

IMPORTANT DATES

- November 3-7th-

Scholastic Book Fair

- November 13th-

PTO Meeting

- November 20th-

Early Release 1:00 PM

- November 26-28th-

Thanksgiving Break-
School Closed



HEIDT Happenings



November 2025

New Staff:

Please join us in extending a warm welcome to our newest team members!

We are excited to introduce Ms. Alicia who joins us as a second Administrative Assistant.

Additionally, please welcome Ms. Phoebe, our new Rise Blue EA.

We are thrilled to have both Alicia and Phoebe on the Heidt team!

Transition and Employment:

Getting connected with Opportunities for Ohioans with Disabilities (OOD) during high school can significantly enhance employment prospects for adulthood.

OOD provides services such as job search assistance, job coaching, college program funding, driver's education funding, work attire funding, travel training, summer job experiences, job shadowing, and job exploration. Also, believe it or not, now is the time to start thinking about summer jobs! For further information, please reach out to Lynn Godwin at lgodwin@bestpoint.org.

Scholastic Book Fair and Reading Celebration:

We are excited to announce that the Scholastic Book Fair and Reading Celebration will be the week of November 3rd through 7th! We greatly appreciated our parent volunteers and staff for their support in bringing this event to life!

Fall Festival:

We had a wonderful Fall Festival event! A heartfelt thank you to everyone who generously donated their time and items to help make it a success. Our students enjoyed a variety of activities, including carnival games in the gym, a snack-decorating room, and much more. It was a great way to cap off our October!

We also want to give a shout out to student council for organizing the event including the spirit week before!

Special Olympics Update:

Our football team and pep squad are in full swing! Students have been practicing each week, and we recently celebrated our first game of the season. The players did an outstanding job on the field, and the pep squad kept spirits high with their energy and enthusiasm.

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FC Cincinnati Clinic:

During the months of December and January, we will be hosting two different sessions for a special soccer clinic in December and January on Wednesday. Each session will be capped at 20 students and flyers will be sent home with information.

Ensemble Theatre:

We're excited to announce that 15 of our students have been collaborating with Ensemble Theatre to write and perform their own play! The performance will take place December 1st 2:30-3:30. More details will follow!

Transition Transactions:

Our Transition Interns launched their first sale of the season, featuring creative crafts like ghost wreaths and fall art. This initiative not only allowed them to practice retail skills but also customer service and financial literacy through managing sales and receipts. Be on the lookout for the next sale in the winter!

Heidt Career Expo:

We were so excited to welcome everyone to our Career Expo. It was a great success! Thank you to all our students and families who attended. Attendees had the opportunity to gather information from community vendors, including the Regional Autism Advisory Council, Autism Connections, Safe in Home, Opportunities for Ohioans with Disabilities, Fifth Third, Mt. St. Joseph University, and St. Claire University to name a few!

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Regulation Around the Holidays:

The holiday season can bring additional stress for teens as they navigate various expectations during the break. This time of year presents numerous learning opportunities, including setting boundaries, prioritizing personal needs, and managing expectations.

When the holiday stress becomes overwhelming, it's important for families to work together to ensure a successful season. Here are some tips to help you navigate this time:

- Set clear expectations with both immediate and extended family
- Consider sensory triggers and ensure appropriate supports are in place
- Create an "exit plan" for when things become too overwhelming
- Prioritize self-care for everyone involved
- Respect personal boundaries
- Maintain open lines of communication
- Organize smaller, more manageable gatherings

Emotional Regulation Tips for the Holidays:

(<https://www.irlsocialskills.com/blog-post-archive/emotional-regulation-tips-for-the-holidays>)

Neurodivergent Holidays: Set Boundaries for Your Wellbeing:

(<https://www.psychologytoday.com/us/blog/living-neurodivergence/202312/neurodivergent-holidays-set-boundaries-for-your-wellbeing>)

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Parent Surveys:

To continue improving our programs, we conduct parent satisfaction surveys twice a year—in Fall (November) and Spring (April/May). The first survey was distributed via email in November, and responses are due by December. Your feedback is invaluable, and we aim to incorporate your insights along with the feedback we gather at the end of the second quarter.

Thank you for your continued support. We look forward to an amazing year ahead!

PTO Update:

Our next PTO Meeting will be November 13, 2025. A link will be sent out in an all families email in the coming weeks.