



ASD Virtual Support Journal

Autism Spectrum Disorder Program

Happy New Year! Welcome to the Autism Support Services Monthly journal! We want to stay connected to our students and families. This journal will be delivered monthly right here on the ASD Support Services website! Here you will find fun facts, links to new activities and a technology corner. Please be encouraged to read the articles with your son or daughter and complete the monthly enrichment activities.

Fun Facts...National Milk Day is January 11th. On this day we observe the very first time milk was delivered to homes inside glass bottles. It took until 1878 before anybody thought to fill bottles with milk and seal them with waxed paper. Before that, conditions for storing milk were unsanitary at best and downright hazardous at worst. But now we have technology to pasteurize and deliver fresh milk to homes, stores, across the country! On January 11th let's all enjoy a nice glass of milk!

Activity Challenge: Please follow the link to make a delicious glass of chocolate milk!

https://www.youtube.com/watch?v=LW_DHuLep-Y&list=PL0rXxwT5F8wYoS2tAvEWmJeVtiCeq2lIS&index=8



What's Going On?

Hey DPSCD students! You might be wondering why do I have the day off school January 18th? The third Monday in January is Dr. Martin Luther King Jr. Day. MLK Day has been a federal holiday since 1986. This means it is an observed holiday for many schools and businesses. The holiday does not always fall on Dr. Martin Luther King's true birthday, January 15. This year, Dr. Martin Luther King Jr. Day will be observed on Monday, January 18, 2021. See below for ways to celebrate!

MLK Day Activities!



"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

- Dr. Martin Luther King Jr.

QuotesBlog.net

Please follow the link to learn more about Dr. Martin Luther King Jr.

<https://www.youtube.com/watch?v=ALQeX7IFBcg>

Please open the link for Dr. Martin Luther King Jr. day activities and pintables.

<https://www.education.com/worksheets/martin-luther-king-jr-day/>

Mrs. Tinnon Adapted PE

It can be very hard returning to a schedule after a holiday break. But it can be especially hard in the middle of a



Pandemic that seems to continue to affect our daily lives. The Coronavirus continues to present us with challenges not only in our day-to-day operations but one of those challenges is trying to find new, different and exciting ways to work with our kiddos outside of the traditional in person routines we are all used to. At times, it seems that most of the resources favor younger students.

This month, we will list some YouTube resources/channels for movement for our older students!

PE Bowman https://www.youtube.com/channel/UCIX_dbLC_bbHXksbZyuPdQQ

MUVEmethod <https://www.youtube.com/user/MUVEmethod>

<http://movetolearnms.org/> Website

And of course Rise up ASD! See Coach Tinnon's Corner, or Rise up with Mr. Hoop!

https://www.youtube.com/channel/UC0cvG7euKiOOzX1Zpr_ybaA



This Month...Inauguration Day is on January 20, 2021 in Washington D.C. Inauguration Day begins with a worship service attended by the president-elect. The president-elect then goes to the White House to meet with the outgoing president. After that, both the president and the president-elect, along with the vice president and vice president-elect, proceed to the United States Capitol for the swearing-in ceremonies. Joe Biden will then be sworn in as the 59th president of the United States!



Mrs. Mekis Music Therapy

Happy New Year! I can't believe it is January 2021! I have 2 songs to help you celebrate new year. The first song is by Emily Arrow and talks about making this a great year. The second song is "Celebration." It is a body percussion song. Just follow the movements and have fun!

<https://www.youtube.com/watch?v=ccokqgFydrY>

<https://www.youtube.com/watch?v=X2KjE4QJea>



Mr. Williams Tech Corner

According to Wikipedia a tutorial is "A tutorial, in education, is a method of transferring knowledge and may be used as a part of a learning process. More interactive and specific than a book or a lecture, a tutorial seeks to teach by example and supply the information to complete a certain task."

Video tutorials can certainly help students and parents learn skills and tasks at their own pace. In our current online learning environment, tutorials can provide assistance in skill building and skill acquisition.

Here are 5 benefits (and there are many more) of tutorials

1. Great for visual learners.
2. Enables users to learn on demand and when they are motivated.
3. User is able to stop for breaks and to repeat sections as needed.
4. Tutorials can be done independent of time and location.
5. Short and to the point.

Video tutorials can take on different forms ranging from an actual person covering the skill to animations and voice overs while the actual skill is the focus. For an example of a tutorial click: <https://youtu.be/GQ0EsLvgEkI>