



The Oberle Update

Summer Schedules

Summer can be a difficult time for many teens and parents as routines change and structures soften. The hope is that by the time kids reach their teen years, they will be more capable of managing their time, but many will need a loose outline of daily expectations. It is completely reasonable to expect that your teen ventures into the working world or volunteers his time on a part-time basis. Below is an example of a scheduled summer day for your teen:

9:00am- Out of bed, breakfast, shower, dress, etc.

10:30am- Chore time

11:30am- Free time at home

1:00pm- Attend part-time job or volunteer position

4:00pm- Free time at home

5:30pm- Dinner with family

6:30pm- Free time to socialize with friends

10:00pm weekdays- Curfew

Again, these are just examples of structured and balanced summer schedules. The key point is that many parents find that it creates more stress for the whole family when kids are over-booked. When there is too much on a child's plate, it will likely result in resistance and power struggles. Build in free time to the schedule in amounts that will give your child time to slow down, relax, or accept a last minute invitation to spend time with a friend. You may have to experiment with how much free time will be the right amount—because having too much or too little both carry problems. Ultimately, making the transition into summer vacation can be a smooth and pleasant one if you take the needs of your family into consideration and come up with a game plan. Having structure in the summer can also help kids make a more seamless transition back into school come fall.

They will already be accustomed to meeting the demands of a schedule (and getting up in the morning), whereas if no summer structure was in place, the school routine could be a shock to their systems once the new semester rolls around again.

Counseling Column

Ticket to Work:

Are you interested in starting or continuing on your journey toward financial independence? Ticket to Work is a free and voluntary program for people receiving Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) to receive support in finding and maintaining employment. Advantages for participants include exemptions from medical reviews, protections for health care, and individually-tailored employment supports. Join representatives from disAbility Resource Center, The Choice Group, and the Department of Rehabilitative Services to learn more about Ticket to Work and employment supports that might be available to you!

Information sessions will be held June 15 from 10 to 11 a.m. To register, link to <http://tickettowork.eventbrite.com>. For more information, contact Kevin Koziol at the dRC, kkoziol@cildrc.org or 540-373-2559.

Autism Lunch and Learn:

Meets the 4th Thursday of the month from noon to 1 p.m. at the dRC. Contact Kim Lett, 540-373-2559, ext. 131

Summer Learning:

Check out resources now for continued learning this summer. Games, books, & DVDs that are FUN and educational. Families are welcome to borrow materials & resources for the whole summer! Summer check out begins June 5th.

Contact: Peggy Dougherty or Sandy Sprague

Phone: 540.582.7060

Email: prc@spotsylvania.k12.va.us

Website: <https://www.spotsylvania.k12.va.us/domain/288>

Empowerhouse Support Groups for Teens:

Empowerhouse offers weekly support groups for middle and high school age girls. Teens learn to identify and maintain healthy relationships, recognize warning signs of abuse, and build self-esteem. For information about joining the Teen Girls groups, call Kana or Sarah at 540-373-9372. Empowerhouse also offers groups for Teen Boys. Teens learn to handle conflicts without violence, express themselves in a healthy manner, and build self-confidence. For more information on the Teen Boys groups, call Mendy at 540-373-9372.

Adults with Asperger's Social Group:

Meets the 1st Friday of the month from 7 p.m. to 9 p.m. at the disability Resource Center. Contact Robin Shank for additional information @ 540-538-0261.

Word of the Month: EMPATHY

June Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29 NO SCHOOL	30 Chicken Nuggets Fries	31 Grilled Cheese Pasta Salad	1 BLT Sandwich Popcorn	2 Pizza Salad Root Beer Float
5 Spaghetti Meat Sauce Italian Bread	6 Chicken Makhani Aloo Gobi Mango Lassi	7 Low Country Boil (Shrimp, Corn, Potatoes)	8 Corn Dogs Carrot Sticks Chips	9 Pizza Salad Hurricane Cake
12 Roast Beef Hero Lentil Soup Pretzels	13 Fried Chicken Potato Salad Tomato Slices	14 Bahn Mi Pork Carrots Daikon Parsley Jalapenos	15 Veggie Wrap Potato Puffs	16 Tea Sandwich Veggies Dip Cake

Congratulations to the Graduating Class of 2017



Isaiah, Lucas, Laily, Hannah, Billy, Josh C.,
Nicole, Will K., Jeremy B., Sean, & Greg

Reminders to Students:

1. You are wonderful!
2. Never give up on yourself!
3. Have a great summer!

Reminders to Parents:

1. Graduation will be held in the commons area at the Gladys H. Oberle School at 10:30am on Friday, June 16. More information to follow.
2. Students follow our calendar as opposed to their base school calendar with the exception of weather related delays/closings.
3. Employment Resources Inc. and the Gladys H. Oberle School will be closed for the summer from July 31 - August 18. Students return for the 2017-2018 school year on Monday, August 21.

Important Dates:

June 2: Golf Tournament
June 7: Clubs
June 9: Adopt-a-Trail/ Reward Day- TBD
June 15: Early Dismissal
June 16: Graduation/Early Dismissal
June 19-July 14: Extended School Year

Bulldog Barks

Happy Birthday!

Bobby - June 4
Nicole - June 7
James - June 8
Lee G. - June 8
Hannah - June 12
Chris - June 17
Travis - June 23
Nathan R. - June 30
Josh C. - July 1
Brian - July 1
Sean - July 25
Jeremiah - July 31



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HOME OF THE BULLDOGS