

COTTING CONNECTION

a tradition of innovation and excellence since 1893

Summer 2016

What's Inside

The Zones® Emotional Regulation Framework	1
August Summer Camps at Cotting	2
SALSE Weekends	3
Summer Curriculum Institute	3
Cotting Conference Save the Date	4



Cotting Students Get Social This Summer!

Summer at Cotting School is an opportune time for our students to continue practicing and building on the skills they have learned over the course of the academic year. Our summer academic and co-curricular programs together give students a choice in how they wish to practice these skills. One area we feature each summer is social skill building. Whether it's refining their use of the Zones emotional regulation framework, practicing their communication skills on community trips outside Cotting, or learning how to pack and plan for a weekend away with their peers, Cotting students are consistently making progress and having fun while doing so! Read further to hear more about our summer at Cotting!

ZONES: An Emotional Regulation Framework

Cotting students will continue practicing their emotional regulations techniques across all aspects of our program this summer. The Zones of Regulation® is a curriculum designed to foster self-regulation and emotional control, created by Leah M. Kuypers, MA Ed., OTR/L. Cotting implemented the program as a pilot last year and several classrooms have since adopted it. School psychologist Rachel Vorkink explains, "The idea behind ZONES was to create a common dialogue school-wide for emotional regulation, one that could be adjusted for each student." ZONES is a supportive teaching tool that provides a thinking framework and a way to nurture skill development. It is not a punitive discipline model aimed at shaming negative behaviors.

Continued on page 2

Friday Information Sessions

9:30am – 11:00am

August 5th	September 16th
October 14th	November 18th

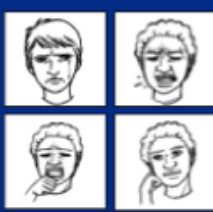





ZONES *(continued)*

Children and adults feel all kinds of feelings, and the ZONES program acknowledges that those feelings are ok! “We want students here to know that it’s ok to feel something, but the expression of that feeling should meet the context of the situation,” adds Vorkink. For example, feeling excited and shouting (yellow zone, losing some control) after a Red Sox World Series championship would be expected, but an outburst of excitement inside a classroom during learning time would be inappropriate. The idea is for students to identify their feeling, understand it, and use their own tools to respond to that feeling in an appropriate manner.

The chart to the right outlines the ZONES, in four different colors, that Cotting currently models for students to encourage emotional regulation.

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Zones posters like this one can be found on display around the school

While common colors and feelings are represented for all students to see in this poster, the program is highly individualized.

It’s important that Cotting students have a unique set of tools to assist them in their own, personal process.

August Summer Camps at Cotting

Camps based at Cotting School provide opportunities for making social connections for students from inside and outside Cotting’s Day Program.

Bridging the Gap



Last year’s BTG crew!

Bridging the Gap is a travel day camp designed to provide teens ages 13-17 with opportunities to develop friendships and share in exciting new adventures. The camp is entering its 4th summer, under the leadership of Cotting teacher Allison Conelias. “Our primary goal at Bridging the Gap is to promote social interactions and independence among the campers,” explains Conelias. “We want to provide the same support that’s offered at Cotting, while also trying to integrate the campers into the greater community.”

Some examples of past day trips include Canobie Lake Park, 5 Wits at Gillette Stadium, Southwick Zoo, Kimball Farm, Assembly Row, the New England Aquarium, and Kings Bowling!

Talk2U

Talk2U is a summer camp held at Cotting School for tweens and teens whose primary mode of communication is high-tech or low-tech Augmentative and Alternative Communication (AAC). Founded and directed by Communication Therapist Melissa Mulvey, Talk2U is holding its third summer session this year. Talk2U camp is an opportunity for students to work together, build friendships, and have fun through community and recreation.



Students learned communication skills in a variety of environments at Talk2U in 2015.

SALSE Weekends



Summer Adapted Living Skills Experience (SALSE) Weekends at Cotting offer students the opportunity to spend Friday afternoon through Sunday morning at the Carl Mores building on the Cotting campus. For many, it's the first time away from home! There are several opportunities to practice social skills throughout the weekend. Students are encouraged to try doing their own laundry, create grocery lists, learn to budget their money, and initiate conversations with their peers about how they'd like to spend down time. Even at the grocery store, the staff encourages the students to negotiate and compromise with their peers when it comes to making dinner choices. SALSE Weekend director Marcie Thomas explains: "My hope is that the first-timers just learn to be comfortable sleeping away from home. But for the students who've been here before, the hope is that they learn to initiate more with their peers, take more responsibility around meal prep, and expand their independence." The SALSE Weekends run each weekend throughout the extended year program.



President David W. Manzo
Director of Advancement Elizabeth Peters
Associate Director of Advancement Paul Chiozzi

"Enabling students with special needs to achieve their highest learning potential and level of independence."

Summer Curriculum Institute



Summer Curriculum Institute faculty: Back Row: Christine Rivera, Megan McGoldrick; Front Row: Stephanie Soule, Lola Piscopo.

Cotting School serves a wide range of students with varying degrees of cognitive, physical, and communication abilities. Because our students' learning needs vary greatly, most of the curricula available on the market needs to be adapted further to meet the needs of our students. Having differentiated versions of curriculum models available at the hands of all of our teachers works best at Cotting.

For the last seven years, Cotting School's Summer Curriculum Institutes have given us the luxury of allowing a small group of our teachers to set aside their teaching duties for the five-week summer session. Their ability to focus on developing and implementing, first science and then literacy curricula during the Institutes has created opportunities for our extremely diverse learners to learn at their best-- in ways that adapt to their individual learning styles.

This summer, the Summer Curriculum Institute is focusing on students who have limited or no ability to speak with their natural voice and who use some type of Augmentative and Alternative Communication (AAC) device to communicate or support their speech. They are developing and working with a list of 100 core words crucial for basic communication -- to create a scope and sequence for students to learn them. Literacy for AAC users is a new area in the field of special education, and we are excited to host this groundbreaking work at Cotting.

Cotting greatly appreciates the financial support from The Peabody Foundation, which makes the Summer Curriculum Institute possible. It is truly critical work for our faculty and the success of our students!



Cotting School
453 Concord Avenue
Lexington, MA 02421
www.cotting.org



NON-PROFIT
U.S. POSTAGE
PAID
N. READING, MA
PERMIT NO. 211

FOURTH ANNUAL
**BURR FAMILY
CONFERENCE**

Free admission for parents and professionals

Save the Date!



MAKING THINGS POSSIBLE:
Social Success

November 5, 2016



Please join us at Cotting School
453 Concord Avenue,
Lexington, MA 02421
www.cotting.org