

PIN's NOVEMBER RECAP



LEARNING DIFFERENCES

In the U.S., 11% of kids aged 11-17 are diagnosed with ADHD. 13% have specific learning disabilities like dyslexia and dysgraphia. 5% of children have mental health challenges like anxiety and depression. Up to 16% of kids have sensory processing issues.

At PIN's November presentation, Laura Barr and Elizabeth King presented on the subject of learning differences. "The impact of all this is astounding," commented Barr. "Dealing with the stress, the day-to-day challenges, the financial strain and the lack of sleep can be incredibly draining," she added. The speakers' message to parents is that they're not alone. Barr and King offered stories of encouragement and support, as well as helpful direction for parents. **To hear the full presentation, download the podcast at www.PINccsd.org.**

RESILIENT FAMILIES

Resilience is a skill that can be nurtured, both for kids and adults. In an evening PIN presentation, CCSD District Wellness Coordinator Janice McNally explored strategies for managing and modeling stress reduction in the home. "Resilience can be cultivated by developing and practicing mini-habits that can easily be integrated into our every day, busy lives" explains McNally. "How you think about stress matters." Examples of *mindfulness practices* were shared with the audience and McNally pointed out that by cultivating positive emotions such as gratitude and by developing a growth focus, we are better able to bounce back in the face of adversity and view challenges as learning opportunities. **To hear the full presentation, download the podcast at www.PINccsd.org.**

SCHOOL START TIME SURVEY

Also at PIN's November meeting, CCSD Associate Superintendent, Dr. Scott Siegfried, outlined the pros and cons of changing the district's school start times. Cast your vote by Nov. 25 by visiting <https://www.surveymonkey.com/r/2016StartTime> or by clicking here:

[Begin Survey](#)

Mark Your Calendar:

(There will be no PIN meeting in January.)

Tuesday Feb. 7th, 9:15-11:00 a.m.

**Mind Games! Understanding the
Adolescent Brain**

Tuesday Mar. 7th, 9:15-11:00 a.m.

The Making of Boys to Men