**Links for the Fall SPIN Newsletter**

**Front Page**

**Links in document:**

Register for SPP/APR meeting: <https://docs.google.com/forms/d/1pimK1cqIGF-zHnde-BXzNsd3mO_J4zAb4FohfKYgUfo/edit>

**Eligibility Categories Infographic**

**Links in document:**

Chapter 60 Guidelines: <https://www.hawaiipublicschools.org/DOE%20Forms/Special%20Education/Ch60Guidelines.pdf>

Understood.org: <https://www.understood.org/en/articles/conditions-covered-under-idea>

**Text from document:**

Eligibility Categories for Special Education Under IDEA and Chapter 60

The assignment of an eligibility category follows a comprehensive evaluation and a decision by the eligibility team that the student meets criteria set out in state and federal eligibility regulations.

Hawaii’s 14 Categories: Hawaii’s special education community chose to adopt developmental delay as an optional category under IDEA. 1. Autism Spectrum Disorders 2. Deaf 3. Deaf-Blindness 4. Develpmental Delay 5. Emotional Disability 6. Hard of Hearing 7. Intellectual Disability 8. Multiple Disabilities 9. Orthopedic Disability 10. Other Health Disability 11. Specific Learning Disability 12. Speech or Language Disability 13. Traumatic Brain Injury 14. Visual Disability (including Blindness)

IDEA’s eligibility categories open the door for a child to receive special education.

To be found eligible, the child’s disability must impact their learning and require specially designed instruction and related services.

The eligibility process filters out students whose struggles with learning are primarily due to missing school or having English as a second language.

A child’s eligibility category is not use to determine their services or placement. These are determined by the IEP team and based on the child’s individualized needs.

Children with a wide range of disabilities, including chronic health conditions like asthma and neurological conditions like ADHD may qualify for special education and related services.

If a student qualifies for more than one eligibility category, the eligibility team, including the

parent, generally chooses the category that impacts the student the most.

A student's eligibility category can change over time. Children 3 through 8 who are determined to have a developmental delay must have a reevaluation by age 9 to determine whether they are eligible under a different category

**Resolving Conflict Through Mediation Infographic**

**Links from document:**

Find your District Educational Specialist: <https://iportal.k12.hi.us/phonedirectory/organizations>

LDAH website: <https://ldahawaii.org/>

HDRC website: <https://hawaiidisabilityrights.org/>

DOE State Complaint webpage: <https://www.hawaiipublicschools.org/TeachingAndLearning/SpecializedPrograms/SpecialEducation/disputeresolution/Pages/default.aspx>.

Mediation Center of the Pacific: <https://www.mediatehawaii.org/mediation>

Special Education Mediation Brochure: <https://www.hawaiipublicschools.org/DOE%20Forms/Special%20Education/Mediation.pdf>

**Text from document:**

Parent Partner Question of the Month:

What can I do if I have a disagreement with the school over my child’s special education program?

It’s best to start with having a conversation with your child’s special education teacher and try to resolve the problem. If that isn’t effective, you can speak to the principal or request an IEP meeting. You can also request free mediation services from the Mediation Center of the Pacific who can help provide a neutral mediator trained in special education law to work with you and you’re the school to try to reach an agreement.

Hawaii’s Parent Partners are a group of child and parent serving agencies who work together with special education leaders. Once a month they meet to share information and come up with ideas to improve individualized and timely supports for children with disabilities eligible under the Individuals with Disabilities Education Act (IDEA). Partners have recently committed to sharing monthly guidance for families and educators aimed at promoting a shared understanding and best practices across the state. The guidance is in the form of a question and answer, and this month’s issue is about mediation services to solve disagreements.

We all want our relationship with our child’s school to be smooth and friendly, but as in any relationship, sometimes there are disagreements and we don’t always see eye to eye. Mediation is a good option for many families, but there are other pathways to try and work out a solution with the school.

Call the DES (District Educational Specialist for your district. Share your concerns and ask if they can attend your next IEP meeting. Be sure to let the school know if they are coming. Click here for a link to find your district contacts.

Call SPIN 808-586-8126, and we can talk story with you, brainstorm some ideas and refer you to other agencies who might be able to help.

Call LDAH (Leadership in Disabilities and Achievement) 808-536-9684, and they can review your child’s IEP with you, offer coaching and next steps.

Call HDRC (Hawaii Disability Rights Center) 808-949-2922, they might be able to provide an advocate or review your child’s IEP with you for next steps.

File a State Complaint with the DOE Monitoring and Compliance Office. They will investigate your concern and get back to you in a timely manner.

**Resolving Disagreements Through Mediation Infographic**

**Link in document:**

Mediation Center of the Pacific: <https://www.mediatehawaii.org/mediation>

**Text in document:**

What is Special Education Mediation?

Mediation is an impartial and voluntary process that brings parents and school staff together to resolve their disagreements. A mediator is a qualified and impartial individual who helps each party to communicate their views and positions in confidence so that the dispute can be resolved in a way that is mutually agreeable.

IDEA promotes mediation as the first step to working out conflicts with your child's school over his or her special education services.

Benefits of Mediation: It can help preserve the parent/school relationship

It's free of charge to both parents & schools

It saves time. Most mediations take 1-6 hours.

Information shared is kept confidential.

Mediation agreements are enforceable in court.

Formal vs. Informal:

The Individuals with Disabilities Education Act (IDEA) requires school districts to offer mediation before and after formal disputes:

Informally, whenever parents

and schools need help resolving a disagreement, and

Formally, after a parent files a written complaint or a request for a due process hearing. Mediation is available as an opportunity to find a solution to the complaint before a decision is issued by the Complaints Management Program or a hearing officer formally decides on a due process hearing matter.

Where can you learn more information about mediation?

The Hawaii State Department of Education makes mediation available through the Mediation Center of the Pacific. Parents may call or visit their website for information about requesting a mediation session.

**Executive Functions infographic**

**Links in document:**

Harvard University Center on the Developing Child: <https://developingchild.harvard.edu/guide/a-guide-to-executive-function/#:~:text=Executive%20function%20and%20self%2Dregulation,the%20potential%20to%20develop%20them>

Attitudemag.com <https://www.additudemag.com/how-to-improve-executive-function-adhd/>

SPIN Workshop on Executive Function Skills: <https://spinconference.org/wp-content/uploads/2024/04/307-Executive-Function-Skills-Older-Learners.pdf>

**Text from document:**

Executive Function and Self-Regulation skills help us manage information, make decisions and plan ahead. We are not born with these skills, but we all have the potential to learn them at all stages of our lives.

Common Challenges of Executive Functions: Emotional regulation, working memory, sustained attention, time management, planning and organizing, flexible thinking.

Activities to Build Skills:

For 3-5 year olds: Imaginary play - develops rules, roles and self-regulation. Let your children tell you a story - to practice working memory, planning and organizing thoughts. Songs and movement games - help with self-control, focusing attention and working memory.

For 5-7 year olds: Card & board games - use matching and strategy games to exercise working memory and attention. Physical games & activities - challenge kids to focus attention, practices rule following and control their actions. Quiet activities - like puzzle books and guessing games build working memory and flexible thinking.

For 7-12 year olds: Steadily increase the complexity of games and activities - helps executive function skills grow. Add more intensive play structure - like organized sports, learning to play an instrument or joining a dance group, uses many skills at the same time.

For adolescence and beyond: Goal setting, planning and monitoring - allows for self-monitoring and adjusting behavior. Help teens develop a plan and check in periodically to keep them on track. Keep a calendar - for due dates, deadlines and planned activities, to manage time, self-control and attention.

**The App Corner**

**Links in Document**

Chat GPT <https://chatgpt.com/>

Pi.ai <https://pi.ai/talk>

Ideogram: <https://ideogram.ai/t/explore>

Canva: <https://canva.com>

**Text from document:**

These days, everyone is talking about AI - Artificial Intelligence. We see it on TV, on Google searches, in Zoom rooms and all over social media. There are a few AI programs that are fun to use and can be helpful to students with disabilities too. Here are 4 AI programs to get you started that are free:

<https://chatgpt.com>

Chat GPT is an AI chatbot that uses natural language processing to understand and generate human-like responses. Basically, you can chat with it, ask questions, re-write something or create up to 3 free images a day. Use as a guest or sign in.

<https://pa.ai/onboarding>

Pi.ai calls itself an “emotionally intelligent AI”. Youc an brainstorm ideas, make travel plans, learn something new, or even vent to it. Use as a guest or sign in to keep your past conversations.

<https://ideogram.ai/login>

Sign in with your Google account to make fun art and you can make 40 images a day for free. Simply type a few words and it will generate an image for you.

<https://canva.com>

Canva is a free or paid web-based program that allows you to make posters, reports, social media posts and so much more! We like the Magic AI button that lets you create fun images with 3 or 4 words and there is no limit. It also has a Magic Write button that can add some fun flair to your words, like this: “It also features a Magic Write button that can sprinkle delightful charm upon your words.”

**Spotlight on Supports**

**Links from document:**

Website: <https://atrc.org>

Lending Library: <https://hawaii.at4all.com/>

**Text from document:**

Assistive Technology Resource Centers of Hawaii

Ever wonder if an assistive technology would work for your child? ATRC has you covered. Check out the services they can provide:

Learn about assistive technology with a one-on-one demonstration visit at no cost to you. Compare features and benefits of different devices to see which one is right for you.

ATRC has an assistive technology lending library for people with disabilities and their families. You can browse their lending library online or visit them in person on Oahu. The lending library is a great way to use a device at home and see if it’s right for you or your child, before you buy it.

Once you find an assistive device that works for you, ATRC can provide a low-interest loan to qualified individuals through the alternative financing program, in partnership with American Savings Bank.

ATRC has an assistive technology exchange/reuse program that is provided to people with disabilities at no charge. If you have AT that you no longer need, and it is in good working condition, donate it to ATRC so they can provide it to a person in need.

Phone: 808-532-7110

Email: info@atrc.org

Website: <https://atrc.org>

Lending Library: <https://hawaii.at4all.com/>

**Holiday Tips for Picky Eaters Infographic**

**Links from document**

Picky Eaters: Espressable.com <https://www.expressable.com/learning-center/feeding-and-swallowing/tips-for-helping-picky-eaters-with-feeding-issues-during-the-holidays>

Picky Eaters: Huckleberrycare.com <https://huckleberrycare.com/blog/how-to-deal-with-picky-eating-over-the-holidays>

Picky Eaters: ASHA.org <https://www.asha.org/news/2022/how-to-help-children-with-feeding-difficulties-during-holiday-meals/?srsltid=AfmBOoqVgHdkw2MpsEvIuiIeL5_XpfRzxtMF4PqtwVLZka9RsfgWZ-2X>

**Text from document**

Holiday gatherings often include family, friends and lots of new or special foods. This can be a stressful time for kids who are picky eaters, have sensory issues around food, or have special diets. A holiday meal is not the time to push new foods or textures, but it can be a time to let your keiki experience how food brings us together for an enjoyable experience. Here are a few ideas to help your keiki

Prepare for Holiday Meals:

Plan Meals Together. Let your child help plan holiday meals so they can add one or two of their preferred foods into the meal.

Go Shopping Together. Talk about where the food comes from, and let them choose and place items in the basket to build excitement for the upcoming meal.

Prepare Meals Together. Let your child rinse the vegetables, help measure and stir ingredients together. Encourage your keiki to touch and smell new foods so they become familiar with them and are more likely to try something new.

Family Gatherings and Mealtime:

Bring Their Favorite Side Dish. With so many new foods on the table, include one or two you know your child will like and eat.

Eat a Pre-Dinner & Bring Snacks. Let your child eat before you go to a holiday meal. This will take the pressure off eating new things. Have a few snacks they like on hand, if they get hungry later on.

Have Realistic Expectations. Holiday meals can be overwhelming with new foods, places and people. Let them eat what they can and enjoy the experience of family and food together.

Do’s and Don’ts for a Happy Meal:

Do talk to your child about what is expected, like sitting at the table through the whole meal, even when they are done eating.

Do remind your host or family members not to be offended if your child doesn't eat all their food.

Do keep food options and portions small.

Don't feel guilty about your child's eating habits. You are doing your best and so is your keiki.

**School Attendance: Every Day of Learning Counts Infographic:**

**Links in document:**

HI DOE Attendance Support: <https://www.hawaiipublicschools.org/TeachingAndLearning/absenteeism/Pages/default.aspx>

AttendanceWorks.org: <https://www.attendanceworks.org/resources/handouts-for-families-2/>

**Text in document:**

School Attendance: Every Day of Learning Counts

Lots of situations come up in the normal school year that may cause your child to miss school--transportation, sleeping in, sickness, family scheduling conflicts, etc. Parents are often so busy that they lose track of total absences. Here is why it is so important to make regular attendance\* a priority for your child:

35% of students with IEPs in School Year 2023-24 were chronically absent\* compared to only 16% of students without high needs.

\* Chronically absent 18 or more days of instruction/year, Regular attendance Attending 90% or more days of instruction/year.

Negative Outcomes that Result from Being Chronically Absent Include: Missed opportunities for rewarding activities at school, Poorer academic performance, Lower graduation rates, Higher drop out rates, Lower future earnings.

Even more to consider: Being late for school may lead to poor attendance. Frequent absences may be a sign that a student is losing interest in school, struggling academically, or is dealing with bullying or some other difficulty at school. Students who improve attendance improve their chance of graduating with a regular diploma and meeting the goals on their IEP!

**School Attendance: How Families Can Help infographic**

**Links in document**

<https://www.hawaiipublicschools.org/TeachingAndLearning/absenteeism/Pages/default.aspx>

AttendanceWorks.org: <https://www.attendanceworks.org/resources/handouts-for-families-2/>

**Text in document**

Help your child prepare for the school day. Encourage your child to do all homework before bed.

Lay out backpacks and clothes the night before.

Set a regular bedtime so your child gets enough sleep. Set a morning alarm with plenty of time to get to school.

Get advice when your child seems sick or anxious. Ask the school for guidelines on what to do if you think your child may have a contagious disease.

Talk with your child's teacher or counselor if you suspect he or she may be bullied or anxious. If bullying is occurring, file a complaint with the principal.

Set appointments and trips outside of the school day. Schedule non-urgent dentist and doctor appointments after school, during school holidays, or on weekends.

Avoid taking vacations while school is in session. Aim for holidays and school breaks. If you must take your child out of school due to a family emergency, ask the teacher(s) for homework to catch up.

Keep in touch with school. Monitor your child's attendance so you know when absences are beginning to pile up. Ask the school for help with transportation, if your child is having trouble getting to classes.

**SPIN Conference Page**

**Links from document**

SPIN Conference: <https://spinconference.org/2024-conference/>

**Text from document**

Come join us for the 39th annual SPIN Conference!

This year we will be at the Hawaii Convention Center and it’s going to be magical!

Our 16 spellbinding workshop Topics will be:

Autism & OCD

Dyslexia Strategies

Anxiety Supports

Assistive Technology

Building Social Networks

Self-Care for Parents

Writing SMART IEP Goals

Positive Behavior Supports

Self-Regulation Stratagies

Alternatives to Guardianship

Benefits Planning

Become a Better Advocate

Puberty: Emotions & Hygiene

Transition Plans in the IEP

Sensory Integration Techniques

Transition Into Preschool

Flyer: Save the Date SPIN Conference March 22, 2025 “The Magical World of SPIN” Visit [www.spinconference.org](http://www.spinconference.org) for more info.

Side Photo 1: Airfare scholarships available for neighbor island ohana! Apply today! Download a form from SPINconference.org

Side Photo 2: Nominations open for Parent of the Year, Professional of the Year, Parent Choice.

Side Photo 3: visit the “Enchanting Hall of Resources”.

**Calendar:**

**11/20 Learning Disabilities Webinar - FREE**

11:30 am - 12:30 pm Virtual

Dr. Kiriko Takahashi from UH’s Center on

Disability Studies will provide an overview of

learning disabilities, definitions, key

characteristics and how they affect school

and life skills. For info, email jerrik@hawaii.edu

or for a link to register, visit

[www.spinhawaii.org/events](http://www.spinhawaii.org/events)

**11/23 Understanding the Evaluation Process - FREE**

10:00 am - 12:00 pm In Person

245 N. Kukui St. #205, Honolulu

Join LDAH to learn more about the Hawaii

DOE evaluation process, from the initial

evaluation, through triennial re-evals.

To register, call 808-536-9684.

**11/30 Crocs Early Shopping Event**

8:30 - 10:00 am In Person

Crocs Waikele, 94-790 Lumiaina St. Waipahu

Never Quit Dreaming and Crocs Waikele

have teamed up for an early morning

shopping experience before the store opens

to the public. Reserve your spot at

[www.nqdhawaii.org/crocs](http://www.nqdhawaii.org/crocs)

**Sensory Friendly Film: Moana 2**

**12/1** Kahala Consolidated 9:00 - 11:00 am $17.50

**12/15** Regal Maui Mall 10:30-12:30 pm $15.00

Sensory friendly films have lower volume

and the lights dimmed.

To register, visit [www.autismsocietyhi.org](http://www.autismsocietyhi.org)

**12/4 Review Evaluations with LDAH - FREE**

6:00 - 7:00 pm In Person

245 N. Kukui St. #205, Honolulu

Bring your child’s most current DOE

evaluations with you.

To register, call 808-536-9684.

**12/7 Young Athletes Makahiki Event - FREE**

9:30 - 11:00 am In Person

Special Olympics Hawaii Sports Complex

91-610 Maunakapu St, Ewa Beach

For children ages 2 through 7, this fun event

is open to all children . Activities will focus

on motor skills and socialization. They will

also offer free vision, developmental and

vision screenings. For more info,

email [program@sohawaii.org](mailto:program@sohawaii.org).

**12/13 Sensory Story Time in Kona - FREE**

10:00 - 11:00 am In Person

Kailua-Kona Public Library

75-138 Hualalai Rd., Kailua-Kona

Join Autism Moms of Kona for a sensory story

time with Santa! This is a free event, but you

must register to ensure space.

<https://autismmomsofkona.com/>

**12/17 Sensory Friendly Film: Moana 2 $10**

5:00 - 7:00 pm In Person

Regal Keauhou in Kailua Kona

78-6831 Alii Dr., Suite 342

Sensory friendly films have low lighting, limited

previews before the movie with noises and

wiggles welcome. Purchase tickets online:

<https://avasofiafoundation.betterworld.org/events/Moana-2>

**12/14 Organzing Your Documents with LDAH- FREE**

10:00 am - 12:00 pm In Person

245 N. Kukui St. #205, Honolulu

Bring your most current special education

records and get organized with us!

To register, call 808-536-9684.

**12/18 Preparing for the IEP Meeting - FREE**

6:00 - 7:00 pm In Person

245 N. Kukui St. #205, Honolulu

Join LDAH for a walk through of before,

duriing and after an IEP meeting.

To register, call 808-536-9684.

For more events and happenings around the state, be sure to visit our website events

calendar at **https://spinhawaii.org/events/** and like us on Facebook!

SPIN - Special Parent Information Network

SPIN Hawaii Events Calendar: <https://spinhawaii.org/events/>