



Meet the Teachers



- **Mrs. Williams - Math Resource Teacher**

Math is everywhere! I do enjoy math and making life connections to it, making it more meaningful. I am an active mother of 2, We like to hike, camp, and do all things outdoors. I am excited to meet new families and help with the transition to Post Middle School!

- **Mrs. Angulo - ELA Resource Teacher**

I am so excited to discuss reading and writing with you. I am an avid reader and there is nothing better, for me, then then to chat with fellow readers and writers!



- **Ms. Degman, Assist Teacher**

In Assist Class we try to balance our responsibilities with time for preferred activities while remaining calm and in control.

This is not easy!

So we are learning to be flexible thinkers and to ask for assistance when we need it.



- **Ms. Connor, EBD Teacher**

Welcome to Post! I am so happy to be working with your students next year! In the EBD program we work really hard to give students the skills needed to be successful in their academics and social emotional skills



- **Ms. Schamens, School Psychologist**

Welcome to Post Middle School! We are so excited that you will be Falcon next year! I am the School Psychologist and my job is to figure out how students learn best. Swing by the office and say "Hi".



Meet the Specialists



Ms. Gannon: Speech Therapy

I've been providing speech and language services to students of all ages for 6 years and am thrilled to be a part of the Arlington team!

I'm originally from Florida, but I've been enjoying the beautiful Pacific Northwest for the last 9 years. This summer I'm excited to go hiking with my dog Sadie and to read my way around the world.

Mrs Karen: Occupational Therapy

I have been an Occupational Therapist for several years and i am excited to be a part of the team here at Post Middle School.

I am excited to work with students on their fine motor skills, visual perceptual skills and so much more!



Ms. Janelle: Physical Therapy

I graduated from the University of North Dakota with my Master's in Physical Therapy in 2000. I am so excited to bring my knowledge and my passion for Physical Therapy to the students of the Arlington School District!!!

MRS. WILLIAMS' MATH REPORT

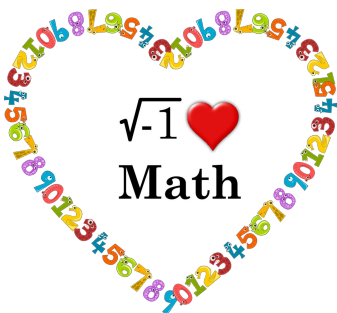
MATH



Student access for
iReady
is through
Clever:

<https://clever.com/>

This link can also
be found on the
student's Google
taskbar under
Post Bookmarks
on their
Chromebooks.



Welcome to Post Middle School!!!

In 6th grade all students are included in the general education classroom in a co-teach model. This means that students have two teachers! We work together to meet all students learning needs in the classroom. I have seen so much growth in students during this type of learning environment. It's fun and students don't feel left out or different.

We have been using the iReady curriculum for the last few years. All math classes use this curriculum. With iReady we are able to monitor progress in a more interactive way. The program automatically assigns work at the student's comprehension level, getting increasingly more advanced at the student's pace. The lessons are interactive in a way worksheets can never be. This is a program that students can also work in at home to help boost their skills.

Please reach out if you have any questions.
awilliams@asd.wednet.edu



Mrs. Angulo's Reading Nook

Here's What's Happening in ELA

● **6th Grade:** My 6th graders are in co-taught general education classes with Mrs. Austin & Mr. Beilfuss. Currently 6th grade is reading and writing about *Esperanza Rising* by Pam Munoz Ryan and *Then There Were None* by Agatha Christie.

● **7th Grade & 8th Grade:** My resource replacement class is a combined 7th & 8th grade group of students. Our class is a mix of both curriculums. Currently we are reading articles about different ways schools are structured and then writing an argument essay about what they claim is better.

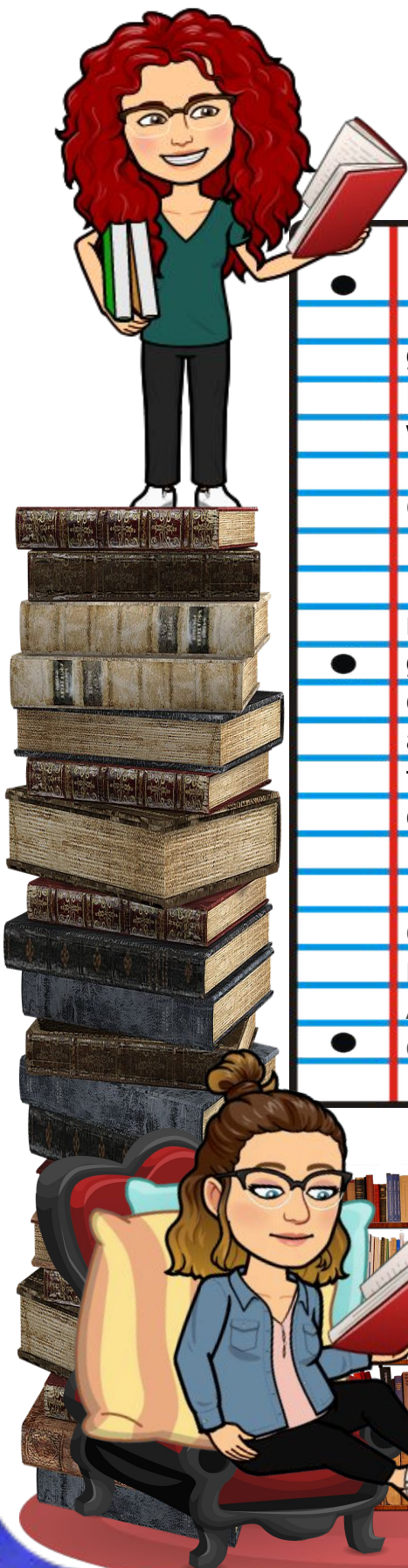
● **Learning Strategies:** My Learning Strategies class is a designed to give students the time to practice their goals in areas of Reading, Writing, And Math. We also practice mindfulness and work on outside homework.

Must Read List:

Wonder by R.J. Palacio

Touching Spirit Bear by Ben Mikaelson

Insignificant Events in the Life of a Cactus by Dusti Bowling



WE GOT THIS!



Ms. Degman is here to ASSIST!

● How we stay organized and calm.

My favorite tool this Fall is the MASTER TODO list!

At this time last year, my students were required to write in their planner to keep track of all their assignments from each class.

We also took time to sort paperwork by class and organize all our notices and assignments into colored folders.

POOF! Google Magic! We have a tool that does that for you automatically and it sorts all your work by class, by date it is due, when work is overdue or when you can celebrate because the work is done!

All you have to do is find and check your master todo list daily. Where is it? On the top left hand corner where you can see all your google classroom squares at once.

● Look familiar?

☰ Google Classroom

Main Menu

☑ To-do ☑ To review ☑ Calendar

6/7 ELA 7th Block 202...

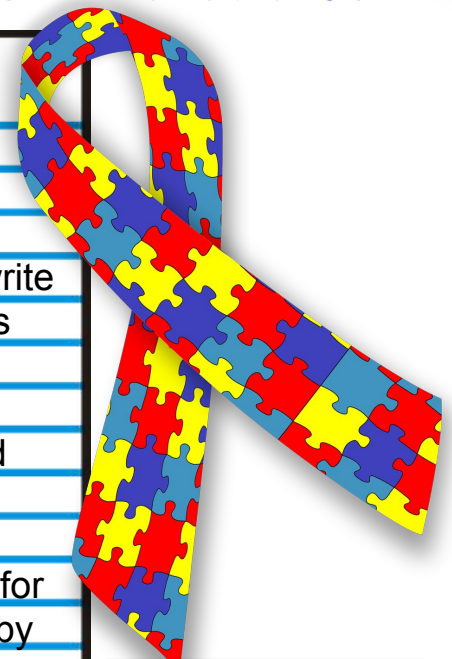
Mrs. Weston
Janli Weston



Organizati

3rd period Ms. De

Due Friday
Am I Organized? -1



Our Favorite Sensory Items:

A plastic bag filled with dry rice can be a nice weight on your lap or it can feel cool and interesting when you put your hand in the bag. Like sifting sand through your fingers on the beach. Try it without losing a single grain of rice.

Being Organized keeps me calm.
How about you?

Mrs. Conner's Behavior Corner

choose kindness

What's happening in the EBD room?

- The EBD class is dedicated to teaching and supporting appropriate behaviors while recognizing our feelings and controlling our responses to those feelings. This can be a challenge for a lot of people and is a valuable skill to learn!
- Students are focused on kindness this month.
- They've been tasked with creating a list of ways they can demonstrate kindness at home, school, and in public.
- Students are working hard to earn a Fun Friday for their behavior! Please encourage your student in EBD to stay focused. Earning a Fun Friday means many privileges as well as the potential to be exited from the EBD program!



Growth Mindset



"I have found that it is the small everyday deed of ordinary folks that keep the darkness at bay. Small acts of kindness and love."
-Gandalf
(J.R.R. Tolkien-The Hobbit)

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." -Helen Keller





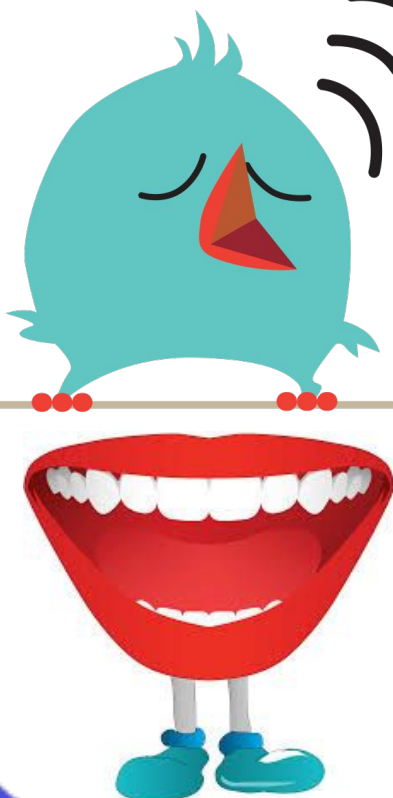
- **Welcome to Ms. Gannon's Speech Class!**

I'm excited to meet all the students that have speech and language services! In our class we focus on improving communication so that everyone can express themselves. We talk about speech, language, social and cognitive aspects of communication and how these skills can be applied to all classes.

- Each student has unique needs and with every student, I hope to inspire lifelong learning by providing functional skills with an eye towards the future. Students are expected to get more independent in managing their strategies and supports

Summer Activities!

This summer you may spend some time traveling; in a car, bus, or at the airport, there are opportunities to practice language and sounds. Enjoy games like the Alphabet Game, I Spy, or 20 Questions. These are not only a fun way to pass the time they encourage your student to use great descriptive language and think critically about the world around them. Try a fun twist by only using words that contain a certain letter or only using 2 syllable words!





Welcome to Related Services: Occupational and Physical Therapy

- **What Occupational Therapy Does for your student.**

I'm so excited to meet every one of my students!

WHAT IS OT?

Well if you don't know by now we work on every day skills in this case (schools related skills) to help with your academic goals! For example,

- fine motor skills, handwriting, typing, hand strengthening, and visual related skills!

Occupational Therapy

Fun ways to build your fine motor skills: Games (connect four, jenga, legos, battleship puzzles), free writing, madlibs, Writing/Typing prompt: What's something new you want to learn/experience?

Physical Therapy

- **What Physical Therapy Does for your student.**

I currently work at Eagle Creek, Kent Prairie, and Post Middle School. In the schools, I assist in improving the students' accessibility in the school setting by improving their balance, gross motor control, strength, flexibility, and coordination. In middle school, that means helping them participate in physical education, or transitioning from classes that are up or down stairs.



Please reachout with ANY questions or concerns you may have.
Contact Information:

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Kelly Degman - kdegman@asd.wednet.edu

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Pam Hundley - Physical Therapy - phundley@asd.wednet.edu

Carrie Schamens - School Psychologist - cschamens@asd.wednet.edu