

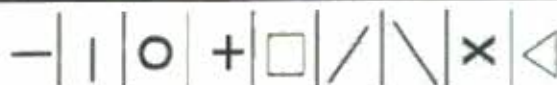
# Viking Voice

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## From Taylor Cecena - Occupational Therapist



Here is some information on the development of handwriting. The first step in learning how to write letters actually starts with scribbling. This will help a child explore and develop how to properly hold a crayon, marker, pencil, etc. Kids then tend to follow a fairly predictable pattern of developing the ability to draw various shapes at different ages, known as "pre-writing strokes". Kids who are able to produce pre-writing strokes will often have an easier time learning how to write letters and numbers. In pre-writing development, there is a difference between "imitating" and "copying." "Imitation" means watching a demonstration of the shape being formed, and then immediately trying to do what they just saw. "Copying" means the child is shown a picture or a model of the shape, and then they try to reproduce it on their own. Developmentally speaking, kids typically learn how to *imitate* drawing shapes before they learn how to *copy* them. Once they've learned how to copy those shapes, they can then begin to form a visual memory of them and draw them without a visual model.

Here is the pre-writing progression — Stage 1: Scribbling; Imitating vertical lines, horizontal lines, circular scribbles. Stage 2: Imitating cross; Copying vertical line, horizontal line, circle. Stage 3: Drawing circle without a model. Stage 4: Imitating square; Copying cross, square, right and left diagonal lines, X shape, some letters and numbers; May be able to write own name; Coloring inside a circle. Stage 5: Copying triangle; Printing own name; Copying most capital and lowercase letters.

If you have specific questions, contact Taylor Cecena for support at 242-8220 or [Taylor.Cecena@dmschools.org](mailto:Taylor.Cecena@dmschools.org)

## Lunch Menu

20	21	22	23	24
<b>Breaded Chicken Sandwich</b>  or <b>Grilled Cheese Sandwich</b>  <b>Cooked Carrots</b> <b>Celery Sticks</b> <b>Peaches, Raisels</b>	<b>Beef &amp; Bean Burrito</b>  or <b>Yogurt Kydz-able</b>  <b>Refried Beans</b> <b>Lettuce, Cheese, Salsa Cup</b> <b>Mandarin Oranges, Apple Slices</b>			

It is the policy of the Des Moines Community School District not to illegally discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age (for employment), marital status (for programs), sexual orientation, gender identity and socioeconomic status (for programs) in its educational programs and its employment practices. There is a grievance procedure for processing complaints of discrimination. If you believe you have (or your child has) been discriminated against or treated unjustly at school, please contact Mary Grinstead, 2100 Fleur Drive, Des Moines, IA 50321, (515) 242-7664, [mary.grinstead@dmschools.org](mailto:mary.grinstead@dmschools.org).

# Viking Voice

## This Week's Events

Mon. 12 - 20 - 21

Tues. 12 - 21 - 21



We will be closed for Winter Break from December 22 through January 2. Classes will resume on Monday, January 3rd. Have a safe and healthy holiday.

### Upcoming Events:

- 1/3: Classes Resume
- 1/3: PTO Meeting
- 1/11: Unified Basketball Game
- 1/14: End of 1st Semester
- 1/18: Conferences

## A New Way to Share Music

As many of you know, the past couple of years have been very challenging in the classroom, and even more difficult in some of our Related Arts classes. While it is wonderful to have our students back for music, we still miss sharing our with our music with families and friends. To facilitate that, music instructor, Melissa Holter has started recording and we are inviting parents and friends into the music classroom via our very own YouTube channel! This channel is completely private and follows the wishes and desires of guardians regarding photography. Hopefully, as we learn and grow with our technology, this will be a means to share our concerts as well! Enjoy your our work!

### Elementary Videos

<https://youtu.be/rQxdMBQtqcU>

### Middle School Videos

<https://youtu.be/dJfb6B6bzZs>

### High School/Transition Videos

<https://youtu.be/VHA0sbhxPPo>

<https://youtu.be/tDO8LQm3Gck>

<https://youtu.be/MazxVPbtzl>



High School student Eli Dajane, making music

### From the Speech Pathologist -

During the holiday break, remember that communication does not stop when school lets out. Help your child build relationships with family and friends by supporting his/her communication. Use his/her communication system if he/she has one, and give your child enough time in conversations to participate! Have a wonderful holiday!

If you have specific questions, contact Sarah Rowland or Cara Held for support at 242-8220 or [sarah.rowland@dmschools.org](mailto:sarah.rowland@dmschools.org), [cara.held@dmschools.org](mailto:cara.held@dmschools.org).