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Sweet Dreams

By Tanni L. Anthony



As we close this year, I am reminded of a personal mantra that was mine all the way back to high school (and for those of you are counting - yes, that was a very long time ago!). The quote by Louisa May Alcott that I held so dear still rings true. *Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.*

Another dreamer who reminds us the importance of using our imagination to chart a course was Walt Disney who said, *If you can dream it, you can do it. Always remember this whole thing was started with a dream and a mouse.* And we all know where that got him! Martin Luther King launched a national movement with his “*I Have a Dream*” speech. Thoreau tells us further, *Go confidently in the direction of your dreams. Live the life you’ve imagined.* Such wisdom for us to activate and actualize.

Dreaming is important for all of us and across our lifetimes. Whether it involves our personal or professional aspirations, simply having an internal quest means that we draw a mark of “where I am” and “where do I want to be.” This gives us a path, a direction, and, most importantly, a destination. So as this year comes to a close and the new year awaits us, I ask that you dream a little. Dream with yourself, your kids, your students, your colleagues, and as a field. Where are we now and where do we want to go? CS Lewis encourages, *You are never too old to set another goal or to dream a new dream.* Be the role model in a child’s eyes as you actively dream out loud. Then make it happen no matter the pebbles in your shoes or the boulders in your way. Be bold with your aspiration destinations - our children and students are counting on us to be active dreamers.

Thanks for traveling another calendar year together. I look forward to what is ahead in the new year. Sweet dreams to you and for the children we represent!

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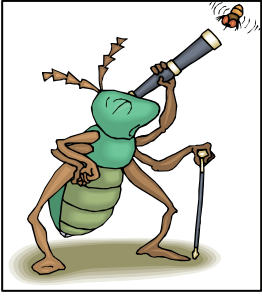
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KEEPING IN TOUCH!

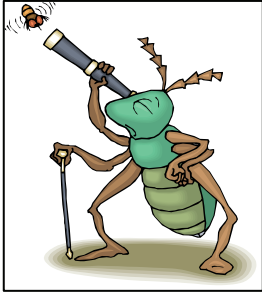
A Newsletter for Parents and Service Providers
of Colorado Children Who Are Blind/Visually Impaired

November—December 2014

November—December 2014



LOW VISION EVALUATION CLINIC NEWS



Region	Dates and Location	Paperwork Deadline	Site Coordinator(s)
Southern	<u>Colorado Springs</u> Friday, January 23, 2015	Wednesday, January 7, 2015	Donice Fennimore, TVI dfennimore@ppboces.org
Metro	<u>Anchor Center - Denver</u> Thursday, February 19, 2015 Friday, February 20, 2015 Saturday, February 21, 2015	Tuesday, February 3, 2015	Rebecca Warnell, TVI rewarnell@aps.k12.co.us

Southern and Northern Low Vision Evaluation Clinics

By Debbie Haberkorn

The Southern Region Colorado Low Vision Evaluation Clinic was held on Friday, October 31, 2014 on the campus of the Colorado School for the Deaf and the Blind. It was a great clinic. All slots were filled with six students from six school districts in Colorado. TVIs and families travelled from their school districts in Littleton, Castle Rock, Colorado Springs, Widefield, and Fountain/Fort Carson. Thank you to **Donice Fennimore** for coordinating the clinic. Your hard work and enthusiasm to make the clinic a success is always appreciated

The Northern Region Colorado Low Vision Evaluation Clinic was held Thursday, November 20th and Friday, November 21st at the Ensign Skills Center in Fort Collins, Colorado. Eight students from four Administrative Units (Boulder County St. Vrain Valley RE-1J, Larimer County Poudre R-1, Weld County District RE-4 and Weld County District 6) received evaluations. Eight parents and four TVIs attended the evaluation with their students. The Clinic team would like to thank Ensign Skills Center for graciously hosting the clinic. Thank you to all of the TVIs who brought students. A special thank you to **Elaine Karns** for coordinating the clinic. Despite a few obstacles along the way, Elaine went above and beyond to ensure the clinic ran without a glitch.

 * **Attention all TVIs:** Please work closely with your Regional LVE Clinic Coordinators to ensure *
 * that all paperwork is fully completed and turned into the clinic staff in a timely manner. You *
 * can also find the paperwork on the CDE website at: [http://www.cde.state.co.us/cdesped/SD-](http://www.cde.state.co.us/cdesped/SD-Vision_Activities.asp) *
 * [Vision Activities.asp](http://www.cde.state.co.us/cdesped/SD-Vision_Activities.asp) Please be advised that if you are recommending a student to attend the *
 * LVE Clinic, it is your responsibility to prepare the student and parent for the appointment, *
 * attend with them, and ensure that you assist with any needed follow-up training of the *
 * prescribed device(s). Thank you for helping to ensure the success of the clinic for each student. *

ORIENTATION & MOBILITY

Free White Cane Program

Did you know that the National Federation of the Blind offers free white canes to the blind? The NFB believes that the long white cane is the key to independence for the blind. The white cane has proved a useful tool to millions of blind people in navigating their environments with confidence and safety. Since independence and the freedom to travel are so vital to our quality of life, the National Federation of the Blind believes every blind person should have a cane, regardless of ability to pay. Learn more about our free white cane program in a fun new video at <http://youtu.be/3gOGVToMTjo>

O&M Policy Guidance

The Federal Register records a discussion on "Educating Blind and Visually Impaired Students; Policy Guidance." It addresses O&M and describes background on the need for community service (discusses need to prepare for employment, etc.). Go to the link - scroll down to item E. Orientation and Mobility Services

<https://www.federalregister.gov/articles/2000/06/08/00-14485/educating-blind-and-visually-impaired-students-policy-guidance>



Education for Life

for Colorado Residents

Application Deadline: March 1, 2015

\$42,000 may be awarded to six deserving recipients. In addition, two "full-ride tuition" scholarships may be awarded to visually impaired or blind students through the Kane Family Foundation. Please visit our website for criteria and information.

To apply for an "Education for Life" scholarship and to obtain more information, please go to: www.seethefuture.org and click on "Education for Life" then "Application Information". You may also call Tom Theune, OD – Chairperson of the SEE THE FUTURE Fund at 719.471.3200.



Standards Guides

Through a partnership with the Colorado PTA, CDE has released user-friendly guides to the K – 5 Colorado Academic Standards. The guides help families and communities better understand the goals and outcomes of the standards. The guides describe the “big picture” purpose of the standards, as road maps to help ensure all students graduate ready for life, college and careers. They also provide overviews of the learning expectations for each of the 10 content areas and offer examples of students’ educational experiences that families can support. The guides can be found at <http://bit.ly/1Fxi0a>>. Work continues with the Colorado PTA to create similar documents for grades 6-12. Look for those in the early 2015.

Content-specific appendices are available to the Instructional Unit Process Guide that reflect unique processes used in the unit-building workshops by arts, math, reading, writing and communicating and science educators to translate the unit overviews into full instructional units. These appendices better enable educators to fully understand the unit development and spark conversations about creating curriculum based on the Colorado Academic Standards. Visit <http://bit.ly/1xo7PBQ>>.

Assessment News

PARCC Accommodations Manual

PARCC has released their new manual. Please check the accessibility features and accommodations for students with a disability (504 and IEP) and English language students.

http://www.parcconline.org/parcc-accessibility-features-and-accommodations-manual?utm_source=PARCC+Updates+11%2F13%2F14&utm_campaign=11%2F13%2F2014+Update&utm_medium=email

Additional updates are posted on www.parcconline.org

If you have any questions about the state assessments, please be in touch with your District Assessment Coordinator.





Calendar of Events

2014 2014 2014 2014 2014 2014 2014 2014 2014 2014 2014

- December 12** **Vision Coalition Work Group on the READ Act** - Talking Book Library, Denver
Contact: Tanni Anthony— anthony_t@cde.state.co.us
- January 8** **CSDB Board Meeting** - Colorado Springs
Contact: Jacky Skinner at (719) 578-2102 or j Skinner@csdb.org
- January 12-15** **South Pacific Educators of the Visually Impaired (SPEVI). Melbourne, Australia**
Contact: <http://www.spevi.net/spevi/spevi-conference-2015.php#tab2>
- January 14** **CAER Board Meeting** - CO Center for the Blind, Littleton
Contact: David Gooldy at dgooldy@cherrycreekschools.org
- January 15** **Vision Coalition** - CO Vocational Rehab Office in Denver
Contact: Tanni Anthony at anthony_t@cde.state.co
- January 21-24** **Advanced UEB Train-the-Trainers** - Denver
Contact: Tanni Anthony—anthony_t@cde.state.co.us
- January 23** **Southern LVE Clinic** - Colorado Springs
Contact: Donice Fennimore—dfennimore@ppbooces.org
- January 29** **Braille Challenge**
Contact: Diane Covington dcovington@csdb.org
- February 5-7** **PEP Conference**—location to be determined
Contact: ramer_d@cde.state.co.us
- February 11** **CAER Board Meeting** - Colorado Center for the Blind, Littleton
Contact: David Gooldy at dgooldy@cherrycreekschools.org
- February 12** **CSDB Board Meeting** - Colorado Springs
Contact: Jacky Skinner at (719) 578-2102 or j Skinner@csdb.org
- February 12** **Metro TVI Meeting** - Douglas County
Contact: Jeannie Lei at jlei@cherryscreekschools.org



- February 20 - 21** **Metro LVE Clinic**—Anchor Center for Blind Children—Denver
Contact: Rebecca Warnell—rewarnell@aps.k12.co.us
- March 9—April 3** **Tentative CMAS: PARCC Testing**
- March 15** **Deadline for Education for Life Scholarship**
Contact: Dr. Tom Theune (719) 471-3200
- March 18** **CAER Board Meeting** - CO Center for the Blind
Contact: David Gooldy at dgooldy@cherrycreekschools.org
- March 12** **CSDB Board Meeting** - Colorado Springs
Contact: Jacky Skinner at (719) 578-2102 or jskinner@csdb.org
- April 9-11** **AFB Leadership Conference** - Phoenix, AZ
Contact: www.afb.org
- April 15** **CAER Board Meeting** - CO Center for the Blind
Contact: David Gooldy at dgooldy@cherrycreekschools.org
- May 1** **CAER Board Meeting**—CO Center for the Blind
Contact: David Gooldy at dgooldy@cherrycreekschools.org
- April 16** **Metro TVI Meeting** - Denver location to be determined
Contact: Jeannie Lei at jlei@cherrycreekschools.org
- April 13—May 1** **Tentative CMAS and CoAlt Science and Social Studies Testing**
- April 13—May 15** **Tentative CoAlt and DLM Testing**
- April 17** **Vision Coalition** - TBD
Contact: Tanni Anthony - anthony_t@cde.state.co.us
- April 27—May 22** **Tentative CMAS PARCC Testing**
- April 30-May 2** **PEP Conference**—location to be determined
Contact: David Ramer at ramer_d@cde.state.co.us
- June 11** **Graduation at the Anchor Center for the Blind**
- June 11** **CSDB Board Meeting** - Colorado Springs
Contact: Jacky Skinner at (719) 578-2102 or jskinner@csdb.org



2015 2015 2015 2015 2015 2015 2015 2015 2015 2015 2015 2015

July 6—9 15th International Orientation and Mobility Conference—Montreal, Canada
Visit: <http://imc15.com/en/>

July 30—August 2 12th International CHARGE Syndrome Conference, Chicago, IL
For more information: <http://chargesyndrome.org/>

2016 2016 2016 2016 2016 2016 2016 2016 2016 2016 2016 2016

January 4 Full UEB Implementation in the United States!

July 20-14 AER International Conference - Jacksonville, FL
Contact: www.aerbvi.org

2017 2017 2017 2017 2017 2017 2017 2017 2017 2017 2017 2017

July 19-22 AER International O&M Conference – Pittsburgh, PA
Contact: <http://co.aerbvi.org/>

2018 2018 2018 2018 2018 2018 2018 2018 2018 2018 2018 2018

July 25-19 AER International Conference - Reno, NV
Contact: www.aerbvi.org

Resources and Materials

AMCHP Resources

The Association of Maternal & Child Health Programs (AMCHP) is pleased to announce the release of the State Public Health Autism Resource Center (SPHARC) environmental scan report on "**State Strategies and Initiatives to Improve Developmental and Autism Screening, and Early Identification Systems**." This report includes initial findings from an environmental scan that AMCHP conducted in the summer of 2014 of 185 source documents in an effort to capture the wide range of developmental screening activities occurring within all U.S. states and territories. Over the coming year, this data will be further analyzed to develop resources to assist states in building and improving developmental screening and early identification systems. These tools and resources will be housed on the SPHARC website and AMCHP will provide updates and seek feedback as the work progresses. AMCHP is also pleased to announce that a companion fact sheet on current **Title V State Performance Measures related to developmental screening and early identification** is also available.

For more information and to access these publications, visit the SPHARC website at: <http://www.amchp.org/programsandtopics/CYSHCN/projects/SPHARC!>

just for PARENTS



The Hadley School for the Blind

The mission of The Hadley School for the Blind is to promote independent living through lifelong, distance education programs for individuals who are blind or visually impaired, their families and blindness service providers. Founded in 1920 by William Hadley and Dr. E.V.L. Brown, Hadley offers courses free of charge to its students who are blind and visually impaired and their families and affordable tuition to blindness professionals. Today, Hadley is the largest provider of distance education for people who are blind or visually impaired around the world, serving more than 10,000 students annually in all 50 states and 100 countries. Hadley is also the largest educator of braille worldwide. Hadley has a course for you if you are:

- A blind or visually impaired individual 14+ years of age
- **A relative of a blind or visually impaired child**
- **A family member of a blind or visually impaired adult**
- A professional or paraprofessional in the blindness field

Hadley's Family Education (FE) Program offers a variety of courses for family members of individuals who are blind or severely visually impaired. Topics range from child development, to independent living, to braille reading and writing and adjustment to blindness issues. You are eligible to enroll in the FE Program if you are a parent or grandparent of a child who is blind/visually impaired or you are a spouse, adult daughter or son, or adult sibling of an adult who is blind/visually impaired. As Hadley's courses are offered worldwide, it is important that you can read and understand courses written in English.

You can learn to read and write braille, foster the development of your child, support your family member's adjustment to blindness, and/or development advocacy skills. For more information, please go to www.hadley.edu.

Connecting Families

There are several organizations that can connect families to advocates in Colorado. PEAK Parent Center is Colorado's Parent Training and Information Center. PEAK has parent advisors on staff and can provide families with the names of advocacy organizations. For more information, visit:

- PEAK's website at www.peakparent.org.
- The Legal Center for People with Disabilities and Older People (www.thelegalcenter.org) and
- The Arc of Colorado (www.thearcofco.org) are other resources for families looking for advocates.

If your family is looking for support groups and/or trying to connect with other families, Parent to Parent of Colorado is a useful resource - www.p2p-co.org.

The Parent Information and Resources page on the CDE Exceptional Student Services Unit's website has information about conferences and training opportunities. Every year CDE offers three Parents Encouraging Parents Conferences for families and educators throughout Colorado.

For more information, please visit <http://www.cde.state.co.us/cdesped/PEP.asp>

WE NEED YOUR HELP!

Parents: If you are moving out of state or your child has graduated, please be in touch so we can remove your name from our newsletter mailing list. If your child is still enrolled in a Colorado school district and you have a new mailing address, please be in touch with your address changes.

TVIs and COMSs: If you have any changes in program contact information, please help us out and send Tanni these changes.

Thanks to everyone for helping to keep our mailing list up-to-date! Send changes to: anthony_t@cde.state.co.us or to Tanni Anthony, CDE ESSU, 1560 Broadway, Suite 1175, Denver, CO 80202. Or please leave a voice message at (303) 866-6681. Thank you so much!



COLORADO
Department of Education

2014 – 2015

Parents Encouraging Parents (PEP) Conferences

Feb 5 – 7, 2015

April 30 – May 2, 2015

“Thank you so much to the Colorado Department of Education for providing the opportunity to attend this conference. My daughter's future is so much brighter now!”

– Parent

“It is probably the best educational conference I've been to because of the content and participants. I think administrators should be encouraged to attend!”

– School Professional

Register Now!

For more information and to apply online go to: <http://www.cde.state.co.us/cdesped/PEP.asp>.

Or contact: CDE-ESSU-PEP, 1560 Broadway, Suite 1175 Denver, CO 80202

PEP Hotline: (303) 866-6846 Toll-Free: 1(877) 834-0588 (Outside Denver Metro Area) Fax: (303) 866-6767

WHO: **Families who have a child with a disability** (Both parents in a two-parent family are encouraged to attend. Single parents are encouraged to bring a support person who will participate in the conference.) Directors of special education, principals, special education teachers, general education teachers, health care and other **professionals interested in the family/school partnership**.

WHAT: Forty years of research shows that the **participation of families in their child's education**, through specific coordinating between home and school, **results in improved outcomes** (Jeynes, 2012). PEP Conferences are designed to promote family and school partnerships that are essential in supporting students with disabilities and their families in schools and the community. PEP brings parents and professionals together by sharing ideas, discussing concerns, celebrating successes and obtaining information related to parenting, educating and partnering to support student learning. PEP Conferences are offered at no cost to attendees.

WHEN: This **no cost** Conference is held from 5:00 PM Thursday through 3:00 PM Saturday. The Colorado Department of Education (CDE) Exceptional Student Services Unit (ESSU) pays for lodging & participant meals – excluding Friday night's dinner.

WHERE: In order to enable more families and professionals to participate, PEP Conferences are scheduled throughout Colorado. Location information will be available soon.

Sessions:

- ◆ Parenting a Child with a Disability & Rebuilding Dreams
- ◆ The Law & the Education of Children with Disabilities
- ◆ Individualized Education Program (IEP)
- ◆ Early Childhood Supports & Services
- ◆ Transition IEP & more

Colorado Department of Education

1560 Broadway, Ste. 1175, Denver, CO 80202 • 303.866.6876 • dascher_c@cde.state.co.us

DOTS OF INTEREST



BANA Webinar on UEB for the CCSSO

The Council of Chief State School Officers (CCSSO) represents the top state education leaders across the country and engages state chiefs in statewide improvement initiatives, including implementation of the State Systems Improvement Plan. CCSSO also helps to bridge special education and general education systems to ensure integrated efforts to improve outcomes for all students, including students with disabilities. CCSSO hosts many state convenings each year to keep new assessment challenges at the forefront and give states opportunities to voice their concerns, suggestions, and recommendations around issues related to students with disabilities.

Current CCSSO work related to students with disabilities include one project specific to the Unified English Braille Code.

Unified English Braille (UEB) is the revised code adopted in the United States, due to be implemented January 2016. This means that braille forms administered in upcoming years will need to transition to UEB. CCSSO is working with the Braille Authority of North America (BANA) to gather information from every state about transition plans for instruction, assessment, and training in UEB. This information will lead to the development of an implementation guide by February 2015. The guide will support states in their efforts to communicate the UEB to districts and schools for the successful implementation of UEB. Resources:

Introduction to UEB - PowerPoint Slides and *Introduction to UEB - Webinar Recording*

You can find these PowerPoint slides and the webinar recording at:

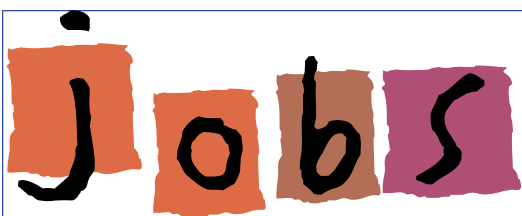
http://www.ccsso.org/Resources/Programs/Supporting_Students_with_Disabilities.html

A New Colorado UEB Listserv

You asked for it and now we have it. See what a little dreaming can do! We now have a CDE listserv dedicated to the topic of the Unified English Braille (UEB) Code. The membership is restricted to Colorado TVIs and braillists, so that this group can have collaborative discussions on all topics key to UEB instruction and material preparation for students. The goal is to have a place where questions can be posed and discussed, as well as a sharing of information of what is working right now for our Colorado students to learn and use the UEB Code. This format will allow us to share our celebrations, questions, and strategies.

Participation guidelines require general listserv etiquette. If you post or respond to a post, it should be “for the good of all” as the message will be sent to all listserv participants. If there is a need to just respond to one person, the listserv should not be used. Rather an email should be sent privately just to that individual’s email address. At no time can any identifying information be shared about a student or family.

The email address to post is: ueb@web.cde.state.co.us>. You must be a member to post or respond. If you want to be a member, please be in touch with Tanni at anthony_t@cde.state.co.us>



IMPORTANT! We have JOB OPENINGS!!

Please be proactive with anticipated vacancies for this school year or the one starting in fall 2014. Please keep in touch with Tanni about your job openings. If you know of an anticipated opening in your part of the state, please begin working to recruit someone into our field by ensuring he or she has an opportunity to learn about being a TVI and/or an Orientation and Mobility Specialist. This may be a paraeducator, a brailist, and/or a colleague already in the teaching profession. Please work with Dr. Paula Conroy to learn more about the UNC distance education / graduate program to prepare TVIs and O&M Specialists in Colorado!

TVI = teacher certified in the area of visual impairment

COMS = certified orientation and mobility specialist

Southern Region Jobs

- ✓ For details about what positions may be open at the Colorado School for the Deaf and the Blind, please contact Chelle Lutz at clutz@csdb.org or (719) 578-2114.

Western Region Jobs

- ✓ **TVI/COMS** (1 FTE) for San Juan BOCES. Please contact HR Director Paula Sublett at (970) 247-3261 x 203 or psublett@sjboces.org

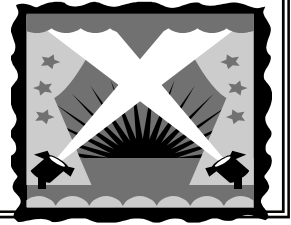
Metro Region Jobs

- ✓ **TVI** (.5 FTE) Anchor Center for Blind Children. Please contact Andrea Peralta at 303-377-9732 ext. 156 or aperalta@anchorcenter.org



TVIs and COMSs—If you are getting ready to retire, please do not let your CDE teaching and support services licenses expire, as you are in a great position to keep contributing in the future with part-time or sub work. Please keep in touch with Tanni, if you are interested in this type of work after your retirement!

Spotlight on



The Importance of Sleep

Sleep is getting some serious attention these days as research confirms how much sleep is needed for healthy functioning, what happens to our concentration and ability to perform day-to-day tasks when we are sleep deprived. Success in school, college, and with our jobs, all have ties to a steady diet of a good night of sleep.

Why is sleep so important? The brain needs sleep to learn, concentrate and solve problems. Sleep helps the body; it helps muscles, bones and skins grow, fixes injuries and helps fight sickness.

"Sleep is the power source that keeps your mind alert and calm. Every night and at every nap, sleep recharges the brain's battery. Sleeping well increases brainpower just as weight lifting builds stronger muscles, because sleeping well increases your attention span and allows you to be physically relaxed and mentally alert at the same time. Then you are at your personal best. Sleep problems not only disrupt a child's nights -- they disrupt his days, too, by making him less mentally alert, more inattentive, unable to concentrate, and easily distracted. They also make him more physically impulsive, hyperactive, or lazy." *Healthy Sleep Habits, Happy Child* (1999) by Dr. Marc Weissbluth.

What are sleep recommendations by age group?

- ◆ 1-3 years old – 12-14 hours per day
- ◆ 3-6 years old – 10-12 hours per day
- ◆ 7-12 years old – 10-11 hours per day
- ◆ 12-18 years old – 8-9 hours per day

What are good sleep habits?

- ◆ 1-3 year olds:
 - ◇ Maintain a daily sleep schedule and consistent bedtime
 - ◇ Make bedroom environment the same every night and throughout the night
 - ◇ Set limits that are consistent, communicated and enforced.

- ◆ 3-6 year olds:
 - ◇ Maintain a regular and consistent sleep schedule
 - ◇ Have a relaxing bedtime routine that ends in the room where the child sleeps
 - ◇ Child should sleep in the same environment every night, in a room that is cold, quiet and dark – and without a television



- ◆ 7-12 and 12-18 year olds:
 - ◇ Teach school aged children about healthy sleep habits
 - ◇ Continue to emphasize need for regular conducive to sleep – dark, cold and quiet
 - ◇ Keep television and computer out of bedroom
 - ◇ Avoid caffeine

What is the result of poor sleep habits?

- ◆ Lower performance in class/ lower test scores
- ◆ Inattentive in class
- ◆ Memory is affected
- ◆ The body’s metabolism is adversely affected
- ◆ Delayed response time in driving, thinking clearly, and daily tasks that require attention

What can help children with sleep? The following daily and evening routines will help with sleep habits:

(a) exercise during the day – running and playing at least 3 hours before bed help your body get ready for sleep; (b) bed at the same time every night; (c) avoid big meals before bedtime, instead drink a warm glass of milk or have a healthy snack like fruit ; and (d) have a “winding-down” period of time in the evening routine

The Effects of Blue Light on Sleep: The health risks of blue light on sleep have been documented with numerous studies. These studies have linked working the night shift and exposure to light at night to several types of cancer (breast, prostate), diabetes, heart disease, and obesity. It's not exactly clear why nighttime light exposure seems to be so bad for people. It does seem that exposure to light suppresses the secretion of melatonin, a hormone that influences circadian rhythms.

Even dim light can interfere with a person's circadian rhythm and melatonin secretion. A mere eight lux—a level of brightness exceeded by most table lamps and about twice that of a night light—has an effect, notes Stephen Lockley, a Harvard sleep researcher. Light at night is part of the reason so many people don't get enough sleep, says Lockley, and researchers have linked short sleep to increased risk for depression, as well as diabetes and cardiovascular problems.

Recommendations for Lighting at Bedtime:

- ◆ Use dim red lights for night lights. Red light has the least power to shift circadian rhythm and suppress melatonin.
- ◆ Avoid looking at bright screens associated with computers, tablets, or cell phones beginning two to three hours before bed.
- ◆ Expose your child to lots of bright light during the day, which will boost the ability to sleep at night, as well as help with mood and alertness during daylight.

Sources:

<http://www.webmd.com/parenting/guide/sleep-children>

<http://www.sleepforkids.org/>

<http://kidshealth.org/parent/general/sleep/sleep.html>

<http://www.webmd.com/children/features/good-sound-sleep-for-children>

<http://sleepfoundation.org/sleep-topics/children-and-sleep>





TRANSITION INFORMATION ABOUT MOVING ON!

Quick and Easy Expanded Core Curriculum

The American Printing House for the Blind has a product that will benefit transition age students. *Quick & Easy Expanded Core Curriculum* is designed for transition students who are visually impaired. There are over 140 lessons to address the nine areas of the Expanded Core Curriculum (ECC) in a variety of settings. The included lessons were chosen to address the most common gaps found within this population and require little time, expertise, or equipment to implement by the educational team and family members. The lessons, categorized by setting (home/school or community), are intentionally designed to be completed in 5–15 minutes. *They are not designed to replace a comprehensive program addressing the ECC.*

Each ECC lesson card is printed on durable paper stock and 3-hole punched for convenient storage in a custom-made binder. Visual icons within a color identification bar indicate ECC area(s) addressed by the lesson. Needed materials are listed in a different color bold font.

A Quick & Easy ECC Checklist is included to monitor an individual student's progress and serve as an informal assessment. The checklist is included in the binder as well as on the accompanying CD-ROM as a Microsoft® Excel® spreadsheet.

The Quick & Easy ECC Matrix (in both hardcopy and electronic formats) provides an overview of the ECC lessons covered in each lesson. The matrix key identifies the primary ECC area addressed, immersed ECC areas, and provision of a Try It lesson (a suggestion for home practice).

Example ECC lessons target the following skills

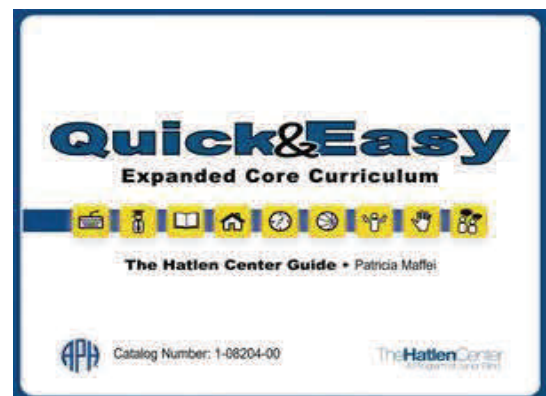
- ◆ Planning a menu
- ◆ Giving & receiving compliments
- ◆ Making purchases based on a budget
- ◆ Tracking medical history
- ◆ Reading nutrition labels
- ◆ Learning customer service techniques
- ◆ Practicing conversation
- ◆ Labeling cans and frozen foods
- ◆ Expanding career knowledge
- ◆ Spreading condiments
- ◆ Properly using smart phones

Quick & Easy ECC Kit Includes

- ◆ Binder with 142 lesson cards
- ◆ CD-ROM with accessible files:
 - Binder contents (.brf)
 - Matrix (.brf and .pdf)
 - Checklist (Microsoft Excel)

Recommended ages: Middle and high school transition students

For more information, please go to: www.aph.org



CIMC “Count 2”

By Jim Olson

Mark your calendars if you haven't already. Here are the dates that CDE sent to Directors in their “Year at a Glance Document” at the start of this fiscal year. These dates were printed in the Keeping In Touch DCDE Newsletter. They are also posted to the CIMC website – on the “Critical Dates” tab at the top of our “Intro To The CIMC” homepage.

January 1: Updated “Visual Impairment, Including Blindness” statewide student registration Count 2 database reports mailed from the CIMC to AUs in preparation for the Federal Quota Census count day, Monday January 5, 2015.

January 5: “Visual Impairment, Including Blindness” statewide student registration Count 2 day. (Enrollment of all students with VIIB on this day determines the AU student assessment fees invoiced July 1, 2015) as well as the Federal Quota Census count day of *LEGALLY BLIND* students related to *The 1879 Act to Promote the Education of the Blind*.

January 30: AU’s “Visual Impairment, Including Blindness” Count 2 database reports (signed by Directors verifying accuracy) due to the CIMC.

Some of our new Colorado teachers and CIMC district designated contact people were asking questions about our registration and count process. Please visit our website for more information (highlighted in our signature line below) but here is a quick overview for you:

- The CIMC keeps a database of all students with VIIB in Colorado between the ages of birth and 21 for the Colorado Department of Education (CDE). The CIMC handles the data entry on behalf of your Administrative Unit and your AU can request various reports or complete printouts of your AUs registrations at any time throughout the calendar year.
- Register every student receiving services in your district (those on an ISP, IFSP, IEP, 504 plan, etc.)
- Exit every student when they leave your district
- Send us copies of the eye report you keep on file in your district ONLY for the students you want us to include in your districts Federal Quota account – which we input for you into the Federal database
- Visit our website for more information at CIMC webpage: www.csdb.org; click on “Programs and Services”, then “CIMC”

THANKS FOR MAKING EVERY KID COUNT!

Team USA Mobile Coach App

Check out the latest APH Physical Education website's Feature Page (<http://www.aph.org/pe/features.html>) about the **Team USA Mobile Coach App**. The United States Association of Blind Athletes (USABA) provides drills, skill forms, resources, and videos to help coach Paralympic sports for athletes who have visual impairments or blindness.



APH on Wonderopolis!



The American Printing House for the Blind (APH) has begun guest-blogging for Wonderopolis (www.wonderopolis.org), a nationally-recognized blog used primarily by educators and students in the classroom. Wonderopolis is maintained by the National Center for Families Learning (www.familieslearning.org), formerly National Center on Family Literacy, which is also based in Louisville, Kentucky. According to their website, NCFL "exists to create a culture of family engagement across the educational spectrum."

APH will be contributing articles on issues relating to blindness and visual impairments. Their first post (<http://wonderopolis.org/wonder/how-do-people-who-are-blind-use-computers-and-other-technology/>) published on October 15, described how people who are blind and visually impaired use technology, specifically smartphones and computers. In the future, they will write posts on sports for people who are blind and other topics.

Wonderopolis is read nationally by educators and students, some of whom may not be aware of the abilities of people who are blind and visually impaired. This will be a great opportunity to educate and bring awareness and understanding about people who are blind to a broader audience.

Archived Webinar

The Impact of Technology in the Life of a Person who is Deaf-Blind

In celebration of Helen Keller Deaf-Blind Awareness Week, (June 22nd - 28th), the National Center on Deaf-Blindness (NCDB), the National Family Association for Deaf-Blind (NFADB) and the Helen Keller National Center (HKNC) co-sponsored a national webinar to highlight the importance of technology in the lives of individuals who are deaf-blind. This webinar was an interactive conversation among three panelists, each of whom offered their unique perspectives and experiences with technology. To view the webinar recording, please go to: <https://nationaldb.org/library/page/2427>



see things. differently.



BrailleNote Apex compatible with Bookshare.org

Dear BrailleNote User

Recently you may have heard that Bookshare.org will be doing a significant redesign to their website and that there may be some incompatibilities with the BrailleNote Apex. This message is to confirm to you that HumanWare has been testing the new site with Bookshare during its development and can assure you that you will experience no issues when downloading books with your Apex from the new Bookshare site.

Because the updated site uses some additional scripting, the Apex has the ability to disable the scripting from web pages to simplify the sites for easier use. Before using the new Bookshare site, you simply need to disable your browser scripting setting by following these steps:

1. Log into your homepage, Google.com or whatever you choose as your home site.
2. Press backspace with J for the scripting shortcut. It will say "Scripting disabled"?
3. Press Y to say Yes to disable scripting, followed by the enter key.
4. Go to the new www.bookshare.org.
5. Search and download your books as you always have.

Disabling scripting can be extremely useful on several web pages, and this is a handy tool to keep in mind when browsing the web on your BrailleNote. If a site does not load up correctly, or is causing you trouble, simply disable scripting and reload the page with Enter plus R.

One other tip you can use if a page is not showing all of its content, is to re-analyze the page by pressing backspace with R. Certain links or text that may not have been showing at first should show correctly after doing these trouble shooting techniques.

We hope you find these tips useful and hope you enjoy downloading your books from the new Bookshare site with your BrailleNote Apex.

Best regards,

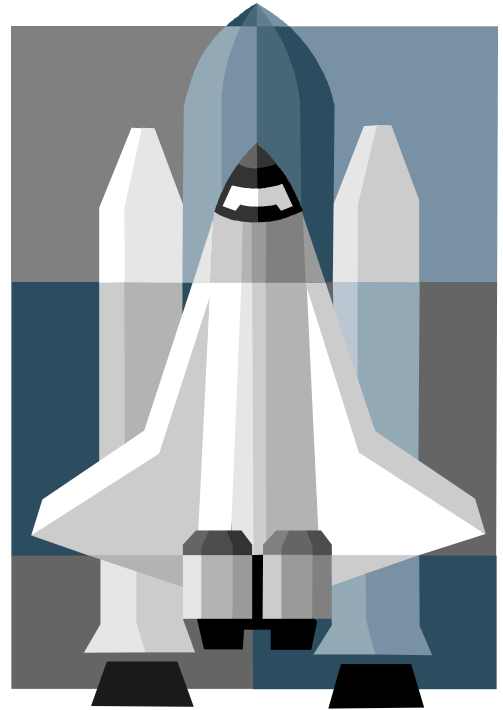
The HumanWare Team

NOTES FROM SPACE CAMP

A Poem about Space Camp by Caleb Stewart

Sci Vis

Space Camp is filled with joy & cheers
Sadly the end is near
But that just wants me to come next year
Almost everywhere you'll see a rocket
My compass and watch were always in my pocket
I enjoyed zip-line and rock wall
Even the pole that made me fall
I made new friends
Which is something people can't bend
With Scuba diving I went under
Will I do the MAT I wonder
Everyone was kind
Both sighted & blind
Be careful, Team Von Braun is on the attack
I wish I had my rocket back
It's sad to leave
You never know what you got till it's gone, is something I believe



Space Camp, Huntsville, AL 2014

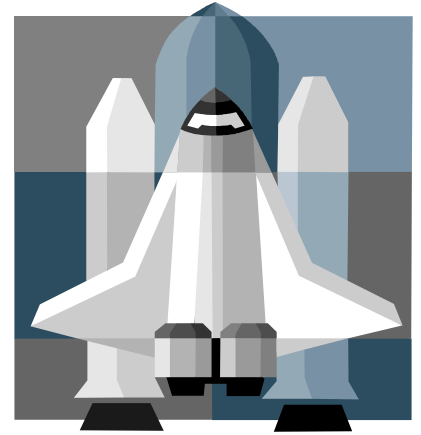
By Mimi Schaper

The trip to SCIVIS was amazing. It taught my student and me many things. I was able to teach a variety of life skills during the preparation for SCIVIS. My student had to raise about \$2000.00 in order for us both to attend. He did an amazing job. During the preparation, my student learned about letter writing, banking, and trip planning. The flight to SCIVIS taught about shuttle rides, escalators, finding the gate, and special boarding. The most revealing was the O&M at the camp itself. Night travel was required and the problems my student had during night movement was surprising. My student's cane techniques immediately improved after the camp. I had taught sighted guide technique before the camp but my student was required to serve as the guide during several situations during the camp. Dorm life revealed life skills that revealed many teachable moments. This year, SCIVIS celebrated the 25th anniversary. It was a special experience with the niece of Helen Keller speaking at the final ceremonies and the attendance of numerous countries worldwide.

I purposefully wore fluorescent clothing during the camp to make it easy for my student with low vision to locate me in a crowd. The plan worked! He would ask if a chaperone with a fluorescent fanny pack was nearby. He could find me easily! Since our return, my student and I have had numerous public speaking experiences.

NOTES FROM SPACE CAMP

CONTINUED



Camp That Is Out of This World!

By Caleb Stewart, Eaglecrest High School
Cherry Creek School District

What would you say if you heard that there's a space camp for visually impaired kids? On September 19-26, 2014, Huntsville, AL had a space camp called SCIVIS where kids who are totally blind or have a visual impairment can come and learn about space. Once when the kid gets there, he/she is assigned to a room and then to a team full of people from different grades and different parts of the world. Participants were from other states or from Canada, Australia, New Zealand, Ireland, and many other countries. The teams are all named after something related to space like Team Von Braun (which was the one I was in). Team Von Braun was named after a German scientist who built the Saturn rockets that helped America go to the moon.

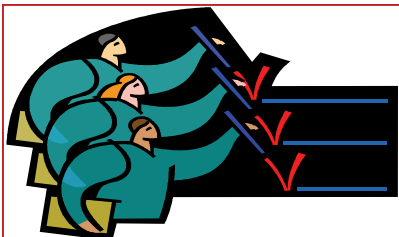
The activities that you were able to do were as follows: zip-lining, scuba diving, rock climbing, rocket launching, and many more fun activities. Most of the activities took place in an area called Area 51, where there were chaperones waiting to guide you through the different activities.

During the day, the kids practiced being in Mission Control. The ISS, and a space ship positions were practiced and a simulated rocket launch was conducted. Every kid got a job during the mission such as pilot, commander, EVA, CAPCOM, ISS scientist, and many more. First you'll practice for 3 missions called the Alpha, Bravo, and Charlie mission and then the EDM (or Everyone Dies Mission), the counselors make it harder to do the mission like making some of the kids to be sick (pretend), pretend situations like a tornado drill, and if you happened to die during the mission, you had to sing an embarrassing song or do something else to be brought back to life.

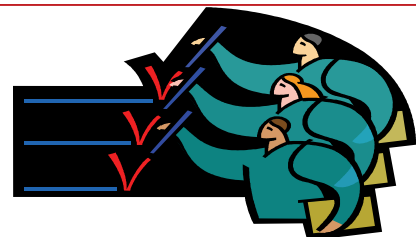
The day before everyone had to leave, they had a graduation where they congratulated everyone and they gave special awards to teams and campers. The guest speaker for Space Camp 2014 was the great-niece of Helen Keller. After the graduation, the older kids had a dance party.

The next day, everyone packed up and they got on the bus to the airport, depending on when your bus leaves. For those who had to stay a while, they watched a movie called October Sky.

Space Camp was all because of a man named Dan Oates (O&M teacher from West Virginia School for the Blind) and without him, kids with visual impairments wouldn't be able to go to space camp. It is a wonderful event to experience, I had lots of fun and I want to attend SCIVIS next year. It was a blast (no pun intended)!



CHECK IT OUT!



NASHIA Celebrates the Passage of the TBI Act Reauthorization of 2014!

U.S. House of Representatives has passed S. 2539, the TBI Reauthorization Act of 2014, sponsored by Senator Orrin Hatch (R-UT) and co-sponsored by Senator Bob Casey (D-PA). The next step is for the bill to be signed by the President. The bill removes Health Resources and Services Administration (HRSA) from sections relating to the State and Protection & Advocacy grant programs leaving the administering agency to be determined by the Secretary of the Health and Human Services (HHS). The bill calls for the Secretary of the HHS to develop a TBI Coordination Plan and directs the Centers for Disease Control and Prevention (CDC) and the National Institutes of Health (NIH) to conduct a scientific review of the management of children with the TBI.

New ACVREP President

The Board of Directors of The Academy for Certification of Vision Rehabilitation and Education Professionals (ACVREP) announces the appointment of Kathleen E. Zeider as President of the organization effective immediately. Ms. Zeider has been serving as Interim President since July 2014.

In making the announcement Jay Stiteley, Board Chair, stated "This appointment recognizes the contribution that Ms. Zeider has made to the organization over the past 4 months and demonstrates the Board's confidence that her collaborative leadership style will enable ACVREP to play an important role in strengthening our field." If you have any questions about this announcement please contact the ACVREP offices at 520 887 6816.

Launching Boehm-3 Preschool Test of Basic Concepts

The American Printing House for the Blind was honored to have **Dr. Ann Boehm**, a nationally recognized expert in the field of early childhood assessment join them for the recent 146th APH Annual Meeting to launch the release of the *Boehm-3 Preschool Tactile* and *Big Picture Kits*. The original Boehm Test of Basic Concepts was a product of Dr. Boehm's doctoral dissertation at Columbia University. The test has undergone revisions and still stands as one of the most widely used assessments for young children Dr. Boehm was quite impressed with the adaptation of the assessment for students that are blind and visually impaired. **Cathy Smyth**, doctoral student of **Dr. Kay Ferrell** at the University of Northern Colorado, is following in Dr. Boehm's footsteps. Cathy is using the adaptation of the Boehm-3 Preschool in her dissertation, hoping to provide validity information in relation to our student population.

CDE Webpage on Visual Impairment, Including Blindness

Tanni maintains a webpage specific to visual impairment, including blindness on the CDE website. All TVIs are recommended to have this webpage in their list of favorites! It has a host of information including the state eligibility criteria for visual impairment, including blindness; the forms for the regional low vision clinics; the braille competency testing procedures; local/state/national resources ... and a good bunch of other stuff. Please be sure to put this url in your browser: <http://www.cde.state.co.us/cdesped/sd-vision>.

IN GRATITUDE.....

Professor Kay Alicyn Ferrell A Career of Service

By Galina S. Leiphart and Silvia Correa-Torres

Kay Alicyn Ferrell, Ph.D. is Professor in the School of Special Education at the University of Northern Colorado teaching in both Visual Impairment and Blindness and in Early Childhood Education and is Director of the National Center on Severe and Sensory Disabilities. In addition to teaching and mentoring students at UNC, Ferrell also has served as assistant dean of the College of Education and Behavioral Sciences and as director of the School of Special Education. Ferrell has been a member of the UNC faculty for 22 years and is retiring at the end of the year.

Kay Ferrell received a B.A. in Russian Language and Literature from George Washington University in 1970 and her Master's in Special Education for the Blind and Visually Impaired from Teachers College, Columbia University in 1975. She earned a Ph.D. in Special education from the University of Pittsburgh in 1983.



Professor Ferrell has taught individuals of all ages with visual and multiple disabilities. She was an itinerant teacher for The Virginia Commission for the Visually Handicapped and taught at The New York Institute for the Education of the Blind. Ferrell was the National Consultant in Early Childhood at the American Foundation for the Blind and worked with their Public Policy Research Department and the National Association of Parents of Children with Visual Impairments (NAPVI). Ferrell has been on the faculty of Teachers College, Columbia University as well as UNC. She has been Executive in Residence and consultant to the American Printing House for the blind and a Trustee for the Colorado School for the Deaf and the Blind (CSDB). Her students, masters and doctoral graduates, have been VI teachers, university professors, researchers and consultants, directors of schools for the blind and, internationally, integral to their countries' departments of education.

Professor Ferrell has written extensively for both parents and professionals. She is the author of *Parenting preschoolers: Suggestions for Raising Young Blind and Visually Impaired Children* (1984) and *Reach Out and Teach: Helping Your Child who is Visually Impaired Learn and Grow* (1985 & 2011), which was based on extensive research and field testing with parents and professionals. For the publication of *Reach Out and Teach*, Ferrell received the blindness field's highest recognition for excellence in writing, the C. Warren Bledsoe Award from the Association for Education and Rehabilitation of the Blind and Visually Impaired.

Professor Ferrell's research interests and specializations include: development and education of infants and young children with visual impairments; cross-modal abilities of infants with disabilities; outcomes for students with visual impairments; distance education methodologies; the expanded core curriculum and adult outcomes; personnel preparation; international blindness programs, policy analysis; and advocacy for learners who are blind and visually impaired and their families and community.

Her international service in the field has included presentations, workshops and committee work in Australia, Canada, Jamaica, Thailand, Germany, the USSR, New Zealand, Malaysia and Vietnam.

Ferrell has collaborated on more than 70 external funding proposals, resulting in grant funding of over \$16 million. Ferrell was principal investigator of the ground-breaking *Project Prism*, the first study of child development to focus on children with visual impairments and the ways in which their development is similar to and different from that of typically sighted children. Her current research includes the use of description in high stakes assessment and the adaptation the Boehm Test of Basic Concepts for preschool and primary age children with visual impairments.

Ferrell has received local, state, national and international awards for service and contributions to her field. She received from the American Foundation for the Blind the Corinne M. Kirchner Research Award and in 2013 the Migel Medal, the highest honor in the blindness field. From the National Federation of the Blind of Colorado, a membership organization for blind people, she received the Ray McGeorge Award for her service and work in the field of education for the blind.

Ferrell has received several awards including: the 2001 A.M. & Joe Winchester Distinguished Scholar Award, University of Northern Colorado; the 2005 President's Award for Leadership, Colorado Association for Education and Rehabilitation of the Blind and Visually Impaired; the 2009 Kirchner Research Award from the American Foundation for the Blind; the 2012 Josephine L. Taylor Award from the personnel preparation division of AER; the 2012 Bauman Award from the Association for Education & Rehabilitation of the Blind and Visually Impaired; the 2014 Migel Medal from the American Foundation for the Blind; the 2014 C. Warren Bledsoe Award from the Association for Education & Rehabilitation of the Blind and Visually Impaired; and the 2014 M. Lucile Harrison Award for professional excellence in teaching, scholarship and service from the University of Northern Colorado. From the University of Northern Colorado, professor Ferrell was awarded the Winchester Distinguished Scholar Award, and most recently she was named the 2014 M. Lucile Harrison Award recipient, the University's top faculty honor that annually recognizes a current faculty member with a long career of professional excellence, and a distinguished career in teaching, professional activity and service.

While Ferrell will be officially retiring from her faculty position at UNC at the end of the year, she will continue participating in special projects, external grant research, and on the committees of her current doctoral candidates. Her workload is not likely to decrease.

In summary, Ferrell's outstanding program of research and scholarly activities is recognized nationally and internationally, through over a hundred of publications and presentations in refereed journals and conferences. Professor Ferrell is also the author of numerous books and book chapters that are used in the field of visual impairment and in the preparation of professionals in the field. Ferrell has contributed to the success of the Special Education programs at the University of Northern Colorado for over 20 year, through the development of innovative grant projects, and as a national leader in her field of blindness early childhood education. Her program of scholarly activities is supported by meaningful professional service at the university, state, national, and international levels of impact. She is a pioneer in the field and her strong contributions to the University of Northern Colorado have been recognized through her leadership and involvement with the National Center on Low Incidence Disabilities, National Center on Severe and Sensory Disabilities, National Center for Leadership in Visual Impairment, and the National Leadership Consortium in Sensory Disabilities among others.

Throughout her career Professor Ferrell has been an outstanding teacher and a respected scholar. She has been active in service at UNC and within the fields of visual impairment and special education early childhood education, mentoring and changing the lives of a significant number of students, not only providing direct services at the pre-school and school age level, but also preparing leaders at the Master's and Doctoral levels. Her contributions to the field of blindness/visual impairment and the University of Northern Colorado are countless .

Thank you. Kay, for your years of service and contributions to our field!



colorado connections

🔊 Congratulations to **Melinda Carter** for earning her CDE Renewal Braille Competency Certificate! Hats off to the following individual who completed CDE Braille Renewal Modules: **David Gooldy**. Thanks to braille proctor **Julie Wetzstein**.

🔊 A big thank you to the following TVIs who were involved in the recent CO State NFB Convention: **Michelle Chacon, Nancy Cozart, David Gooldy, Karin Hensel, Kaitlin Lombardi, Jamie Lugo, Mike Plansker, Trina Boyd Pratt, and Marti Rahn**. Michelle, Nancy, David, Kaitlin, Mike & Trina were all involved in a Parent Seminar. Marty, Jamie, and Karin were involved on the first day of the conference. A personal thanks to **Michelle Chacon** for providing the State of the State update for Tanni, who could not attend due to a family situation. You all make us so proud!



Welcome to **Colin Cledys Moore** who was born on September 9th weighing six pounds and 12 ounces. Proud parents are **Lisa Roll Moore** and **Rick Moore**.



🔊 Welcome to **Lillian Jean Iris Vallese** who was born on October 27th, weighing 6 lbs. 10 ounces. Proud parents are **Sarah Bickford Vallese** and **Christopher Vallese!**

🔊 We are so happy to share that **Danielle Burden** is now on board with the Weld 6 School District. She is currently working on my TVI & O&M degree from UNC, and work for District 6. Last year Danielle volunteered at the Anchor Center for Blind Children and worked with students in the northern Colorado area. For the last fifteen plus years she has been working with children and adults with disabilities in a variety of settings. She loves to hike, snowshoe, and be outside with her husband, and watch her two daughters in gymnastics and karate.

🔊 We welcome **Michael Wright** back to Colorado. He is working with Adams 12 School District.

🔊 **Patty Wagner** is moving on to a new adventure in Reno, Nevada in January. She has accepted a job as a VIST Coordinator for the VA. Patty has been a long time DVR teacher working for the past 21 years out of the Colorado Springs office. She is leaving her role as lead teacher for the blind. Over the years, she gained her ACVREP certifications in O&M, Low Vision and Vision Rehabilitation Therapy. At the 2014 CAER annual meeting, she received the President's Award. Her family will spread across three states for a while. Her son is attending the South Dakota School of Mines and Technology and her daughter is a sophomore at Woodland Park High School. If you want to keep in touch, her personal email is wagnerpattyom@gmail.com>. We thank Patty for all her Colorado contributions. Patty—you will be dearly missed!!

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Colorado State Board of Education

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