



A Flag Day Concert by the League School chorus!

# LEAGUESCHOOL OF GREATER BOSTON

SOCIAL AND ACADEMIC ACHIEVEMENT FOR THE CHILD WITH AUTISM

## League School Family Newsletter

### Inside:

- This Issue's Featured Student
- This Issue's Featured Staff Member
- Family Day recap!
- Nurse's Corner—Be Prepared—Flu season is here!



Learning about starfish at Family Day!

### A Note from the Director of Education

Dear League School Community,

We are pleased to distribute our first newsletter of the 2009-2010 school year! This is a year of great growth for League School. We have added Program Coordinators, a Vocational Coordinator, a BCBA, and Clinicians to our staff. We are so fortunate to have them aid in the expansion of the programming for our students and families. We have also begun the process of implementing the SCERTS® Model into our program. Collaborators Barry Prizant, Ph.D., CCC-SLP and Amy Laurent, Ed.M., OTR/L are completing the training for our staff and aiding in the implementation. The school is buzzing with excitement and we are looking forward to a successful year!

Best Wishes,  
Kelly Cavanaugh

Congratulations League School Graduates!

League School recently said goodbye to several students:

Sarah K.  
September 11, 2009

Michael D.  
June 30, 2009

Greg B.  
June 29, 2009

Jonathan L.  
June 24, 2009

Steven G.  
June 19, 2009

The League School community wishes them good luck!



### Recent Events

League School walked for Autism at the Autism Speaks Walk on October 18th at Suffolk Downs! For more information about Autism Speaks, visit [www.autismspeaks.org](http://www.autismspeaks.org).



### Help Your Life!

By Brandon M., Guest Columnist

Are you having a stressful day? Well maybe these strategies can help you.



If you are feeling stressed use a strategy like squeeze balls. This can sometimes calm you down. You could also take deep breaths and/or count from one to ten, or one to twenty. I recommend one to twenty because it makes me feel a lot better. Another strategy is drinking a glass of water because it allows you to have a moment by yourself to become less stressed. If these strategies don't work, ask to take a break in another room.



To prevent stress you can use long term strategies such as yoga, exercise, quality sleep and a healthy diet. Good luck!

Check out League School online at [www.leagueschool.com](http://www.leagueschool.com)

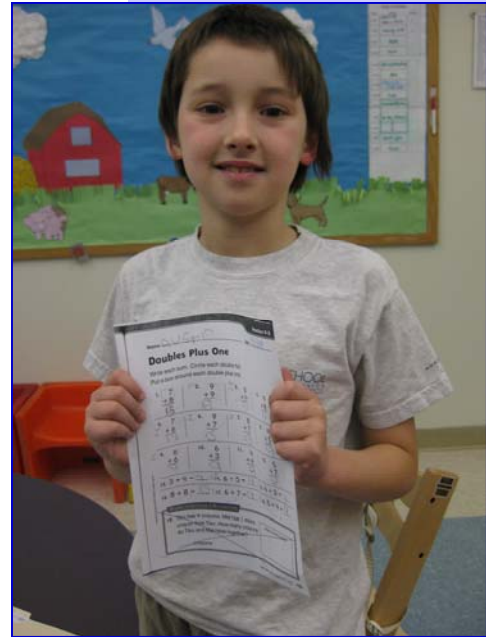


## Featured Student—Austin W.

This season, we would like to recognize Austin W., a student in our foundations Program. Austin is a fun-loving, hard-working student who has made significant gains so far this year. He has done an excellent job participating in classroom activities and has made immense gains in his language skills! Austin's favorite classes are Move 'n' Groove, Reading, and Gym.

Great Job, Austin!

Austin proudly displays his math worksheet!



## Featured Staff Member—Erica Lord

Erica Lord has been a member of the League School team since the Winter of 2009. As both a school float and now the teacher in room 223, she has contributed greatly to our program. Erica goes above and beyond her responsibilities to ensure that all of her students receive the supports that they need and are making effective progress. She has a friendly disposition and is always willing to help out other staff members. We are very fortunate to have such a committed, cheerful teacher in our community!

Erica loves to travel—here she is in Cork, Ireland!

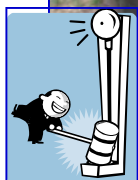




Enjoying a ride on the nature trail



Everybody loves arts and crafts!



On August 14th, League School hosted its annual Family Day. It was a beautiful day and everyone enjoyed the horse and pony rides on the expanded nature trail. The New England Aquarium brought an interactive display of sea creatures so students could see what a real starfish feels like! League School staff organized many games and activities. There was delicious food, arts & crafts, musical activities, and even a Wii tournament! League School students, parents, siblings, staff and friends all had a great time!



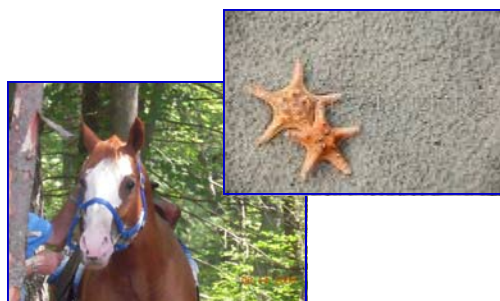
Bowling a strike in the Wii tournament!



Musical talent was on display!



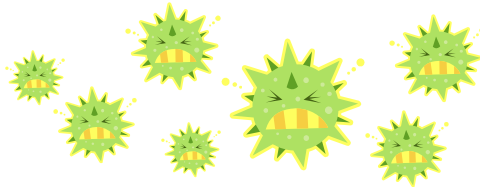
League School staff had a great day too!



## Be Prepared – Flu Season is Here!

*Influenza-like illness is a fever of 100.4F or greater with one or more of the following:*

- \* Cough
- \* Sore throat
- \* Runny nose



(May also include headache, chills, muscle aches, loss of appetite and fatigue as well as throat irritation)

### What should I do if my child is sick?

Flu spreads easily from person to person. If you think your child is getting the flu:

- ◇ Keep your child home. It is very important that your child does not go to school or other places where they could spread the flu virus to other people, such as group childcare, after school programs, the mall, or sporting events.
- ◇ Call your doctor's office and let them know your child's symptoms and history. Your doctor will advise you whether you should come to the office. It is best to call ahead so that you help prevent spreading illness to others.
- ◇ Call your child's school to notify them that they are sick, and tell the school nurse if your child has flu-like symptoms.
- ◇ Keep your school nurse updated on your child's medical condition.
- ◇ Do not give your child or teenager (18 year of age or younger) aspirin or aspirin-containing products due to the rare but serious illness called Reye syndrome.



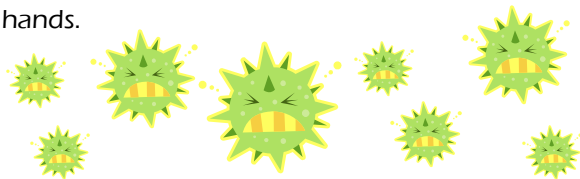
- ◇ **All individuals with flu-like symptoms should stay home for at least 24 hours after they no longer have a fever, without using fever-reducing medicines.** These medicines include Motrin or Advil (ibuprofen), Tylenol (acetaminophen) or a store brand. Keeping children with a fever at home will keep them from getting other people sick. For most people, this will be about 4 days.

## Fight the Flu

Parents—Help Stop the Spread!

### Wash your hands

Teach your children to wash their hands often with soap and water. To make sure their hands get clean, have them sing the happy birthday song twice while washing. They can also use a hand sanitizer to clean their hands.



### Cover your cough

Teach your children to cover their mouth with a tissue when they cough or sneeze. They can also cough or sneeze into their inner elbow, but not their hands.



### Stay Home When Sick



If your children are sick with the flu, keep them home from school for at least 24 hours after their fever goes away. This means they have no fever even when you don't give them medicine for fever.

