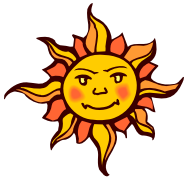




Reaching Goals, Changing Lives,  
Creating Futures

August, 2011

# Occupational and Physical Therapy Newsletter



Welcome to the 2011-2012 school year. As the heat wave continues and the school year begins, please remember we are here to serve you. This newsletter is intended to provide relevant information to OTs/COTAs and PTs/PTAs who provide therapy related services to students and school districts within an eight county area that comprises Region 10. Region 10 Education Service Center, the second largest in Texas, serves 80 public school districts and over 40 public charter schools in Collin, Dallas, Ellis, Fannin, Grayson, Hunt, Kaufman, Rockwall and a part of Van Zandt counties. Region10 ESC, OT/PT Related services may assist you in several ways:

- Sponsors professional development opportunities that meet the continuing education requirement of the OT/PT licensure board
- Facilitates Regional Therapists' meetings to provide opportunities for collaboration among colleagues and short trainings
- Mentors therapists new to the school environment
- Provides technical assistance (brainstorming with LEA therapists on student issues)
- Onsite trainings
- Maintains a listserv for communication between therapists
- Maintains a Evidence Based Practice website in conjunction with the TWU OT program.



## 2011-2012 Professional Development sponsored by Region 10 ESC



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<b>8/29/11 – 8/30/11</b>	<b>School Based Practice 101 for OTs and PTs</b> Training for OTs and PTs new to working in the school setting
<b>10/3/11</b>	<b>Fall Regional Therapists' Meeting</b>
<b>11/3/11 – 11/4/11</b>	<b>Medical Conference for OTs and PT</b> Location: Texas Scottish Rite Hospital Multiple Speakers (TSRHC medical and professional staff)
<b>1/23/12</b>	<b>Legal Update: What OTs and PTs Need to Know About Providing Therapy in the School Setting</b> Speaker: Jan Watson (Walsh, Anderson, Brown, Gallegos & Green, P.C.)
<b>2/13/12</b>	<b>The Print Tool</b> (OTs who attended Day 1 & 2 of HWT)
<b>3/2/12</b>	<b>Working with Children with Autism</b> Speaker: Layne Pethick, Region 10 ESC
<b>4/2/12</b>	<b>Spring Regional Therapists' Meeting</b> PM Speaker: Jean Polichino, OTR

## Registering for Events:

Go to: [www.region10.org](http://www.region10.org)

Under **Quick Links** click on **Workshop Registration** (this will take you to the Calendar of Events page)

**Login** (small button on gray toolbar near the top). If you do not already have a login, go to the login page to create an account.

**Search** button at the top will help you find specific events (just type in occupational or physical therapy, the title or the date)



## Other Trainings of Interest:

Access to Mobility and Assistive Technology in the Classroom Setting

Speakers: Ginny Paleg and Michelle Lange

Format: TETN originating in Austin

Consultant: Gayle McNurlen, Region 10 ESC

<http://events.ednet10.net/FE2Production.nsf/eventdetails?readform&eventid=EVT-EVES-8GDJ4L>

## Regional Therapists' Meetings

What is happening in other districts around the region? This is a great opportunity to participate in discussion of a variety of topics and concerns with your peers. Networking with other school based therapists can be very helpful. Recent meetings have included information on new equipment, handwriting programs, collaboration with community resources, discussion of recent professional development sessions and surveys of need for future training and evidence based practice. Specific agenda for these meetings are pending. The Spring meeting on April 2, 2012 will be a half day meeting (am). In the afternoon, Jean Polichino OTR will speak on emerging evidence impacting OT and PT practice.

**Location: Region 10 ESC, Abrams building**

## AOTA's National School Backpack Awareness Day™

On the third Wednesday of each September, we celebrate the American Occupational Therapy Association's National School Backpack Awareness Day™! Join AOTA and occupational therapy practitioners, educators, and students across the country on September 21<sup>st</sup> as we help others Live Life To Its Fullest by avoiding the pain and injury that can come from heavy backpacks and bags.

Students, parents, educators, school administrators, and community members will learn safety tips to stay protected from back pain throughout life. You have the chance to help by organizing local events and educating people of all ages about proper bag usage. Teach others how to properly choose, pack, lift, and carry various types of bags—including backpacks, purses, briefcases, and suitcases. Check out the event planning tips and strategies available below.

If you are a **consumer**, [click here for tips on packing and carrying bags and backpacks](#).

Have an idea that you want to share with others, or get advice on how to host your own Backpack Day event? [Visit the Backpack Forum on OT Connections](#).

[Listen to Dr. Karen Jacob's pediatric virtual chat](#) on backpack awareness on September 13 at 3pm EST.

You can also check out a video "Backpack Safety for Kids" on the APTA website: [www.apta.org](http://www.apta.org) under "For the Public."



## Can a playground be too safe?

August, 2011

More and more we are seeing typically developing school aged children with limited age appropriate motor skills. Is it because they are not given the opportunity to challenge their gross motor skills (coordination/balance) and strengthen their muscles through play? Here is an article that addresses new and old playground equipment and their impact on children’s development.

### Exerts from New York Times article by John Tierney; July 18, 2011

“The old tall jungle gyms and slides disappeared from most American playgrounds across the country in recent decades because of parental concerns, federal guidelines, new safety standards set by manufacturers and –the most frequently cited factor –fear of lawsuits.....Shorter equipment with enclosed platforms was introduced, and the old pavement was replaced with rubber, wood chips or other materials designed for softer landings. These innovations undoubtedly prevented some injuries, but some experts question their overall value.”

“Some researchers question the value of safety-first playgrounds. Even if children do suffer fewer physical injuries-and the evidence for that is debatable – the critics say that these playgrounds may stunt emotional development, leaving children with anxieties and fears that are ultimately worse than a broken bone.....Children need to encounter risks and overcome fears on the playground, “ Said Ellen Sandseter, a professor of psychology at Queen Maud University in Norway. ”I think monkey bars and tall slides are great, these are some of the few features that still can give children thrilling experiences with heights and high speed.”

“The best thing is to let children encounter these challenges from an early age, and they will then progressively learn to master them through their play over the years.” Something to think about as we look at the gross motor development of children. Retrieved from [www.nytimes.com](http://www.nytimes.com)

Can you find our website?



To find the OT/PT web page just type in the address above or go to [www.region10.org](http://www.region10.org), click on **Special Populations**, then **Special Education** and finally **Occupational/Physical Therapy**.

The QR code above will link to our website as well.

There you will find several resources that may be beneficial: Professional Development listing, parent resources, therapists’ resources, downloadable materials and forms, links to professional websites, and the EBPX page. The EBPX page contains information on research that is relevant to school based practice and CATS written by TWU OT students.

**Don't forget:  
October is National  
Physical Therapy**

*Move Forward.*<sup>TM</sup>  
*Physical Therapy Brings Motion to Life*  
[www.moveforwardpt.com](http://www.moveforwardpt.com)

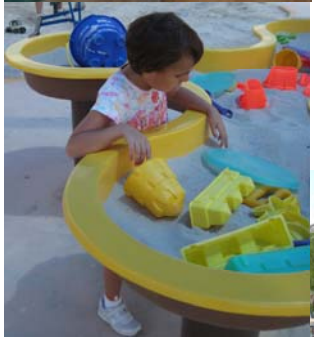
You can find general information and ideas for celebrating National Physical Therapy Month at [www.apta.org](http://www.apta.org) or [www.pediatricapta.org](http://www.pediatricapta.org) (Section on Pediatrics)

# Summer Fun for Everyone

August, 2011



Finally, a Place Where  
Everyone Can Play!



Morgan's Wonderland is a unique amusement park in San Antonio specifically designed for children with special needs and their families. The park is located on 25 acres and includes a large pond to fish, a train ride around the entire park, a carousel, a sensory village, playgrounds with swings, jungle gym, sand pits and water tables. There is a jeep off-road adventure ride, pavilions, picnic areas and remote-controlled boats. All the rides are ultra-accessible to allow children and adults of different abilities to fully experience the fun of merry-go-rounds, swings, a train ride and driving a jeep. These rides are wheelchair accessible so those individuals who need to stay in their chairs or need special trunk support are able to safely participate independently! It was an awesome experience for my whole family; my daughter with special needs liked playing in the water stations, and my sons were able to play along with her in all the park attractions! Please check out the web site ([www.MorgansWonderland.com](http://www.MorgansWonderland.com)) and pass the word along that this is a wonderful opportunity for children with special needs



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[www.region10.org/ssvi/education\\_based\\_therapy.html](http://www.region10.org/ssvi/education_based_therapy.html)

## Occupational & Physical Therapy Newsletter



## Did You Know?

### Defining Print Disability

A student with a Print Disability is one who is unable to gain information from printed materials at an anticipated level for their grade, and needs alternative access or a specialized format (i.e. Braille, Large Print, Audio, Digital text) to access that information. This includes students with blindness, visual impairments, learning disabilities or other physical conditions.

For students eligible for Special Education services, an IEP team is responsible for determining a student's educational supports and services including whether the student has a Print Disability and qualifies to receive services.

Maine-Aim (<http://aim.mainecite.org>)



Project Share is an online portal that provides an opportunity for professional networking, sharing of information and other tools and resources. It is a TEA initiative and local education agencies have been given access through the Epsilon platform at [www.epsilon.com](http://www.epsilon.com). However, the local LEA must determine the specific personnel in the district who will have access. For information about obtaining a Project Share account, please check with your coordinator and district technology coordinator. Questions may be emailed to [projectshare@tea.state.tx.us](mailto:projectshare@tea.state.tx.us) or visit [www.projectsharetexas.org](http://www.projectsharetexas.org)

"OT and PT in the Schools" is a group started by Tricia Peters, the OT/PT/AT Consultant for Region 4 ESC. It is intended to encourage communication between OTs and PTs statewide. If you have a Project Share account please search for this group as well as pages for Lois Goodin and Jacintha Griffith. Please send one of us a Quicknote to let us know you have an account.