



The Center

The Newsletter of The Episcopal Center for Children

Spring Issue

April 2016

Spring is here! We are all thrilled to get to spend more time outside as the weather improves. It's an exciting time of new growth in nature and at ECC.

Our education program at ECC is also growing. We hired a new IEP (Individual Education Plan) Coordinator and a new Director of Education. Working with ECC's educators, both are focused on enhancing ECC's academics and increasing experiential learning opportunities. We also revamped our early elementary program for kindergarten through second grade. This program prepares students to be successful as they advance, and ideally transition to less restrictive environments.

I hope you will take advantage of this lovely weather to spend more time outside with your child. Research indicates that you and your child can benefit from being outside in nature. Nature lovers, health enthusiasts, and mental health practitioners stress the benefits of outdoor activities for children and adults. It has been cited as helping make attention deficit disorder and autism more manageable. Outdoor play helps children with special needs have fun and connect with the restorative benefits of nature and the environment, while building on skills learned in the classroom.

Located on seven tree filled acres and walking distance from Rock Creek Park, we provide opportunities for our students to enjoy the outdoors. We have also created a gardening program with elevated garden beds that allows our students to experience the lifelong health, education and well-being benefits of gardening.

Parents – we are always here to support you and your child. Please contact us if we can help in some way. Happy spring!



Dodd L. White
Executive Director

Upcoming Events

Musical Showcase – May 1 (5-6:30 pm)

The 16th Annual Musical Showcase of Episcopal Schools for the benefit of The Center will be held on May 1, 2016 at St. John's Episcopal School. The school is located in Olney at 3427 Olney Laytonsville Road. Join us for a wonderful experience and raise funds to help ECC.

ECC Hosts the Lafayette Elementary School Spring Fair on May 7 (11am-4pm)

We are happy to have our neighbors on the grounds and will be sharing information about our work to help emotionally troubled children. Last year's fair included carnival rides, moon bounces, face painting, a bike swap, food and a book sale. A fee may be charged for some activities. Stop by to enjoy the fun.

Math Tips: Making Numbers Exciting in Everyday Life

by Ben Lee, Math Teacher

Making math useful can be a challenging task, but when a child discovers the connections between real life and the classroom, the reward is learning itself. Here are a few tips to help parents:

Tip #1: Explore math in everyday life. Count out forks to set the table. Pour a cup from a gallon of milk. Talk about the time when a favorite TV program starts. When driving, talk about how numbers help us determine how fast we drive, the distance traveled, the mileage the car gets per gallon of gas, and how long it will take to get home.

Tip #2: Expose your child to money. Have your child collect coins in a piggy bank and count them out regularly. If your child receives an allowance, have them keep track of the amount. You could open a bank account for your child.

Tip #3: Use games to explore math concepts. Incorporate games involving numbers and math into playtime – from flashcards for learning basic math facts to board games involving money, time, and logic.

Tip #4: Ask your child questions. When helping your child with math, ask questions to guide your child through the process, such as “Where do you begin?” “What do you need to find out?” “Can you show me in a drawing how you got the answer?”

Tip #5: Model analytical and mathematical thinking for your child. Be a problem solver, pose questions, and find solutions. Show how math is more than learning addition, subtraction, multiplication, and division. Math also teaches us to analyze, reason, and plan.

Tips adapted from GreatSchools.org.

ECC Voices:

Phil Collyer

Chairman of the Board,
The Episcopal Center
for Children



Q *What first brought you to the Episcopal Center for Children?*

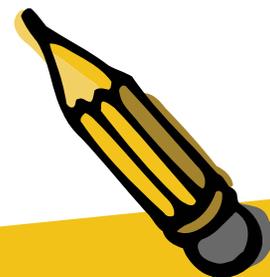
A I first learned of the Center and the help it was providing to young children 10 years ago. At the time I was running a national program providing economic relief to nonprofits by helping them save money. Ever since then, ECC was on my radar. When invited to join the Board of Directors in 2014 I was pleased and happy to serve.

Q *Why have you taken on this role as Chairman of the Board of Directors?*

A The simple answer is that I was elected by the Board to be its new Chair and have vowed to serve the Board in any fashion I can. More specifically however I have been running nonprofits, and serving on their boards, for many years. I feel this is a good time to help the Center expand upon its solid reputation of therapeutic and educational services by leading the Board through exciting new opportunities.

Q *What impresses you about The Center?*

A Without a doubt the most impressive aspect of the ECC is its dedicated staff of trained professionals. Each and every one of them views their contribution to the Center as far more than just a job.

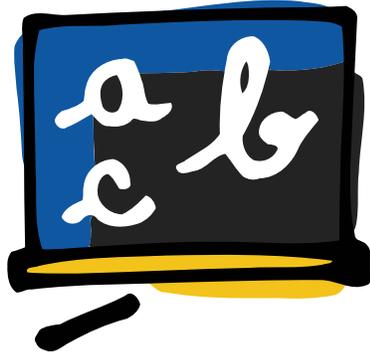


They truly love the community of children at the Center and the positive influence they are having on their young lives.

I've never seen such close and sincere dedication to helping children with so many challenging needs.

Q *What do you consider to be The Center's biggest challenges in the coming future?*

A Growing to meet the needs of an increasing population of children with special requirements. The Center has transitioned to a dynamic new leader and this presents an enormous opportunity to raise the level of care to new heights and expand services. This will open new challenges while at the same time allow us to increase our services to the children and parents in the surrounding school jurisdictions.



Q *Can you share with us any goals you have for your tenure as Chair?*

A My first and most pressing goal is to provide board support and leadership for our new President/CEO, Dodd White. Dodd comes to us with years of relevant experience and needs a strong board that can help him grow the Center and meet the challenges ahead. All of us at ECC are standing on the shoulders of those who have come before, board and staff, and we have an obligation to make them proud of the Episcopal Center for Children in the years and decades to come.

The Difference Between Praise and Encouragement

by Kate Dreibles, Director of PBIS

Encouragement for a child's effort and persistence can be more powerful than praise. Here's why:

Praise:

- Communicates external approval
- Focuses on parent/teacher's thoughts and opinions
- Is evaluative and judgmental
- Is only given when child has done well
- Can train child to depend on constant feedback regarding what a "great job" they are doing
- May jeopardizes the child's ability to develop their internal compass to guide the decision-making process

Examples of praise:

"Great job", "That is wonderful."

Encouragement:

- Gives specific positive feedback like, "You erased your work and are trying again," or, "You used your words with an inside voice."
- Is non-evaluative and non-judgmental
- Focuses on the child's thoughts and opinions
- Can be given at anytime
- Helps promote self-esteem and a sense of well-being, confidence, insight, and resilience

Examples of encouragement:

"You must be proud of yourself", "I see a child that won't give up", "Now that is what I call responsibility."

Next time your child or student does something great, consider the differences between praise and encouragement.

ECCofDC.ORG

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Do More 24: Show Your Support for Our School on June 2

On June 2, nonprofit organizations throughout the DC metro area will compete to raise funds and share their missions through the community.



Do More 24™ brings together nonprofit organizations, companies, and people committed to making a difference. Through focused online giving on June 2, Do More 24 provides the opportunity for people to create solutions to our region's most difficult social challenges by determining which issues matter most to them and channeling their funding towards tackling those problems.



Powered by United Way of the National Capital Area, Do More 24 is a local movement that encourages donors to contribute to the causes and organizations closest to their hearts to solve our region's most pressing challenges. More information is available at domore24.org.

Waiting Games from the Language Teacher

by Shirley Woods, Speech and Language Pathologist

Use a game to connect with your child and reinforce learning when traveling.

License Plate Game

Look at the letters on a license plate. Then, think of as many words as you can using those letters. Try to form a sentence with the words based on the order the letters appear on the plate.



Example: PEM-109

Single Word Answers:
Popcorn | Ears | Money

Sentence Answer:
"Please enjoy milk."

Card Games to Try at Home

Build It! Ever built a house of cards? It's a great activity for problem solving, communication, and handling disappointments. Help your child build a castle, a pyramid, bridge, house, etc. with just one deck of cards. Encourage them to use their imagination to try different styles and techniques. This task is all about trial and error, allowing them to create their ideas, test them, then find different ways to improve the build. To make it a little easier, try giving them 6 inches of tape to help. They will have to problem solve with the small amount of tape and be sure to stretch it as far as possible to complete the castle!

Two more games (52 Card Lineup and Luck of the Draw) at ECCofDC.ORG/newsletter

Chef Steve's Recipe Chick Peas (Garbanzo Beans)

Ingredients:

- (2) 15 oz. cans chick peas
- (1) Large diced onion
- (4) Cloves of minced garlic
- (3) Diced carrots
- (1) tablespoon curry powder
- (1) can coconut milk
- Salt to taste

Directions:

- Sauté onions, garlic, and carrots
- Add curry powder, salt, pepper, and coconut milk
- Add chick peas and simmer for 20 minutes



Serving Suggestion:
Serve over rice