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Get **SET**...  
**S**upport, **E**ducate, **T**rain  
**n** for **S**uccess!

The **mission** of KY-SPIN, Inc. is to link families and individuals with disabilities to valuable resources that will enable them to live productive, fulfilling lives.

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**Wishing you all a wonderful, peaceful, and safe  
Thanksgiving from your friends at KY-SPIN!**

## **Family Activities:**

**KY-SPIN's Friend Needs Help**  
Doc has told Spurtle Turtle he's been eating too many sweets. Can you help Spurtle find healthier foods to eat?

The graphic features a cartoon dog named Doc in a white lab coat and a stethoscope, holding a brown briefcase. To his right is a cartoon turtle named Spurtle pushing a blue shopping cart. Below them is a 4x4 grid of 16 food items: onion, broccoli, cupcake, lettuce, apple, eggplant, carrot, donut, peas, chocolate brownie, avocado, tomato, blueberry, red pepper, ice cream, and banana.

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# UK Cooperative Extension Service: The Kentucky Nutrition Education Program

## PLAN. EAT. MOVE. COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

Take a gourmet parent, inquisitive kids and a kitchen full of yummy ingredients, and you've got the recipe for a fun family activity.

 <p><b>ENCOURAGE KIDS</b> to try new foods and flavors.</p>	 <p><b>INVOLVE KIDS</b> in preparing food for their birthday or holiday party.</p>	 <p><b>TRAIN KIDS</b> how to use kitchen tools and appliances safely.</p>	 <p><b>GROW</b> a family fruit or vegetable garden for fresh produce.</p>
 <p><b>TEACH KIDS</b> that cleaning up is a necessary part of the cooking process.</p>	 <p><b>INTRODUCE</b> different dishes and spices from all over the world. Point out the countries on a globe or map.</p>	 <p><b>SPEND TIME</b> with family doing a practical, hands-on activity with results kids can see and taste.</p>	<p>The kitchen is the perfect place to spend time with your kids while encouraging a lifelong passion for cooking and eating healthy.</p> 

## PLAN. EAT. MOVE. COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

### PRESCHOOL

Simple, hands-on activities are a great way for preschool-age chefs to use and develop their motor skills. They will enjoy activities such as:



### FRESH GRAPE & CHEDDAR SALAD

This tasty salad is perfect for little ones to assist in washing fruits and veggies, tearing lettuce and salad greens, and pouring liquids.

#### DIRECTIONS:

**To make dressing:**  
In saucepan over high heat, bring grape juice to a boil. Let cook until bubbling thickly and reduced to a couple of tablespoons, about 4 minutes. Scrape into small bowl and place in freezer for about 10 minutes to chill. Remove from freezer and whisk in yogurt, vinegar and mustard until smooth. Season with pepper. Use immediately or cover and refrigerate until needed.

**To finish salad:**  
Toss the fresh greens and grapes. Top with cheese and drizzle dressing over salad.

#### WHAT YOU NEED:

**DRESSING**  
1/2 cup grape juice  
1/2 tsp. balsamic vinegar  
1/4 cup 2% plain, Greek-style yogurt  
1/2 tsp. Dijon mustard

**SALAD**  
3 cups fresh baby greens (arugula, romaine or spinach)  
1 oz. cheddar cheese, grated  
1 cup halved red or green seedless grapes



## PLAN. EAT. MOVE. COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

### ELEMENTARY

Elementary age children are learning to control smaller muscles in their fingertips, so cooking is the perfect way for them to help.



### BAKED CHICKEN STRIPS

A kid favorite, these chicken strips will allow junior chefs to measure ingredients, grate cheese, and beat ingredients with a whisk.

#### DIRECTIONS:

Preheat oven to 375 degrees F. Coat 9x13-inch baking dish with cooking spray. Mix together flour, salt and pepper in a bowl. In another bowl, mix together egg whites and milk. In a third bowl, mix together cornflakes and cheese.



Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place on a baking dish. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

#### WHAT YOU NEED:

Nonstick cooking spray  
1 cup unbleached, all-purpose flour  
Pinch of salt  
Pinch of ground black pepper  
4 large egg whites  
1/2 cup fat (2%) milk  
1-1/2 cups crushed cornflakes  
4 oz. sharp cheddar cheese, grated  
6 boneless chicken breast halves, cut into 1/2-inch-wide strips



## PLAN. EAT. MOVE. COOKING WITH YOUR KIDS

Inspiring innovation through lessons in the kitchen

### TWEENS & TEENS

Prepare teens for more advanced cooking tasks as they learn sequences and problem solving. Introduce recipes that offer experiences such as:



### CHEDDAR & TOMATO QUESADILLAS

This zesty dish is a quick and easy way for teens and teens to practice shredding cheese and assembling quesadillas, using a skillet on the stove and using a knife (with supervision).

#### DIRECTIONS:

Sprinkle half of cheese over quesadillas. Top with tomato slices and remaining cheese. Press remaining tortillas on top. Set large skillet over medium heat until hot. Place first quesadilla in skillet and cook until browned on underside, about 1 minute. Turn with spatula and cook until quesadilla is browned on second side and cheese is melted, about 1 minute longer. Repeat with remaining quesadillas. Cut each quesadilla into 8 pieces. Top each with a dollop of guacamole.

#### WHAT YOU NEED:

8-inch flour tortillas  
1 container of guacamole  
8 oz. pepper jack or hot habanero cheddar, grated  
4 plum tomatoes, thinly sliced



[Download](#)

**Kentucky Family Engagement in Education Week  
November 13-17, 2023**



### Family Engagement Special Considerations and Tips for Schools:

Working with Families of Students with Disabilities

Parents know their child best! Parents have a wealth of knowledge that will help the child be educationally successful!

#### Relationship Building

Does each of your students & their family have at least 1 meaningful & trusting relationship with someone at school?

- Get to know parents
- Build relationships- not acquaintances
- Ask parents what is needed to participate in the child's education
- Communicate often, not just when there are concerns
- Ask the parent(s) about the child's strengths and weaknesses
- Provide opportunities to engage in the child's education at all levels
- View parents as equal partners
- Work collaboratively to solve problems

#### Communication

Ask parents for preferred communication method; Examples: email, text or by phone

#### Knowledge

- Use student/parent-friendly language
- Provide information and community resources to parents and assist in accessing them if needed
- Aid parents in understanding rights and responsibilities
- Provide parents with periodic updates on the child's progress, Individualized Education Program (IEP) goals, and objectives
- Provide evaluation results, present levels, and IEP drafts before the Admission and Release Committee (ARC)/IEP meeting to allow full participation

#### Reading Materials

Offer school news, the Individualized Education Program (IEP), the child's school progress reports and other reading materials in simplified versions.

#### English Learners

Provide interpreters and translated materials in native languages.

#### School Events & Meetings

- Encourage parent participation in event scheduling and planning
- Host events at a time convenient for family participation
- Offer participation via alternate means; ex. virtually or by phone
- Provide alternate ways to contribute, even if the family is unable to attend the event
- Provide news and updates in multiple formats (e.g. social media and email)

### Does the Family Need Accommodations?

If the parent discloses they have a disability, ask what accommodations they need to fully participate.

#### Avoid Assumptions

- Never assume a parent with a disability is not capable of participating fully in their child's education.
- Assume all parents have great knowledge.
- Provide assistance when requested.

#### Materials

Offer reading materials such as school news, IEP, and progress reports in formats that are easy to read and understand. Examples: large print, braille, digital, infographics, videos, etc.

#### Communication

Ask the parent(s) for their preferred communication method. Disabilities affect everyone differently, and some parents may prefer one communication method over another.

#### School Events & Meetings

Host meetings in an accessible location, or if a parent is unable to attend in person due to their impairment, offer participation through alternate means.

Accessibility encompasses many things, physical accessibility is just one type.

### Accessibility Considerations for Parents with Disabilities

A parent's disability can affect their ability to fully participate in their child's education.

- Provide an ASL interpreter for IEP meetings, parent/teacher meetings, or any other interactions involving the child's education (2-week notice provided by the parent or teacher).
- Ensure translation services and/or closed captioning is available and enabled for parents to see. Parents who are hard of hearing may need access to an FM system.
- Provide material in a variety of formats such as braille, large print, or electronically for a screen reader.
- Address the parent with respect and consideration.
  - Be intentionally patient.
  - Keep conversations simple and focused.
- Use alternate means of communication such as written text or images.
- Provide accessible parking, entrances/exits, wheelchair ramps, if possible round tables, and assigning a staff member to the parent to assist with accommodations could be a huge benefit.
- Use spacious, comfortable rooms for events and meetings to accommodate appropriate spatial needs.
- Research the disability. Keep in mind that disabilities affect every person differently. Ask the parent how to best support them. Understanding ways to interact, communicate, and clarification may be needed to help achieve educational success for the child.
- Provide choices when possible. Chunk information into small and understandable steps. Provide positive reinforcements and breaks. Use trauma informed practices. Allow individuals to voice any needs they may have.

*Think Outside the Box*

### Parent Counseling and Training

Parent counseling and training is an important related service that can help parents enhance the vital role they play in the lives of their children. Its definition is found at IDEA §300.34(c)(8) and reads:

(8)(i) Parent counseling and training means assisting parents in understanding the special needs of their child;

(ii) Providing parents with information about child development; and

(iii) Helping parents to acquire the necessary skills that will allow them to support the implementation of their child's IEP or IFSP.

**KY-SPIN can help!!**

- Video/Webinar library
- Training for parents and professionals
- Extensive resource library, infographics, and more!


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- [KY-SPIN's Family Engagement: Special Considerations and Tips for Schools Infographic](#) or [Video](#)
- [KY-SPIN Equity & Inclusion for Individuals with Disabilities Infographic](#) or [Video](#)
- [KY-SPIN Supporting and Serving Individuals with Disabilities Infographic](#) or [Video](#)
- [KY-SPIN's 5 Quick Tips to Build Partnerships Video](#)
- [KY-SPIN's Advocating for your Child Infographic](#) or [Video](#)

## KY-SPIN's Bridging the Gap in Special Education Training


"I think this was an amazing resource. I've learned a lot."


**KY-SPIN'S  
BRIDGING  
THE GAP  
IN SPECIAL EDUCATION**

 In-depth training for Parents/Families

Dec. 5, 2023 at 9:30 am - 5:30 pm (ET) in Hebron, KY  
 Dec. 6, 2023 at 9:30 am - 4:30 pm (CT) in Mayfield, KY  
 Jan. 11, 2024 at 9:30 am - 5 pm (ET) Virtually through Zoom

Info & Registration



Funded in part by a grant from  WellCare  
 Beyond Healthcare. A Better You.

<https://tinyurl.com/hdudjrat>

[Register Now](#)

KDE Releases

**2022 - 2023**  
**School Report Card Data**

 Kentucky Department of  
 EDUCATION

The Kentucky Department of Education (KDE) released the annual [Kentucky School Report Card](#) for the 2022-2023 academic year on Oct. 31 as required by state statute and the federal Every Student Succeeds Act. [Read More](#)

KDE seeks feedback and recommendations on the Kentucky School Report Card.

# SEEKING FEEDBACK

Kentucky Department of  
EDUCATION



To help ensure the Kentucky School Report Card is providing valuable information about Kentucky's public schools, the KDE is seeking input through a new survey.

More: [bit.ly/ReportCardFeedbackKDE](https://bit.ly/ReportCardFeedbackKDE)

## Early Childhood

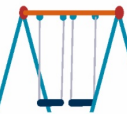
### Help Us Calm Down: Strategies for Children



Help Us  
**Calm Down**  
Strategies for Children

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



National Center for Pyramid Model Innovations | [ChallengingBehavior.org](http://ChallengingBehavior.org)  
The reproduction of this document is encouraged. Permission to copy is not required. If you are unable to access this document, please email [info@challengingbehavior.org](mailto:info@challengingbehavior.org). This is a product of the National Center for Pyramid Model Innovations and was made possible by Cooperative Agreement #H3281702 with the U.S. Department of Education, Office of Special Education Programs. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government. (July 2015/05/20)

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Call or text 988  
Chat [988Lifeline.org](https://988Lifeline.org)

Talk with us.



PRESS

1



MARCA

2



PRESS

3

# If you need someone to talk to....

- 988 Suicide & Crisis Lifeline Crisis Line: 988 (talk or text)  
Website: <https://988.ky.gov>
- KY Crisis Text Line: Text KY to 741741 to reach a volunteer Crisis Counselor
- National Suicide Prevention Lifeline (800) 273-TALK (8255)
- Kentucky [Community Mental Health Centers \(CMHCs\)](#) 24-Hour Crisis Numbers
- Disaster Distress Helpline Crisis line: 1-800-985-5990 (also available for Voice Phone-VP); Spanish-speakers can press "2" for 24/7 bilingual services. Website: <https://www.samhsa.gov/ddh>

## Youth Connect:

### KY-SPIN's Grocery Shopping Free Downloadable Worksheets

**GROCERY SHOPPING CHECKLIST**

**1 FOOD/SUPPLIES ON HAND**

- I have \_\_\_\_\_ meals on hand
- I need \_\_\_\_\_ meals this shopping trip
- I have made a menu plan for the meals I have
- I have added the meals I want to have to my menu
- I made a shopping list
- I have added needed toiletries to my shopping list
- I have added needed household supplies to my shopping list

**2 EXPIRED FOOD**

- I have checked the expiration dates of the food I have on hand

**3 BUDGET/PAYMENT**

- I have a grocery budget \$ \_\_\_\_\_
- I know how I will pay for my groceries
- I will use cash to pay for my groceries
- I will use SNAP benefits (EBT card) to pay for groceries
- I will use my debit card to pay for groceries
- I will use a gift card to pay for groceries

**4 WHEN & WHERE TO SHOP**


- I have decided when to go shopping
- I will shop in-store
- I know which store I will be going to
- I know how I will get to the store
- I know how I will get home from the store

**5 PUTTING AWAY GROCERIES**

- I have all of my frozen items in the freezer
- I have all of my refrigerated items in the refrigerator
- I have put my new grocery items behind the items I already had (rotating stock)
- I have organized and rearranged my items


  
Website: [www.kyspin.com](http://www.kyspin.com)

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Email: [spin@kyspin.com](mailto:spin@kyspin.com) KY-SPIN, Inc. 10301-B Deering Rd., Louisville, KY 40272

 **Grocery Shopping List**  
My budget: \$ \_\_\_\_\_

PRODUCE	MEAT / POULTRY	DAIRY
BREAD/BAKERY	FROZEN FOODS	DRY GOODS
CANNED GOODS	BEVERAGES	SNACKS
Household & Toiletries		

10301-B Deering Rd., Louisville, KY 40272    [www.kyspin.com](http://www.kyspin.com)    (800) 525-7746 or (502) 937-6894

 **SIMPLE MENU PLAN**  
for the week of: \_\_\_\_\_

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Breakfast Ideas
Lunch Ideas	Snacks

10301-B Deering Rd., Louisville, KY 40272    [www.kyspin.com](http://www.kyspin.com)    (502) 937-6894 or (800) 525-7746

[Download Here](#)

**READY, SET, GO!**

Whether you're planning to go to college or career training, **START HERE:**



[cpe.ky.gov/students](http://cpe.ky.gov/students)

Here, you will find curated resources to help you:

- Pay for college/career training program
- Choose a college/career training program
- Choose a major
- Apply to college/career training program
- Earn college credit in high school

**GO! VEMBER** #GOvemberKY



Not sure what to do or where to go when it comes to planning post-high school education? Here's a great place to start: <https://cpe.ky.gov/students/> to see what options are available in Kentucky to help you plan.



Learn more about us [KY-SPIN Infosheet](#)  
REQUEST ASSISTANCE OR MAKE A REFERRAL  
800-525-7746 or 502-937-6894- [spininc@kyspin.com](mailto:spininc@kyspin.com)  
[Contact Form](#) ([www.kyspin.com/contact/](http://www.kyspin.com/contact/))  
[KY-SPIN Referral Form Here](#) (<https://tinyurl.com/4t2evb59>)

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