

# ESE EXTENDED TRANSITION QUARTERLY NEWSLETTER

October 2024

## Principal's Post

*Happy Fall Ya'll,*

Thank you for taking the time to read through our first Countywide Extended Transition (ET) Newsletter. Our purpose is to provide information to parents, guardians, and staff, to support your students' experience in ET.

### ***What is ET anyway and what should my student gain from this experience?***

ET by Florida Department of Education definition:

Section 300.43 of Title 34, Code of Federal Regulations (C.F.R.), provides for a coordinated set of activities for a student with a disability that:

*is designed within an outcome-oriented process, that promotes movement from school to post-school activities, including postsecondary education, vocational training, integrated employment, continuing and adult education, adult services, independent living or community participation.*

We have 16 different settings for students in ET. Factors that determine your child's placement are program location, student skills and abilities, student behavior and level of independence, and student interests. Your student's IEP should have addressed transition factors as early as age 12. Students should exit ET programs based on acquiring employment skills, independent living skills, or community participation skills. Programs can be available until students are 22 years of age but are not always needed until this age. Exiting ET is based on data taken and IEP goals being met, not age.

Please visit

<https://www.fldoe.org/core/fileparse.php/7690/urlt/SecTransOct21SlideDeck.pdf>

for further information regarding ET requirements, programs, and processes.

Respectfully,

Jacqueline M. Cassidy, Principal, PCS Extended Transition



## HURRICANE RECOVERY

**It is natural to feel stress, anxiety, grief, and worry during and after a disaster. Everyone reacts differently, and your own feelings will change over time.**

**Below are some helpful guidelines and links:**

- **Take care of your body**— Often times, when things feel out of control, the best thing to do is focus on your basic needs. Try to eat healthy meals, exercise or take a walk regularly, and get plenty of sleep! Avoid alcohol, tobacco, and other drugs as these can increase feelings of anxiety and depression.
- **Connect with others**— Share your concerns and how you are feeling with a friend or family member.
- **Take breaks**— Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- **Stay informed**— When you feel that you are missing information, you may become more stressed or nervous. Always check your sources and turn to reliable sources of information like your local government authorities.
- **Avoid too much exposure to news**— Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.

**Click on links below for additional resources:**

### • **Crisis and Disaster Resources**

• **Disaster Assistance**  
([disasterassistance.gov](http://disasterassistance.gov))

• **Disaster.pinellas.go**

•  **FEMA** (FEMA.gov)



## HOLIDAY ASSISTANCE

(click on icons for more information)



**FEEDING  
AMERICA**



## DID YOU KNOW...

**\*Families who receive food stamps and lost their food due to spoilage from the hurricanes can apply for replacement at [Myflfamilies.com/Helene](http://Myflfamilies.com/Helene)**

**\*If you are feeling overwhelmed and not sure how to find the resources you need, HOPE Florida will provide a Hope Navigator to assist you. Call 1-833-get-hope or click link below-**

[HOPE Florida](http://HOPEFlorida.org)

## Contact Info

Office: 727-549-6550

Principal: Jacqueline Cassidy

ext. 2316

ESE Services Coach: Karen Cope

ext. 2305

Social Worker: Bethany Sheehan  
and

ext. 2320

Psychologist: Barbara Shannon  
(727) 588-5018 ext. 1087

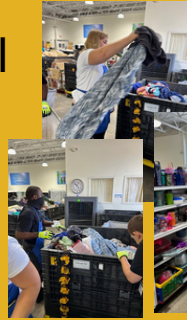


# ET PROGRAM HIGHLIGHTS

## Goodwill Industries



Students working at Goodwill have been very busy learning to sort, stock and organize donations!



## Heritage Village

Team Russell played a pivotal role in storm damage cleanup after Hurricane Helene



## Innisbrook



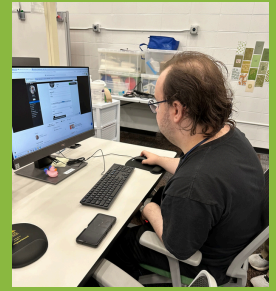
Students at Innisbrook recently earned their 3-year Food Handlers Certification.

*Congratulations!*

## PTC -

## Clearwater

The students at PTC-Clw are learning new skills in their area of interest and working toward certifications.





# Community Programs and Resources

*Click on the program name (in blue) to learn more!*

## PARC

Parc Center for Disabilities offers multiple avenues for successful employment outcomes for adults with disabilities and has done so for more than 40-years! Parc is a full-service Supported Employment resource, providing both phase 1 and phase 2 Employment Services. Employment Consultants are specifically trained and credentialed in all components dealing with getting ready to, and going to work, including, but not limited to: Social Security Work Incentives and Benefits Planning, resume development, interviewing training and techniques, career exploration, on-the-job training and stabilization, and follow-along services. PARC's team works closely with the business community to empower adults with disabilities by providing the skills and the resources needed to not only secure competitive employment, but to also maintain their employment. PARC's number one goal is to inspire individuals to reach their full potential and live an independent, meaningful, and productive life.

## St. Petersburg Parks and Recreation Therapeutic Recreation (TR) Program

The TR Division aims to provide inclusive, intergenerational recreation, leisure and play opportunities for individuals in the community with physical, intellectual and developmental disabilities. The TR programs, activities, and events offer a supportive, social environment to participants with opportunities to explore and discover new hobbies with friends.

The TR Division is supervised by a Certified Therapeutic Recreation Specialist (CTRS). Programs are created by our CTRS staff with the assistance of TR staff.

Azalea Recreation Center  
1600 72nd St. N.  
727-893-7899



## HUG Help Us Gather



Help Us Gather is a nonprofit dedicated to people with disabilities.

Exercise, arts, hang-outs—HUG's community calendars include tons of fun events and activities from more than 80 local organizations.

## Autism-Friendly Activities in Florida