates and encourages individuals with intellectual and developmental disabilities and their family members to take the opportunity to discuss disability-related issues and concerns with legislators and network with other concerned citizens.

Activities for the Day:

- Continental breakfast
- Welcome & orientation
- Meet with Legislators
- House & Senate floor sessions
- Lunch
- Legislative hearings
- Meet with Legislators
- Tour of State Capital



For more information call the State Council on Developmental Disabilities office at 808-586-8100.





"SPIN on Down the Road"

Saturday April 13, 2019 • UH Manoa Campus Center Ballroom



8:30 a.m. - 9:00 a.m. Registration • Networking • Display Tables
 9:00 a.m. - 9:45 a.m. Keynote Presentation in Ballroom
 9:45 a.m. - 10:15 a.m. View Displays in Boardwalk of Resources Room, 2nd floor • Networking
 Act 1 10:20 a.m. - 11:20 a.m.

"Ease on Down the Road"	"We're Not in Kansas Anymore"	"Wonderful World of Reading"	"If I Were King of the Forest"	"The Great Oz Has Spoken"	"Happy Little Bluebirds"
Transition to Adulthood	IEP 101: Basic Training	Early Literacy	Civic Advocacy	Family Media Plan	Parent Self Care

11:30 a.m. - 1:00 p.m. View Displays in the Yellow Brick Road of Resources
 12:00 p.m. - 1:15 p.m. Buffet Lunch in Ballroom • Awards Presentation

Act 2 1:20 p.m. - 2:20 p.m.

"Who You Meet Along the Way"	"You've Had the Power All Along"	"Taming the Flying Monkeys"	"Nothing is Impossible"	"The Emerald City"	"Munchkin Land"
Planning for Supports	IEP 201: Advanced Training	Positive Behavior Supports	Coping Strategies for Families	Financial Literacy	Early Intervention Transition to DOE

Act 3 2:30 p.m. - 3:30 p.m.

"A Horse of a Different Color"	"Keep Calm & Click Your Heels"	"Over the Rainbow"	"The Road to Oz"
Strategies to Support Students with Autism	ADD / ADHD	Seizure Disorders	Self-Determination

Workshops are subject to change

REGISTRATION FORM

Name _____

Address _____ City _____ Zip _____

Phone: _____ H / C / W (circle one) Email: _____

Child's Disability: _____ Child's Age: _____

Program or School: _____

\$25 per parent \$45 for two family members \$25 per college student \$50 per professional
 Amount Enclosed \$ _____ (payable to SPIN) Check or P.O. Number _____

Airfare Scholarship Request (for Neighbor Island parents and grandparents of kids with disabilities 0-21)

Note: due to a large demand, we are now waitlisting requests for scholarships.

Please send me an application by email postal mail

My Airfare Scholarship application is enclosed. I will send in the application later.

Accommodation Request due to a disability (check one)

Sign Language interpreter Materials in an alternate format: _____

Accommodations must be submitted by **March 15, 2019** to ensure availability

Send completed form(s) with payment as soon as possible to: SPIN via mail, fax or email:
 1010 Richards Street, Room 118, Honolulu, Hawaii 96813 • Fax: (808) 586-8129 • Email: spin@doh.hawaii.gov
 Questions? Call us (808) 586-8126 • Website: www.spinhawaii.org



Calendar of Events



3/2 Access Surf Day at the Beach
4/6 9:00 am - 1:00 pm, FREE surfing event for all
5/4 ages and abilities. White Plains, Ewa Beach
 Sign up online at www.accessurf.org

Pacific Rim International Conference
3/4 "Sucessability" 7:00 am - 5:00 pm both days
3/5 Multiple workshops over two days, held at the
 Hawaii Convention Center in Honolulu.
 A special rate of \$100 per day is being offered to
 parents, students and self-advocates. Use the
 code: SFAjy100. For more info or to sign up
 online: www.pacrim.hawaii.edu/ or call
 808-956-4437, email: prreg@hawaii.edu



3/5 Talk About IEP's Workshop
 9:30 - 11:00 am FREE
 A moderated discussion on the process of getting
 out of district placements, independent evals and
 common missteps to avoid. Meet at Ebar at
 Nordstrom at Ala Moana. RSVP by visiting their
 website: www.tacanow.org/hawaii

3/7 Day at the Capitol with Hawaii State
 Council on Developmental Disabilities
 8:00 am - 12:00 pm FREE
 Meet with legislators and celebrate diversity.
 RSVP 586-8100.

3/8 SEAC - Special Education Advisory
4/5 Committee Meeting 9:00 am - 12:00 pm
5/17 Open to the public. Meetings held at Puuhale
 Elementary School, library. 345 Puuhale Rd.
 For more info, call 586-8126 or visit their
 website at www.seac-hawaii.org



3/8 Radical Self Care Workshop
 8:00 am - 12:00 pm, \$20 + \$6 parking
 Sponsored by Hawaii chapter of NAMI.
 To register, call 808-594-1297 or online
www.namihawaii.state2019.eventbrite.com

3/9 Hawaii Families as Allies Family Conference
 9:00 am - 2:00 pm FREE at the Kroc Center
 in Ewa Beach. To register, call 808-682-1511
 or email: events@hfaa.net

3/16 Self Defense Seminar
 900 - 11:00 am FREE
 Central Oahu Jiu-Jitsu, 401 North Cane St. #A3
 Waihiawa. \$10 per student/parent. To RSVP,
 call Kris Dung at 808-722-6843.

3/16 ASL Nook Author Book Signing
 9:00 am - 12:00 pm FREE at Hawaii School
 for the Deaf and the Blind. Lunch, book signing
 and book fair. To register or for more info,
 email: deedee_mikasa@hsdb.k12.hi.us

3/20 EFMP Come Fly with Me
 9:30 - 11:00 am FREE
 All branches are welcome to attend this event
 that is aimed at helping kids who do not like to
 fly or do not like crowds, feel more comfortable
 with the process. Hickam Air Force Base.
 RSVP online: <https://hawaii.armymwr.com> or
 call 808-655-4227.



3/20 Honolulu District Families Embracing
4/17 Autism 6:00 - 7:00 pm FREE
5/15 245 N. Kukui Street, Honolulu
 Different topics each month. 3rd Wednesday
 every month, Free parking and childcare with
 RSVP 536-9684.

3/29 EFMP "SPEDucation Blitz"
 10:00 am - 12:00 pm FREE
 Presentation by the Hawaii Disability Rights
 Center on "Transition Plans" to learn how to be
 advocates and learn more about to plan for
 transition from high school to adult life.
 RSVP online: <https://hawaii.armymwr.com> or
 call 808-655-4227.



SAVE THE DATE!



4/13 33rd Annual SPIN Conference
"SPIN on Down the Road"
 8:30 am - 3:30 pm at UH Campus Center
 Registration forms and airfare scholarships
 available www.spinhawaii.org, call us at
 586-8126 or email spin@doh.hawaii.gov.

For more events and happenings around the state, be sure to visit our website events
 calendar at www.spinhawaii.org/events and like us on Facebook!

SPIN - Special Parent Information Network