

WELCOME

Happy New Year

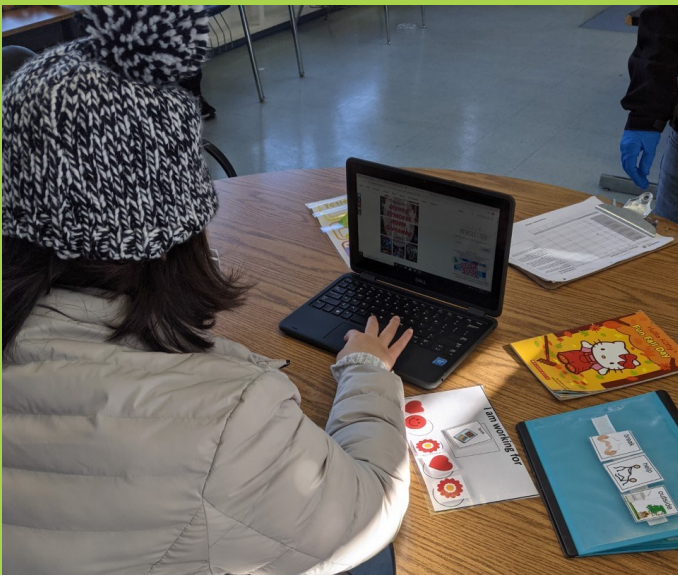
2021

Dear Care Providers and District Partners,

Welcome to the New Year! 2020 was a challenging year learning to balance distance learning, workplace changes, mental health and so much more. We couldn't have made it without the support of our care providers and district partners. In this new year we challenge ourselves to practice kindness with others and ourselves as we continue to navigate the unknown.

Distance Learning Tip

Make sure to have communication and behavioral supports available during synchronous learning sessions.



Student Highlight



We would like to highlight Rick who has been a success story during Distance Learning. With the support of his mother, he has continued to make progress through virtual lessons. He attends sessions daily often with a smile on his face. Rick's social skills have improved as well. He always greets his teachers and service providers during lessons. Rick has learned how to prepare meals for his mother and help her with the grocery shopping. Spectrum Mission Valley is proud of Rick's accomplishments!



Mindfulness Corner

3 Things to Notice Daily

- What are you grateful for?
- What brings you joy?
- What is not working? Why? How do you plan to fix it?