

**January 2023**

**PACE**

**Homeschool**  
**Newsletter**

**Dates to Remember**

- |  |  |
|--|--|
| <b>Jan 2<sup>nd</sup></b>                  | <b>All PACE Offices Closed</b>                               |
| <b>Jan 9<sup>th</sup>-13<sup>th</sup></b>  | <b>DIBELS Testing by appointment</b>                         |
| <b>Jan 9<sup>th</sup>-15<sup>th</sup></b>  | <b>MAP Testing</b>   |
| <b>Jan 18<sup>th</sup></b>                 | <b>ALC Bowling 1-3pm (see flyer)</b>                         |
| <b>Jan 19<sup>th</sup>-20<sup>th</sup></b> | <b>MLC Closed to move to new location (see flyer)</b>        |
| <b>Jan 31<sup>st</sup></b>                 | <b>1<sup>st</sup> Semester Work Samples Due</b>              |
| <b>Jan 31<sup>st</sup></b>                 | <b>Quarterly Grades Due</b>                                  |
| <b>Jan 31<sup>st</sup></b>                 | <b>Recommended Turn In of Purchase Requests and Receipts</b> |

# Teacher Tip of the Month by: Cassie Kinsland, SPED Teacher

Let's talk Fidgets

After a holiday break from work or school it can be difficult to get back into a work/study routine. Fidgets can be useful tools for students to use to help keep their minds and bodies engaged when they sit down to do some studying. Stay with me here – I know fidgets can be counterproductive and easily become distractions, so let's explore some ways to minimize off-task behavior and use fidgets in the helpful way they are intended to be used.

An ideal fidget is something that allows students to make small body movements to "burn off" excess energy or keep the mind engaged with a bit of unconscious movement, so the student can direct the most brainpower to whatever the actual educational task is.

For students who need to move, exercise bands stretched around the lower legs of a chair can be used to bounce feet (keyword search the internet for "chair band" or "bouncy bands"). There are other variations of this concept – the goal is to move the feet with some restriction.

For students who enjoy a tactile feel, strips of velcro, sandpaper, or other textured surface can be semi-permanently fixed to a surface (table or desk) for your student to absentmindedly move their fingers or hand across. These are often called "sensory textured stickers" if you search online. Even easier and more DIY, though a bit messier, would be to stick a strip of transparent tape to the table for the student to pick at while studying.

Likewise, if your student likes to move his or her hands, but doesn't like rough texture – long silk, or soft scarves can be tied to the back of a chair or table leg so students can move the scarf across their hands. The benefit of tying the scarf low is that it will remain in place and in proximity of the student's lap.

A little bit of background music can actually help students focus too. Select compositions that do not have lyrics and have a 4/4 beat, such as Mozart's "Piano Sonata," Vivaldi's "The Four Seasons," Pachelbel's "Canon" and Beethoven's "Moonlight Sonata." Play selected pieces quietly and only for specific study sessions to get the most benefit.

So, fidgets don't have to be spinning, crazy toys that cause distraction and off-task behavior. Using thoughtful fidgets can be a great way to help your student transition back into school and learning mode. Happy New Year!

The PACE Anchorage Learning Center invites you to join us for bowling on January 18<sup>th</sup> from 1pm-3pm. PACE will pay for lane fees and bowling shoes. Parents are welcome to bowl if space is available. This event is open to all grades.

**\*\*If your student is in the 3<sup>rd</sup> grade or younger, parents will need to stay with their student.**

**RSVP is required by January 11th to [eroberts@craigschools.com](mailto:eroberts@craigschools.com) with student name(s) and grade(s).**

**Location:** Center Bowl 3717 Minnesota Dr. Anchorage



# We Are Moving!

The **MatSu Office** will be moving to a new location in mid-January.

We will be closed January 19<sup>th</sup>-20<sup>th</sup> to move into our new location at:

**351 W Parks Hwy, Suite 101  
Wasilla, AK 99654.**

We will reopen at 8am on Monday, January 23<sup>rd</sup>.



Ashlynn-Ann

Lydia

Serez

Addison

Michael

Denali

Jaim-e

Brody

Ryan

Drake

Magnus

Bailey

Evan

Jazmyn

Chloe

Samantha

Justyce

Dakota

Vanessa

Emberlyn

Kira

Aurora

Rowan

Micah

Madison

Bella

Greyson

Stephen

Jashawn

Max

