



Family Engagement Newsletter

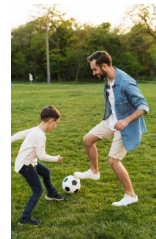
Children with ADHD and Physical Exercise

By Wendy Overturf

With many of the COVID restriction now lifted, it is a great time to enjoy outdoor activities with your children. Did you know that June has been designated as [Great Outdoors Month](#)? It is an annual event that promotes healthy, active outdoor fun by encouraging kids and families to enjoy outdoor recreation opportunities.

While exercise has great benefits physically and emotionally, research shared by Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) showed that [Exercise Can Help Improve ADHD Symptoms This Summer](#).

(The following is from the CHADD website and is for information only and not intended as medical advice) "With physical activity, executive function performance improves in as little as 20 minutes, and ADHD symptoms can reduce in intensity in as little as 30 minutes of exercise," says author Stephanie Sarkis, PhD, a clinical specialist in child and adolescent counseling. Research shows that physical activity and movement help to increase attention, decision making and learning.



Jeffrey Halperin, PhD, has been studying the effects of exercise and play-based interventions on children with ADHD. He is a distinguished professor of Psychology at Queens College of the City University of New York and is a former member of the CHADD Professional Advisory Board. "We know that moving and activity enhances brain function," he says. "Exercise—in particular, rigorous exercise has been shown to affect a wide array of neurological processes. These kinds of activities enhance brain development and brain growth. The literature shows that physical exercise increases all aspects of brain development."

Dr. Halperin says there needs to be a certain degree of structured and organized play. "It can't just be running around willy-nilly, and certainly it's better if there is some directedness to it," he says, recognizing the need for structure in many children with ADHD. "The degree to which children can use their own creativity and internal directions to help them out with play is great, but having parents involved and directing them in some way is good and will vary as a function of the children's ages."



Parents can offer some direction by making physical activities a family event. Go roller- or in-line skating with your children, sign children up for swim or tennis lessons, or make sure little ones have jump ropes and hula hoops, basketballs, or even old-fashioned croquet sets to help them get active. Softball, volleyball, and kickball are all backyard favorites. Taking walks with your children is just as important. In addition to the physical benefits of walking around the block or the local track, taking the time to visit with your children while walking can help improve your relationship, which can often be strained by the challenges of ADHD."

Parents may also want to checkout the February 20, 2020 article on the CHADD website ["Including Exercise with Behavioral Interventions Can Increase Benefits."](#)

Additional Resources:

[From ADDITUDE Magazine Website: The ADHD Exercise Solution](#)
[What to Know about Exercise and ADHD](#)
[The Benefits of Exercise for Children with ADHD](#)
[20 Family Fitness Activities Beyond the Gym](#)



Statewide Events

Youth Leadership Summit

Opportunity to meet other youth with Disabilities, learn about transition from high school to college or a career and develop the leadership and advocacy skills you've already learned in school!

Dates: June 27- July 1, 2022, 10 am– 4 pm
Contact Kristin Stern at 414- 226-8332 V/ Relay or kstern@independencefirst.org

Endless Possibilities Conference

Effective Family Engagement: Honoring Diversity for Successful Partnerships

A day of virtual training from experts on topics connected to special education for families of students with IEPs and the professionals who support them.

Keynote: Lifestyle Design: How I Built my Family's Healthcare and Education Village
Presenter: Lola Dada-Olley

Sessions Include: Rise of the Advocate/ Self-Advocate: Advancing Your Why ~ Engaging Families through Equitable Virtual Education ~ Dispute Resolution Options for Families and Schools ~ It All Starts with Hopes and Dreams: Parent-Teacher Home Visits ~ Systems Approaches to Family and Community Engagement ~ Overcoming Obstacles – Family Engagement Stories ~ A Tenacious Population: Supporting Foster Youth ~ Addressing Conflicts Effectively: Collaboratively Navigating Challenging Conversations ~ Speaking from the Inside of Disability - Engaging Families Using Multi-Tiered Systems of Support ~ Models of Strong Family-School Partnership Practices ~ Culturally Responsive Practices for Engaging Native American Families
Date: August 5, 2022, 8am-2:45 pm

[Registration is Open!](#)

29th Annual State-Wide Institute on Best Practices in Inclusive Education

This institute will be held virtually.

Tuesday, 7/26/22 Keynote Speakers:

Michael McSheehan, a special education expert and Mike Anderson, a general education teacher, will present their keynote, "Investing in General Educators: Designing Quality Instruction to Engage All Learners."

Wednesday, 7/27/22 Keynote Speaker:

Anthony Geinopolis is a self-advocate who has had a passion for aviation since he was a young. Anthony and his father will share Anthony's journey of growing up with a disability and transitioning into adult life with a job that fits Anthony's interest, skills, and knowledge in the field of aviation.

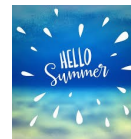
Dates: July 26-27, 2022



At Home Learning Strategies

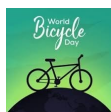
Early Literacy Activity Calendar: June 2022

The end of the school year does not have to be the end of learning. Use this calendar to help teach your children through entertaining activities like songs, crafts, reading, and more.



Children's Activity Calendar: June 2022 (for older children)

Kick off summer break with activities like learning new yo-yo tricks, planting flowers, making Kool-Aid® Candy Dots, and performing shocking electricity experiments.



June 3, 2022-World Bicycle Day

Get out your bikes and take a family bike ride. Don't forget to wear a helmet. Helmets help protect your head in case of a crash. Here is a short [video](#) on how to wear a helmet properly.



June 5-11, 2022-National Gardening Week

According to the National Garden Clubs, Inc., gardening promotes a healthy lifestyle that lasts a lifetime, helps reduce stress from other areas of our lives, and teaches that rewards can come from diligent efforts. With the weather getting warmer and summer arriving soon, now is the perfect time to plan some "gardening related" activities with your child. Pick some flowers and do [Flower Pressing](#) [Make a Mini Garden](#) or [Plan a Treasure Hunt](#).

June 7, 2022-National Chocolate Ice Cream Day

Follow this easy [recipe](#) to learn how to make homemade chocolate ice cream, the second most common flavor of ice cream, after vanilla. The recipe requires only 3 ingredients and 5 minutes of work. No ice cream machine or special equipment needed. The reviews for this recipe were great!



June 19, 2022-Father's Day

Check out these [Father's Day printable cards](#).

Listen and read along with these read aloud books: [Father's Day](#), [A Father's Day THANK YOU](#), and [The Night Before Father's Day](#).

Watch this 12 min. ["Happy Father's Day" video](#) with song lyrics and sing along with the kids. One of the songs will help your younger child with counting practice.

June 21, 2022-First Day of Summer (Summer Solstice)

Older children may enjoy [reading some fun and interesting facts](#) about this longest day of the year.



June 27, 2022-National Bingo Day

There are many ways that the Bingo card game can be adapted to be a learning activity for your child. [Alphabet Bingo \(lowercase\)](#) [Alphabet Bingo \(uppercase\)](#) [Sight word Bingo](#) [Addition Bingo](#)



Parent Tips: How to Get Your Teen Reading

The [website](#) offers suggestions for ways to get your teenager reading more. This information is also available in Spanish. ([Consejos para los padres: Cómo motivar a los adolescentes a leer](#))



Wisconsin Road Trip Routes That are National Treasures

Summer road trips can be a fun family activity and educational.

Wisconsin has three nationally recognized scenic roadways which take you along bluffs carved by the Mississippi River, the Northwoods shores of Lake Superior and the sweeping coast of Lake Michigan.

Check this [website](#) for a list of learning activities for road trips. They are intended to be adaptable, modifiable, and work with all skill levels, age groups, and backgrounds. These activities help bring learning and travel together.



[Explore Summer Fun Across Wisconsin!](#)

Online Resources: ADD/ADHD

[Center for Parent Information and Resources \(CPIR\)](#)

The link connects to a webpage that provides brief, but detailed fact sheets on ADHD. The fact sheet gives information about ADHD, describes its characteristics, offers tips for parents and teachers, and provides links to related information and organizations with special expertise as it relates to ADHD.

[Wisconsin Department of Public Instruction \(DPI\)](#)

This website has information on how a child with ADHD may qualify for special education services under “Other Health Impaired” (OHI). It also includes [links](#) to several online resources related to identifying and programming for students with ADHD.

[Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)

CHADD is a national non-profit organization providing education, advocacy and support for individuals with ADHD. In addition, the informative website also publishes a variety of printed materials to keep members and professionals current on research advances, medications, and treatments affecting individuals with ADHD.

[Local CHADD Affiliates-Wisconsin](#)

This link provides contact information about local CHADD affiliates in Wisconsin. One can also use this link to find local affiliates in other states.

[ADHD and School](#)

This is a toolkit developed by CHADD for parents which has strategies to help with school success. The toolkit includes resources tailored to ADHD struggles, such as how to create routines, how to set up a homework station, and how to structure home-school communication.

[Understood](#)

The goal of this website is to empower parents to understand their children’s learning and attention issues and relate to their experiences. With this knowledge, parents can make more effective choices for and with their children. Be sure to explore the additional content which is accessed by the three bars at upper right hand part of webpage.

[ADDitude Magazine](#)

The website provides practical information about raising children with ADHD, including behavior and discipline strategies, help making and keeping friends, and organizing for success. There are a multitude of education and learning resources to help students (and the teachers who work with them) succeed at school. While the website also includes the option of a paid subscription to the magazine, most of the articles are free and accessible.

[WebMD](#)

This website has many resources and articles pertaining to the diagnosis and treatment of ADHD. The website also includes an overview of some of the more common medications that are used in the treatment of ADHD.

[Office of Civil Rights \(OCR\) Resource Guide on Students with ADHD and Section 504](#)

The U.S. Department of Education’s [Office for Civil Rights \(OCR\)](#) issued guidance clarifying the obligation of schools to provide students with attention-deficit/hyperactivity disorder (ADHD) with equal educational opportunity under [Section 504 of the Rehabilitation Act of 1973](#).

[Free Webinar Replay: How ADHD Affects Executive Function in Adults and Kids](#)

In this hour-long webinar-on-demand by Russell Barkley, Ph.D., participants will learn how to identify executive function deficit disorder, the seven major types of executive function, treatment strategies for managing executive function deficits, and more.

[American Academy of Child and Adolescent Psychiatry \(AACAP\)](#)

AACAP’s “Facts for Families” provides concise up-to-date information on issues related to ADHD that may affect children, teenagers, and their families.

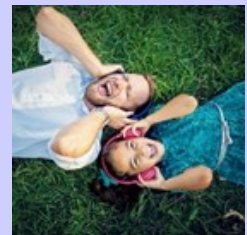


Create a Scavenger Hunt

Add some extra flare to your dad's Father's Day gift by having him discover it himself. Leave him a list of riddles and clues that will lead him to his present.

Embrace an Outdoor Adventure

Take in the great outdoors by walking through the park, taking a hike, or going for a bike ride through a forest preserve. Follow this up with a picnic!



Make Dad a Playlist

Remind him how much you appreciate him with a playlist of [songs about dads](#).

Go on a Hike Together

Escape to a nearby mountain, hill, meadow, or lake and go for a serene, nature-filled walk—the perfect activity for an outdoorsy dad.

[Take a Hike: Six Easy Family Treks in Wisconsin](#)
[Best Kid Friendly Trails in Wisconsin](#)

Start a Father's Day Tradition: Backyard Campout

Set up a tent, spread out sleeping bags and enjoy a night filled with outdoor fun. Make s'mores, roast hot dogs, or make dad a steak on the grill!



WI FACETS



Event title links to information & registration for WI FACETS FREE workshops & webinars:

To register by phone: 877-374-0511

All webinars 12:00—1:00 PM
(unless otherwise noted)

IEP 10: Derechos de los Padres en el Proceso del IEP

Si tiene preguntas sobre el taller, o necesita asistencia, llame al 414-374-4645 o por email a nramos@wifacets.org

Presenter: Sra. Nelsinia Ramos, de WI FACETS

Date: June 9, 2022

[Up to Me Series: Your Child's Story](#)

Presenters: Emily Jonesberg and Sharon Dossett, Rogers InHealth

Date: June 13, 2022, 12pm-12:30 pm

Learning Opportunities

Learning can continue during the summer months. Although WI FACETS does not offer as many live webinars, we record and archive many of the webinars we host each month so you can view them when it is most convenient. The webinars are all organized into categories. Just select the title of the webinar you'd like view.

Archived recorded webinars can be accessed via this [link](#). Please note: You will be asked to provide some brief registration information before you are able to access the recording.



Early Childhood Special Education Email List

Wisconsin DPI is very excited to launch the new Early Childhood Special Education (ECSE) email list. This email list will provide individuals who work with and support preschoolers with IEPs with information on best practices, Early Childhood indicators, state updates, and professional learning opportunities across the state. To join, send an email message by putting ecse@lists.dpi.wi.gov in the "To" field of the email. Send the email. You will receive a confirmation email. If you have any questions about the ECSE email list, please contact mogorek@cesa1.k12.wi.us.

[Emotional Behavioral Disability Rule Change Frequently Asked Questions](#)

This recently published document provides answers to frequently asked questions regarding the new rule for identifying an emotional behavioral disability, which went into effect December 1, 2021.

Research to Read

Children's ADHD Symptoms and Friendship Patterns Across a School Year

Lee, Y., Mikami, A.Y. & Owens, J.S. Children's ADHD Symptoms and Friendship Patterns across a School Year. *Res Child Adolesc Psychopathol* **49**, 643–656 (2021)

[Article Link](#)

Symptoms of attention-deficit/hyperactivity disorder (ADHD) in elementary school-age children are associated with poor relationships with classroom peers, as indicated by poor social preference, low peer support, and peer victimization. Less is known about how friendship patterns relate to ADHD symptoms, or how friendships may buffer risk for negative peer experiences. Participants were 558 children in 34 classrooms (grades K-5). At the beginning (fall) and end (spring) of an academic year, children completed (a) sociometric interviews to index friendship patterns and social preference, and (b) self-report questionnaires about their support and victimization experiences from classmates. In fall, higher teacher-reported ADHD symptoms were associated with children having more classmates with no friendship ties (non-friends) and who the child nominated but did not receive a nomination in return (unreciprocated friends), and with having fewer classmates with mutual friendship ties (reciprocated friends) and who nominated the child, but the child did not nominate in return (unchosen friends). Higher fall ADHD symptoms predicted more non-friend classmates, poorer social preference, and more victimization in the spring, after accounting for the same variables in fall. However, having many reciprocated friends (and to a lesser extent, many unchosen friends) in fall buffered against the trajectory between fall ADHD symptoms and poor peer functioning in spring. By contrast, having many unreciprocated friends in fall exacerbated the trajectory between fall ADHD symptoms and poor peer functioning in spring. Thus, elevated ADHD symptoms are associated with poorer friendship patterns, but reciprocated friendship may protect against negative classroom peer experiences over time.



This monthly update is provided by the Wisconsin Family Assistance Center for Education, Training & Support (WI FACETS) to share statewide information regarding parent leadership and family involvement. *If you would like to receive this monthly update or if you would like to have your name removed from the distribution list, contact: Wendy Overturf at woverturf@wifacets.org.*



Contributions to the Newsletter

Upcoming newsletter topics: July: **Speech & Language**
August: **Other Health Impairment**
September: **Assistive Technology**

To submit contributions of articles, events, or resources, you may use the attached word document. Send submissions to woverturf@wifacets.org. If you are unable to access the form, you may send the information in an email.

Material appropriate for the monthly newsletter include web links to sources of family involvement/parent leadership resources, advertisements for statewide trainings for parents, youth or parent/educator audiences, information about statewide parent agencies, recent research pertaining to family engagement, and family engagement success articles.

***The WI FACETS Family Engagement E-Newsletter
can be found online at:***

[Newsletter | Serving Groups \(servingongroups.org\)](https://www.servingongroups.org)



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