



The Oberle Update

We are very thankful to have such talented and creative students enrolled in Yearbook and Introduction to the World of Work this semester. This month students wrote articles about celebrities with ADD, ADHD, and/or OCD. They also wrote about their personal experiences with those same disabilities.

Ryan Gosling was born November 12, 1980. When he became famous he tried to stay out of the spotlight. He struggled as a child to focus and pay attention. It was difficult for him to focus for long periods of time. But, that did not stop him with hard work and determination he became the well-known actor that he is today. He thinks that there should be more awareness about ADHD. He thinks that even though it's difficult it doesn't have to stop you from doing what you truly want to do.

~Danni D.

Channing Tatum was born April 26, 1980. While growing up, he devoted much of his time playing soccer, football, baseball, track, and martial arts. He was diagnosed as a child. It made it difficult for him to read and focus for long periods of time.

When he is reading a script he may take a bit longer than the other actors. But he can tell you everything about the script.

~Danni D.

Justin Timberlake is a singer, songwriter, actor, and record producer. He is diagnosed with ADD (Attention Deficit Disorder) and OCD (Obsessive Compulsive Disorder). ADD can make it difficult to focus, limit actions and hyperactivity, aggression, fidgeting, impulsivity, irritability, and mood swings.

~Anonymous Student

Simone Biles is one of the most inspiring Olympians with ADHD in the 2016 Olympics. She was a gymnast. She opened up and told people she had ADHD on September 13th, 2016. Biles is not the only Olympian in the 2016 Rio Olympics, there was swimmer Michael Phelps, hockey player Cammi Granato, and swimmer Michelle Carter. They all won at least one Olympic gold medal in the 2016 Olympics. Biles and others who have ADHD, ADD, and so on should have a chance to be in many different sports. But there are those who can't or won't tolerate people with a disability. Those people should reconsider their usefulness in sports and give people with disabilities chances, give up their jobs, or learn how to work with people with disabilities in a nice way and be patient.

~Jax

Students enrolled here are diagnosed with a variety of mental health disabilities. ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactive Disorder), and OCD (Obsessive Compulsive Disorder) are some of them. For me, ADHD makes it hard to do lots of stuff, writing, typing, and even standing still. I get distracted way too easy, I have a bad attention span, I'm doing one thing then I have to do another. It gets annoying sometimes, I can't even sleep, and all I have are racing thoughts.

~Anonymous Student

ADHD can be hard to deal with sometimes. Kids, teenagers, and adults can be diagnosed with ADHD. Will Smith thought he had ADHD but he was just hyper and energetic and that's probably what the doctor told him. For me, ever since I was five or six years old I was diagnosed with ADHD, meaning that I could not stay still even if you paid me fifty dollars. It was kind of scary though and I didn't know what would happen next or when it would strike again. That's why they put me on a medication called Focalin and Carbamazepine. My family got tired of me running around the house. Every time I'm in school it's hard for me to sit down and work. Now, unless I'm listening to some music, that's a different story. Because after that music hits my brain I'm like a speeding bullet leaving a chamber of a gun, that's how I see it. And when I'm listening to music and working just know I'm going to ask you to hold on or wait a minute, as in once I get started typing with music going there's no stopping me. That how my mind works when I'm lost in the world of music.

~Trey R.

Counseling Column

Independent Living Expo:

May 13, 2017 at the Fredericksburg Expo Center from 10 a.m. to 4 p.m. Free to attend. Come see, touch, try, and learn about technology and services that help people with disabilities live as independently as possible. Mini-workshops on a variety of independent living topics will also be presented. For more information, contact: Kelly Keiser or Debe Fults at 540-373-2559 or email dRCSupportServices@cildrc.org

Drawing Strength:

Thursday evenings from 6:30-8:00 at the Rappahannock Council Against Sexual Assault (RCASA). This is a FREE 8-week Art Therapy group where individuals can begin healing through the use of art materials, the creative process, and discussion in order to move from being a victim to an empowered survivor. Participants must register and space is limited.

Call 540-371-6771 to register.

3331 Shannon Airport Circle
Fredericksburg, VA 22408

Teen Support:

Teen Support is a **free** education and support group for teens (14-18) who are struggling with depression. 8 Saturday sessions from April 29— June 24, 2017 from 10—11:30am @ Spotsylvania Regional Hospital

4604 Spotsylvania Parkway, Fredericksburg, VA 22408

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.

Word of the Month: COMPASSION

March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tuna Sandwich Celery Pretzels	2 Chef's Salad Bar	3 Pizza Salad Fruit Tart
6 Spaghetti & Meat Sauce	7 Key West Chicken Baked Potato	8 Ham Sub Fries Carrot Coins	9 Avgolemono Soup Spanakopita	10 Pizza Salad Lemon Cake
13 Irish Stew	14 Baked Chicken Rice Carrots	15 Tilapia Boiled Potatoes Greens	16 Ploughman Lunch Boiled Eggs Emerald Isle Salad	17 Corned Beef Cabbage Potatoes Cookies
20 Roast Beef Sub French Fries	21 Huli Chicken Rice	22 Grilled Cheese Cauliflower Pretzels	23 Hot Dogs Baked Beans Sauerkraut	24 Pizza Salad Whoopie Pie
27 Kofta Pilair (Rice w/ Meatballs)	28 Chicken Piccata Angel Hair Pasta	29 Cuban Sandwich Cheesy Fries	30 Turkey Sub Lettuce Tomato Chips	31 Pizza Salad Chocolate Eclairs

Important Dates:

March 1: Clubs
 March 4: Inclement Weather Make Up Day
 March 6-9: EOC Writing SOLs
 March 8: Reward Day
 March 10: Early Dismissal/End of Grading Period
 March 11: Inclement Weather Make Up Day
 March 14: Pi Day
 March 15: Clubs
 March 17: Report Cards
 March 18: Inclement Weather Make Up Day
 March 22: Reward Day
 March 25: Inclement Weather Make Up Day
 April 5: Clubs
 April 6: Interim Reports/Reward Day
 April 7: Student Showcase from 5-7:30pm
 April 8: Inclement Weather Make Up Day
 April 14: Early Dismissal
 April 17-21: No School-Spring Break
 April 27: Earth Day @ Fort AP Hill
 April 29: Inclement Weather Make Up Day

Reminders to Students:

1. Show your Bulldog **PRIDE** to earn all of your points. Be prepared to learn, respectful of yourself and others, work towards independence, follow directions, and put forth your best effort.
2. End Of Course Writing SOLs will be administered during the week of March 6. Make sure you are prepared!
3. Demonstrate Acts of Compassion and receive a sweet treat☺
4. Anyone interested in practicing yoga should see Ms. St. Clair for permission slips.

Reminders to Parents:

1. If your child is absent from school please notify Mrs. Sharp at X 127 or send in a note with your child upon their return.
2. FREE community screening of *The Family Next Door* at Stafford High School on March 13 @ 6pm. This documentary follows the life of a family who has two children on the Autism Spectrum.
3. Open door policy—feel free to call or stop by anytime!
4. Medications cannot be administered without doctor's orders. Additionally, parents/guardians must supply medications. Students are not permitted to bring these to school.

Bulldog Barks

Happy Birthday!

Sarah L - March 1

Victor - March 2

Justin - March 4

Ashley - March 8

Lucas - March 15

Ethan - March 21

Lauren - March 21

Charlie - March 23

Trey - March 27



Visit us online: www.eri-va.com

HOME OF THE BULLDOGS