



New Heights Educational Group
Educational Resources to Help You Reach Your Goals

Monthly Newsletter

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Our Mission Statement

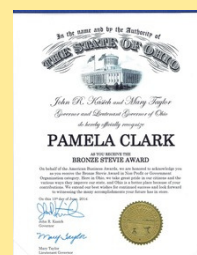
The New Heights Educational Group Inc. supports literacy for children and adults by offering a range of educational support services. Such services include assisting families in their selection of schools, organization of educational activities, and acquisition of materials. We promote a healthy learning environment and offer Enrichment programs for families of preschool and school age children, including children with special needs.

New Heights Educational Group, Inc. is a 501(c)(3) educational non-profit organization located in Defiance, Ohio. We provide educational support services beginning 2006 for families in Ohio to bridge the gap from inadequacies in home school, charter school, and public school systems.



December 2015

"For me the Holidays are a time to be thankful for our loved one's that are with us now, but also for those that came before us. *Christmas* is a time to reflect on the ultimate gift and sacrifice of the ONE that is without blemish. This time of the year reflects the spirit of love and charity which should be given year round and isn't only found in a box with ribbon".



ON MY MIND

Pamela Clark

How to Help Your ASD Child Navigate Through Life

November 3, 2015

I find that a large portion of my day is spent running on autopilot. I don't really think about getting dressed, taking a shower, feeding the cat, driving to work, and so on. I react to what I encounter in my environment almost instinctively, nailed down by habit, and granted ... all of it seems pretty easy and straightforward.

However, it wasn't until I started working with adolescents and young adults on the "ASD and LD Spectrum" who experience "Executive Function" difficulties that I realized this isn't the case for everyone.

Working with my students forced me to break tasks down into their most basic parts, and make myself explain things with the most precise explanations I could come up with. Against my will, it made me take an introspective look into my own way of doing things to figure out how exactly that all comes together.

I don't have to think about how to make a peanut butter and jelly sandwich. But...if I were to explain it to someone who had never made one (and yes, this is a true story!), this is what I would say:

1. Find a store that has the ingredients you need
2. Find a way to get there
3. Purchase peanut butter, jelly, and bread
4. Bring the items back to your home
5. Clear a space to work on making the sandwich in your kitchen
6. Clean the space if dirty
7. Open the bread
8. Take two slices out
9. Tie up the bread so it doesn't go stale and put away
10. Open the peanut butter
11. Remove the protective seal on the peanut butter with your fingernails
12. Take your knife and put peanut butter on it
13. Spread the peanut butter on one side of one piece of bread
14. Repeat steps 12 and 13 until peanut butter is completely covering the bread, though not too close to the edge
15. Put the lid back on the peanut butter
16. Put the peanut butter away
17. Clean off your knife with a paper towel
18. Dispose of the paper towel in the trash can
19. Open the jelly
20. Take your knife and put jelly on it
21. Spread the jelly on one side of one piece of bread
22. Repeat steps 20 and 21 until jelly is completely covering the bread, though not too close to the edge.
23. Put the lid on the jelly
24. Put the jelly away
25. Rinse your knife
26. Put the knife in the dishwasher

Take the slice with jelly and turn over onto the piece with peanut butter so that the jelly and peanut butter are touching.

Oh! And one more thing...eat the sandwich and enjoy it!

Broken down, I can count 27 steps to ending up with a peanut butter and jelly sandwich, with some cleaning up in between, from start to finish.

I decided early on in my job that this is how I need to see every-day living tasks, as I rarely have a student who does not have trouble somewhere along the way. *(Continued on next page)*



How to Navigate

(Continued from previous page)

November 3, 2015

I've witnessed very bright students:

- unable to locate items in a store
- unable to open a jar
- wipe up a mess with their t-shirt
- dispose of garbage on the floor instead of a trash can
- eat moldy bread or undercooked meat
- pour laundry detergent in the dishwasher
- clean sinks with a toilet brush
- spray themselves with air freshener in place of taking a shower

using bleach-type cleaning wipes as toilet paper

I can think of a hundred times where I might have said to myself, "Surely, Tom, Sarah, Michael, Matthew, Todd, Lisa, and Annie etc., know how to do that properly." And often they don't, so I intervene, break the task down, and tell them the missing steps that no one has told them or shown them before (or maybe just not enough times).

And then I try to understand their thinking. And believe it or not, a lot of times, it sort of makes sense. "If disinfectant wipes are good for cleaning countertops, they're probably especially good for cleaning my body!" Or, "I'm out of dish soap, but these laundry pods look pretty similar and clean my clothes well, so I'm sure they'll do the dishes in the dishwasher just fine!" Well, what I think is that when it comes down to it, there is a really lengthy "Hidden Curriculum" when it comes to life skills. And it's chock full of unspoken rules and subtleties that can be difficult for students "on the spectrum" to navigate.

Some people are probably reading this story and thinking that the person who can't make a peanut butter and jelly sandwich is just being lazy, or not trying hard enough. However, I cannot stress enough times to all the readers of this book ... how wrong this is.

If making a sandwich from start to finish is 27 steps, imagine how many steps they have to go through in a day (thousands? tens of thousands?) to do other tasks that we (who are not "on the spectrum") do mostly on "auto pilot."

For myself, many (although not all) of them are done without a second thought, but for students struggling with "Executive Function" difficulties each one of these steps might as well be a trial, judge, and jury. And I watch daily, how "frustrating" doing simple daily living tasks can be for these young men and women.

They may be challenged with something that, to all outward appearances, seems easy and common-sense to most people. But what a lot of us (as educators and support personnel), fail to realize is that having to struggle with routine, rote, or simple daily living skills often creates feelings of shame and great failure to those trying to live on their own.

So...for these amazing young men and women, I will continue to fill in the missing gaps, help them practice the small things, and remind them endlessly of what they need to do each day, and I will do this with compassion on my side. I will help them as constructively as I can, and I will celebrate their small victories, and remind them of my own struggles and successes.

I may even tell them that doing laundry isn't my favorite thing, and this is how I make it bearable: I play music and dance in between. I also throw garbage in the trash like it's a basketball hoop. I tenderize my chicken with a mallet and pretend to be a super villain. The stain in my toilet bowl is an enemy and I must conquer it with a vengeance!

I will tell them (if they can) to keep things light-hearted. And then...I will give each person clear directions and feedback, and cheer when the job is done. And...I will not assume anything!

To you – it may only look like, smell, and taste like a peanut butter and jelly sandwich – but to me, it looks, smells, and tastes like victory.

Oriane Robison serves as the Residential Coordinator for CIP Bloomington "<http://www.cipworldwide.org>." CIP is a national post secondary program which supports young adults with Asperger's, High Functioning Autism, ADHD and other Learning Differences as they transition to college and careers. This article was adapted from Chapter 6: Competency 4 – Skills for Independent Living, Autism and Learning Differences (An Active Learning Teaching Toolkit), by Michael P. McManmon Ed.D., to be published by Jessica Kingsley Publishers, London, October, 2015.

Help Your ASD Child Through Life





The HEAP Program helps income eligible Ohioans that are threatened with disconnection, have been disconnected, or have less than a 25 percent supply of bulk fuel in their tank to maintain their utility service. The program runs from November 2, 2015 until March 31, 2016. Winter Crisis is a component of the Home Energy Assistance Program. Last year, there were more than 130,000 households served by the Winter Crisis Program. Ohio households, serviced by a PUCO-regulated utility, must sign up for the Percentage of Income Payment Plan Plus (PIPP Plus) or another payment plan in order to receive emergency benefits.

Who is Eligible for the Winter Crisis Program?

Ohioans with a household income at or below 175 percent of the federal poverty guidelines that are facing disconnection, have been disconnected or have less than a 10-day supply of bulk fuel in their tank are eligible for the program. The income levels are:

The Winter Crisis *For households with more than 8 members, \$7,280 per member

Size of Household	Total Household Income 12 Months
1	up to \$20,597.50
2	up to \$27,877.5
3	up to \$35,157.50
4	up to \$42,437.50
5	up to \$49,717.50
6	up to \$56,997.50
7	up to \$64,277.50
8	up to \$71,557.50



NHEG Volunteers of the Month

NHEG's Volunteer of the Month program recognizes the dedication and work of some of our most active volunteers. NHEG relies on volunteers to help with our education programs, our special events, public outreach, and other activities that help fulfill our mission of supporting literacy for children and adults by offering a range of educational support services. Contact us to learn more about volunteering.

This month we recognize a special group of volunteers: those that have gone above and beyond what is needed in their everyday duties. NHEG is an all-volunteer organization. We have volunteers from all around the world!

Geetha Lingasamy	Samuel Custer
Dr Marina Kamenetskiy	Jyoti Dave
Margaret Spangler	Mieka Bourne
Kevin Adusei	Yaminee Patel
Faranak Aghdasi	Khrista Cendana
Katie Gerken	Priscilena Shearon
Heather Ruggiero	Viniscius Luiz Kikuchi Ribeiro
Vanh Vue	Varun Bhadauria
Roberta Perkins	Weiyu Huang
Briana Dincher	Lisa Schroder
Bill Naugle	Siti Khairuniza DP Hj Ja'afar (Niza)
Robert Hall	Tanushree Tiwari
Daniela Silva	Shirley Li
Jon Aitken	Brittany Brzezinski
Shannon Williamson	Michael Woods



December
2015





Christmas Jokes

What do you call an old snowman?

Water!

Who gives puppies Christmas presents?

Santa Paws

Why are Christmas trees like bad knitters?

They both drop needles!

What do snowmen eat for breakfast?

Frosted flakes!

Who hides in the bakery at Christmas?

A mince spy!

Who delivers presents to baby sharks at Christmas?

Santa Jaws!

What carol is heard in the desert?

Camel ye faithful!

How does Good King Wenceslas like his pizzas?

Deep pan, crisp and even!

What do you get if you cross an apple with a Christmas tree?

A pineapple!

What do you call Santa Claus when he doesn't move?

Santa Pause!

Why are turkeys wiser than chickens?

Ever heard of Kentucky Fried Turkey?

What did one snowman say to the other snowman?

Can you smell carrot?

What do you call people who are afraid of Santa Claus?

Claustrophobic!

How many presents can Santa fit in an empty sack?

Only one, after that it's not empty any

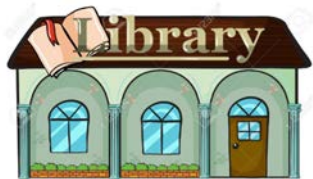
What is the best Christmas present in the world?

A broken drum - you can't beat it!

What do monkeys sing at Christmas?

Jungle bells, jungle bells!





[Please support our library and satellite office](#)

[@gofundme.com/9z4paprw](#)



The New Heights Show on Education

Internet radio program

Join Shannon Williamson

New Heights

As she shares a new story each week on this pre-recorded show



Month of December 2015



Tues., Dec. 1 Eat a Red Apple Day

Wed., Dec. 2 National Fritters Day

Thur., Dec. 3 Last Quarter Lunar

Fri., Dec. 4 National Cookie Day

Sat., Dec. 5 St. Nicholas Eve

Sat., Dec. 5 Day of the Ninja

Sat., Dec. 5 Bathtub Day

Sun., Dec. 6 Feast of St. Nicholas (Bari) Italy

Mon., Dec. 7 Hanukkah Jewish

Tues., Dec. 8 Feast of the Immaculate Conception Christian

Fri., Dec. 11 New Moon Lunar

Sat., Dec. 12 Poinsettia Day

Wed., Dec. 16 National Chocolate Covered Anything Day

Thur., Dec. 17 National Maple Syrup Day

Fri., Dec. 18 First Quarter Lunar

Tues., Dec. 22 Winter Solstice (GMT)

Wed., Dec. 23 Festivus

Thur., Dec. 24 Christmas Eve

Fri., Dec. 25 Christmas

Fri., Dec. 25 Christmas Day

Sat., Dec. 26 Boxing Day

Mon., Dec. 28 Day of the Innocents

Wed., Dec. 30 Rizal Day

Thur., Dec. 31 New Year's Eve

THE Month:

- Hi Neighbor Month
- National Stress Free Family Holiday Month
- Read a New Book Month
- Safe Toy & Gift Month
- Universal Human Rights Month
- -Safe Toy & Gift Month

Weekly Celebrations:

- Recipe Greetings For The Holidays Week: 7-11
- Human Rights Week: 10-17
- Gluten-free Baking Week: 13-19
- Christmas Bird Count Week: 14-1/5
- Kwanzaa: 26-1/1

BECAUSE THIS HAPPENS EVERY DECEMBER...

If you are CHRISTIAN, feel free to wish me a **Merry Christmas**.

If you are JEWISH, feel free to wish me a **Happy Hanukkah**.

If you are PAGAN, feel free to wish me a **Blessed Solstice/Yule**.

If you are BUDDHIST, feel free to wish me a **Happy Bodhi Day**.

If you are HINDU, (depending on season) feel free to wish me **Karthikai Deepam**.

If you choose to celebrate, feel free to wish me **Happy Kwanzaa**.

If you are multi-faith, feel free to wish me a **Happy Holidays**.

If you do not profess a faith, feel free to just say *Hello*.

(If I missed one, please let me know and I will update)

There is **NO SINGULAR** 'reason for the season'. **Many** religions have holy days during this time. **Many** religions borrow traditions from faiths older than them. **Learning** about your religion and how it came to fall during this time of the calendar will help you **appreciate** others' faith. **Stop** pretending there is a war on your faith when many religions have had holy days during this time that are much older than yours. **Celebrate** your day, and let others **celebrate** theirs.

@MrsSheaWong



The New Heights Show on Education

LIVE Internet radio program

Join Host Briana Dincher

Friday 4:30 pm - 5:00pm



As she explores a new topic on education every week





A Christmas gift

A Hanukkah gift

Or

A Kwanza gift.

It's The perfect gift!



What's Your ELF Name?

Your ELF First Name is The First Letter of Your First Name:

A- Perky	I- Kringle	O- Elfie	U- Peaches
B- Nipper	J- Puddin	P- Jingle	V- Gingerbread
C- Bubbles	K- Cookie	Q- Snowflake	W- Frisbee
D- Happy	L- Tinker	R- Jolly	X- Evergreen
E- Squeazy	M- Twinkle	S- Elvis	Y- Pinky
F- Sunny	N- Buddy	T- Sugarplum	Z- Tinsel
G- Merry			
H- Tootsie			

Your ELF Last Name is the Month You Were Born:

January- Angel-Pants	June- Toe-Bells	November- Sweet-Buns
February- Floppy-Foot	July- Superplum	December- Jazzy-Hands
March- Plum-Pants	August- Sugar-Socks	
April- McJingles	September- Pickle-Pants	
May- Peppermint	October- Sparkley-Toes	



Thank You & Goodbye

We would like to wish a Special Goodbye to Rivan Stinson after 1 ½ years as a Book Editor and Proofreader for NHEG.

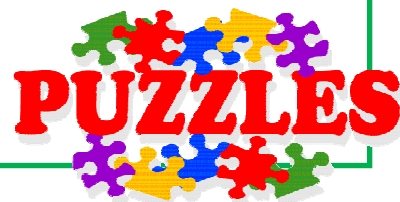


Christmas



Christmas or Christmas Day is an annual festival commemorating the birth of Jesus Christ, observed most commonly on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is prepared for by the season of Advent or Nativity Fast and is prolonged by the Octave of Christmas and further by the season of Christmastide. Christmas Day is a public holiday in many

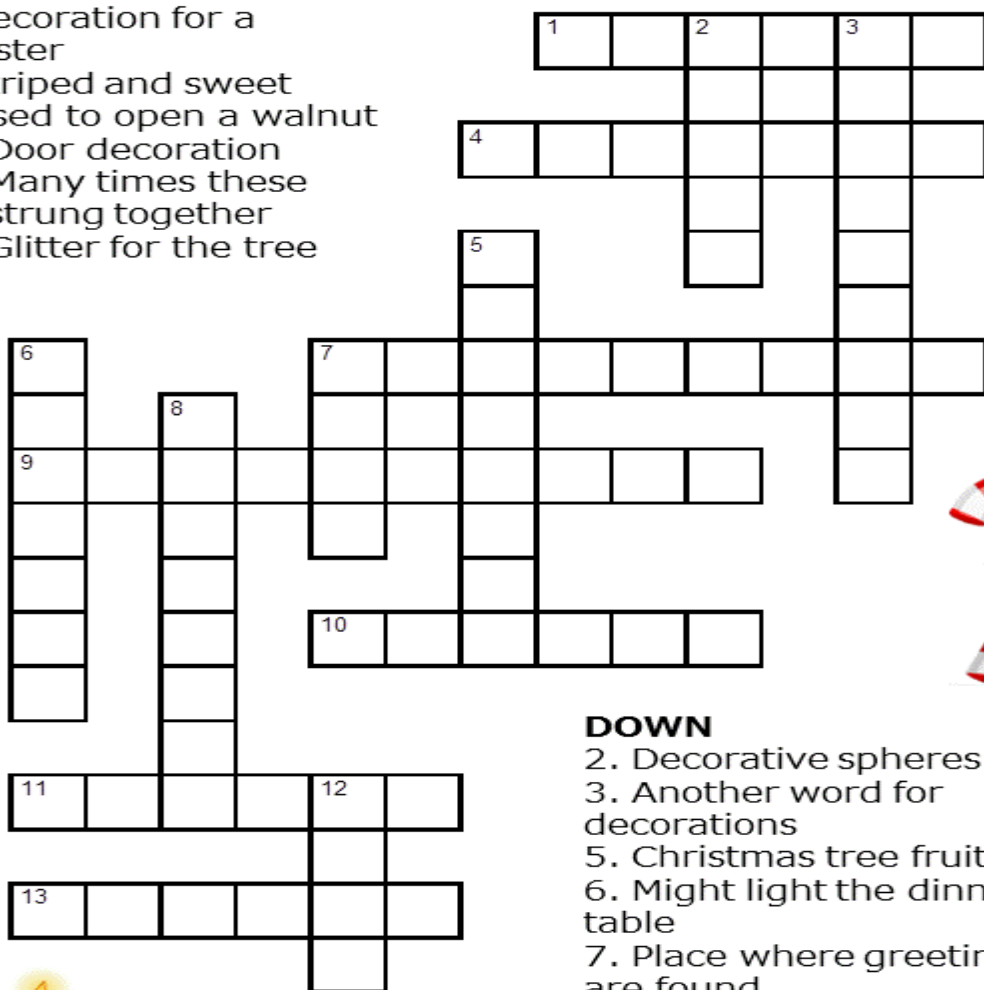
of the world's nations, is celebrated culturally by a large number of non-Christian people, and is an integral part of the Christmas and holiday season.



Christmas Decorating

ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine



Hannukah



Hanukkah, also known as the Festival of Lights and Feast of Dedication, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire of the 2nd century BC.

Hanukkah is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.

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Chanukah



Word Search

L	H	V	D	V	S	D	S	V	C	K	G	G	I	H
W	E	L	W	Z	R	E	Z	H	M	I	O	X	T	A
B	O	D	A	F	L	T	A	Q	L	S	B	A	A	R
A	C	T	I	D	P	N	H	G	I	L	T	Z	J	O
R	H	D	N	E	U	Y	E	G	O	E	K	B	N	N
O	A	A	D	K	R	W	H	B	I	V	O	B	K	E
S	C	Z	A	B	P	D	U	Q	H	E	A	N	V	M
S	C	H	S	J	C	R	L	J	M	O	O	P	F	H
T	C	V	P	W	V	R	A	H	K	Y	O	D	H	P
C	W	X	F	U	M	G	A	Y	D	K	C	E	A	S
A	G	Q	Y	O	F	D	J	Q	E	G	B	P	M	C
R	A	D	N	E	L	A	C	M	I	R	A	C	L	E
T	T	O	I	Q	I	B	N	O	E	O	S	U	H	O
Y	X	R	R	F	Q	E	J	W	R	P	F	N	T	H
T	G	P	R	E	O	F	F	S	N	I	O	C	K	R

CALENDAR
CANDLES
CHANUKAH
COINS
DREIDEL
EIGHT

HEBREW
KISLEV
MENORAH
MIRACLE
OIL
PRAYERS

Kwanzaa



Kwanzaa is a week-long celebration held in the United States and in other nations of the Western African diaspora in the Americas. The celebration honors African heritage in African-American culture, and is observed from December 26 to January 1, culminating in a feast and gift-giving. Kwanzaa has seven core principles. It was created by Maulana Karenga, and was first celebrated in 1966–67.

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Alphabet Soup

Each line of the puzzle has one word hidden in a list of random letters. The blank space is a missing letter that belongs to that word. Decide what word is hidden in the letters and write in the space the missing letter. A word bank has been provided. Each word in the word bank appears somewhere in the puzzle.

1.	m	q	g	d	A	f		i	c	a	d	r	a
2.	w	b	w	c	e	m		r	t	x	w	o	i
3.	l	i	u	v	w	v		o	o	d	j	u	r
4.	l	d	v	g	h	o		e	t	j	r	t	y
5.	g	y	h	c	g	r		e	n	k	e	r	i
6.	n	a	s	e	v	e		c	s	u	c	x	e
7.	i	b	p	w	h	h		r	v	e	s	t	s
8.	t	c	u	l	t	u		e	o	j	b	h	t
9.	g	b	t	c	q	f		u	i	t	s	x	c
10.	n	d	r	a	u	j		y	o	z	i	i	b

1. African continent.
2. Creation of beautiful things.
3. Not bad.
4. To wish for something to happen or be true.
5. One of the traditional colors of Kwanzaa.
6. The number of principles of Kwanzaa.
7. To gather in the crop.
8. Our traditions.
9. The produce of plants.
10. Happiness

culture
joy
hope

seven
art
fruits

Africa
green

harvest
good

Holiday Gift Ideas for Kids with Special Needs



Shopping for a Child with Special Needs or a Neurobehavioral Disorder like ADHD, Dyslexia or Sensory Processing Disorder? Take a Look at these Great Gift Ideas!

Holiday shopping for a child with special needs can be an overwhelming task. If you already know the child, think about what would appeal to them the most. Would they like a hands on, quiet activity like a wooden puzzle or do they prefer more active play on a swing or trampoline? The following gift ideas will help you to select a perfect gift for a child with sensory sensitivities or other learning and behavioral challenges.

Holiday Gifts for Children with Sensory Sensitivities

If your child has sensory problems, it is critical to stay ahead of known triggers to minimize meltdowns. There are a number of products available that can help to temper a child's response to sensory triggers. Weighted blankets, swing chairs, chewelry, fidget toys and essential oils that calm the nervous system are all great gift options for a sensory sensitive child. Montessori toys are also a great option if you're looking for a toy that doesn't include sensory overloading features like loud music and flashing lights.

A balance bike is a great option for a child still learning to ride a bike and will help to encourage active play and promote vestibular balance.

Beading and lacing kits are great for a child who prefers quiet activities and will help to enhance fine motor skills at the same time.

Holiday Gifts for Children with Dyslexia

Young kids with dyslexia may get a head start on learning about letters and numbers by playing basic games like Scrabble or Boggle that make learning fun. Make sure you choose a toy that matches the child's development. If it's too simple or advanced, they may lose interest quickly.

The Phonics Firefly uses lights and sounds to keep children focused on learning how each letter in the alphabet sounds. It includes seven modes that offer unique challenges, quizzes to reinforce learning, and a memory pre-loaded with nearly every three-letter word in English. The See & Spell Learning Toy is a wooden puzzle that helps children develop word and sound recognition by arranging over 60 letters into cutout boards. During each round, the child chooses letters that match the name of an object. They then drop the letters into cutout sections designed to encourage correct answers.

Holiday Gifts for Children with ADHD

Children with ADD or ADHD may find it difficult to concentrate on difficult tasks for very long. Since they may seem hyperactive and unable to focus, you may want to choose holiday gifts like puzzles, maze books and board games, intended to encourage staying on task and promote positive behaviors.

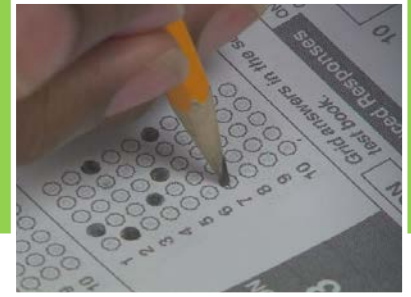
The Tangle Jr. is a great toy for keeping hands busy, and continuously stays tangled even while moving the pieces easily. It also comes in a variety of textures that keep the toy novel. Parents who have kids with ADD or ADHD can use these small, simple toys to keep children occupied and help them stay focused.

These gift ideas cover a lot of areas to meet the preferences of kids with learning and behavioral challenges. You can also search for toys that use similar strategies to help children learn effectively. Products that encourage fine motor development, active play, and that promote math and reading development are typically the best choices when shopping for holiday gifts for children with neurobehavioral disorders. Avoid anything that involves additional screen time or that involves distracting lights and sounds.

Want more gift ideas? Check out our “Holiday Gifts for Children with Neurobehavioral Disorders” Pinterest Board!

Common Core Report

School Psychologists: Common Core is giving kids anxiety



ALBANY, NY--- State tests are the ones that are stressing kids out, school psychologists in New York said. About three-quarters of school psychologists from among the state's nearly 700 school districts said state tests are causing greater anxiety than local assessments, a survey released Friday by the state School Boards Association and the state Association of School Psychologists found.

The anxiety hasn't, for the most part, led to physical ailments, the school psychologists said, but the new Common Core testing has translated into students feeling more stressed.

"This report should make all education stakeholders – from state policymakers to local teachers to parents – aware of the profound impact that they can have, both positive and negative, on student test anxiety," Timothy Kremer, executive director of the School Boards Association, said in a statement.

Six in 10 school psychologists said the Common Core learning standards, which includes state exams for students in third through eighth grades each April, has increased students' anxiety.

The report contended that the test anxiety is more common at the elementary-school level, saying students more often showed "internalized" symptoms such as excessive worry and withdrawal rather than demonstrating "externalized" symptoms, such as increased irritability, frustration and acting out.

Maybe school psychologists have problems with answering questions, too. The school groups asked 1,672 school psychologists to respond to the survey, but just 13 percent responded.

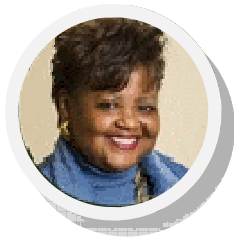
The report is the latest in recent days to analyze the impact of the Common Core testing, which started in 2013, and has drawn widespread criticism from parents, teachers and students.

A report released Thursday by state Council of School Superintendents showed that superintendents largely agreed that the Common Core tests can be improved, but said the standards are having a positive impact on education. The state Education Department and Gov. Andrew Cuomo have convened separate panels to figure how to improve the Common

Core testing and teacher evaluations, which are based in part on student performance. In April, 20 percent of students opted out of the tests. School psychologists said the report hopefully will offer tips to parents, teachers and students on how to deal with stress about testing.

For example, nearly 90 percent of school psychologists who responded to the survey believed that teachers' expectations contributed at least somewhat to test anxiety. Eighty-eight percent said that parents' expectations also contributed to students' stress.





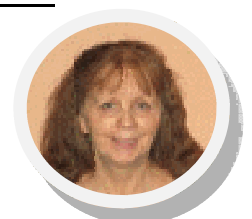
Charlotte McGuire



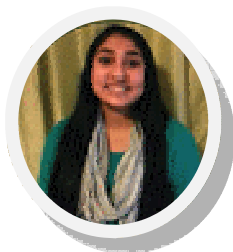
Maria Ortiz



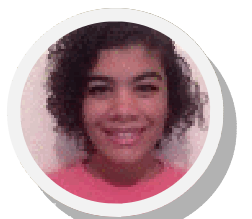
Briana Dincher



Kathy Woodring



Sadia Ejaz



Kaden Behan



Pamela Clark



Shannon Williams



The Voices of
NHEG

New Volunteers



Morton Stern
11/6/15
Online tutor
Math Tutor / document preparation
Math thru Algebra 1 / Basic Science
Illinois

Priscilena Shearon
10/13/15
Curriculum Reviewer
Online Class Monitor
TN

Michael Woods
11/10/15
Grant Writer
Ohio

Mieka A. Bourne
11/16/15
HR Coordinator
GA

Anuja Jose 11/23/15
PDF Presenter and Virtual Meeting
Builder
MI

Bradley Williams
11/23/15

Grant writer
IN

Pamela Nesdore
12/1/15
NHEG National Student Leadership
Councils Assistant to Director
OH

Samantha Cowan
12/3/15
Social Media/Marketing/Technology
California

Thank You Volunteers

To make a
difference in
someone's life,
you don't have to be
brilliant, rich, beautiful
or perfect.
You just have to **care.**

having a
POSITIVE
IMPACT
on your *community*

BETHE
CHANGE
YOU WISH TO SEE IN
THE WORLD
-MAHATMA GANDHI

Ever Dream of having you own Radio Show . . .

New Heights Educational Group is a Resource and Literacy Center based in Defiance, Ohio. We share a concern with families having access to information for those with special needs, including the topic of Autism.

We offer live internet radio shows to discuss various educational topics and we are looking for a **VOLUNTEER** to host a half-hour radio show on special needs once a week. We would give the necessary training and the volunteer can choose the time of the show on Tuesday, Wednesday, or Saturday. This show would keep all listeners up to date on anything to do with Autism and other special needs. This will include discoveries in medical fields. Anyone interested in applying please email us at NewHeightsEducation@yahoo.com or call 419-786-0247 for more info.



Tutors and/or teachers are needed. We are in desperate need of volunteer and paid tutors and/or teachers in Defiance County. Anyone that would like to volunteer should contact us directly. We currently need reading tutors and a volunteer speech therapist; however you can apply to teach or tutor in any Subject, or grade level.



Tutors and/or Teachers Needed



NAME THAT CHRISTMAS CAROL



	CLUE	ANSWER
1	Quadruped with Crimson Proboscis	
2	Eight P.M. to Six A.M. without Noise	
3	Minuscule Hamlet in the Near East	
4	Ancient Benevolent Despot	
5	Exuberance Directed to the Planet	
6	Listen, Aerial Spirits Announcing	
7	Trio of Monarchs	
8	Yonder in the Hay Rack	
9	Cherubim Audited from Aloft	
10	Assemble, Everyone Who Believes	
11	Hollowed Post Meridian	
12	Fantasia of a Colorless December 25	
13	A Dozen Twenty-four Hour Yule Periods	
14	Befell During the Transparent Bewitching Hour	
15	Homo Sapient of Crystallized Vapor	
16	Desire a Pair of Incisors on December 25	
17	I Spied My Maternal Parent Osculating	
18	Perambulating Through A December Solstice Fantasy	
19	Adorn the vestibule	
20	Tin tintinnabulums	



ANSWERS ON NEXT TO LAST PAGE

A Recipe Selected Just for You

Recipe

Holly Crackles



Ingredients

- 1/2 cup (1 stick) butter
- 30 large marshmallows (a 10-ounce bag contains 38 to 40)
- 1 to 1-1/2 teaspoons green food color
- 1 1/2 teaspoons vanilla extract
- 4 cups cornflakes cereal



Directions

1. In a medium saucepan, melt butter and marshmallows over medium-low heat, stirring constantly.
2. When melted, remove from heat and stir in 1 teaspoon food color and the vanilla. Add More food color, if desired. Stir in cornflakes.
3. Drop mixture, 1 tablespoon at a time, onto

Need a star entry for your holiday cookie platter? Add some holiday cookie cheer with our Holly Crackles. They're bite-sized wreath-shaped

Upcoming NHEG event
National School Choice Week Celebration and
potluck

Saturday, January 23, 2015

4:00 p.m.—8:00 p.m.

Where: (to be announced)

Defiance, Ohio 43512

Please join us as we discuss educational choices and
topics, and how you can make a difference in your
community. Please bring a gluten-free and nut-free
dish and dessert to share. If your dish isn't gluten
free please label it.

For reference: <http://schoolchoiceweek.com/>

RSVP ASAP by

mailing NewHeightsEducation@yahoo.com

or



Go to izzit.org and receive one free DVD per year
obligation to buy anything. *Ever.*

What's the catch?

There is no catch... read our [FAQ](#).


<http://izzit.org/>

Before you choose visit our site to see what we
already have a available for you to order.

www.newheightseducation.org/vhs-and-dvds.html

FROM THE DESK OF

Santa Claus



What a great organization!
Santa

For Immediate Release:
New Heights Educational Group, Inc.
HONORED AS 2015 TOP-RATED NONPROFIT

GreatNonprofits.org Award is based on Positive Online Reviews

Defiance, Ohio 11/2/15

New Heights Educational Group announced today that it has been honored with a prestigious 2015 Top-Rated Award by Great Nonprofits, the leading provider of user reviews about nonprofit organizations.

“We are excited to be named a Top-Rated 2015 Nonprofit”, says Pamela Clark, Executive Director of the NHEG. We are proud of our accomplishments this year, including expanding our online classes, new partnerships, and expanding our internet radio show. The Top-Rated Nonprofit award was based on the large number of positive reviews that NHEG received

13 reviews and 5 star review average these were written by volunteers and clients. People posted their personal experience with the nonprofit.

For example:

One person wrote, New Heights is an exceptional organization to volunteer for. I have been a volunteer for about seven months now and it is a highly rewarding place to be. The organization is always growing and evolving their thoughts for continuous improvement. Volunteers are encouraged and listened to. The leadership of Mrs. Clark is exemplary and all volunteers are appreciated. The mission of the company really makes you feel like you're making a difference.

And a student wrote,

Hello, my name is Kathyne and I am a home schooler. New Heights Educational Group sent me these tutors Sue Sidaway, Vanh Vue, and Heather Ruggiero to help me in math and science. I just want to take some time and thank them for their help. Sue Sidaway and Heather Ruggiero have helped me so much in math I'm actually enjoying and understanding it better. Vanh Vue has helped me understand science by breaking it down for me piece by piece. I'm learning new concepts because I can now understand and I'm making connections to real life scenarios.

While the Top-Rated Awards run through the end of October, NHEG was part of the inaugural group to qualify for the year. In addition, we'll been added to GreatNonprofits #GivingTuesday Guide “Savvy donors want to see the impact of their donations more than ever,” said Perla Ni, CEO of GreatNonprofits, “People with direct experience with NHEG have voted that the organization is making a real difference.” Being on the Top-Rated list gives donors and volunteers more confidence that this is a credible organization. The reviews by volunteers, clients show the on-the-ground results of this nonprofit. This award is a form of recognition by the community.

Visit them online at www.NewHeightsEducation.org

or email us NewHeightsEducation@yahoo.com or call 419-786-0247

www.greatnonprofits.org for more information.



... THE NORTH POLE ...

To Be a Volunteer



To be a volunteer, it takes...

Generosity, a willingness to give your time to others

Understanding, because their lives might be very different from your own

Empathy, an ability to put yourself in someone else's shoes and feel what they

m u s t f e e l

Compassion, to truly care about making someone else's life better

Patience, because the process doesn't always go as smoothly as it might

Dedication, to stick with the project and see it through

You've shown these qualities and so much more, so thank you for all that you do.

Thank you!

*Donations
are greatly
Appreciated!*

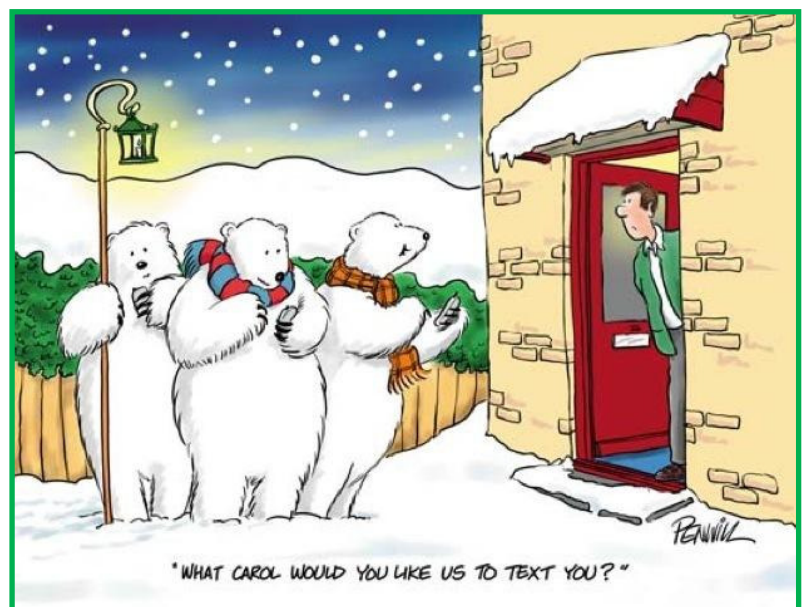


We are a nonprofit organization, supported primarily by donations. To keep NEGH alive and to keep it improving, we need your help! Anything you can give will make a huge difference.

Thank you.



Laugh
Out
Loud



The New Heights Show on Education

LIVE Internet radio program & EST Hours



As they explore a new topic on education every week

Missed a show? Check out past shows here:

<http://www.newheightseducation.org/briana-dincher.html>

<http://www.newheightseducation.org/kathy-woodring.html>

As they explore a new topic on education every week. . .

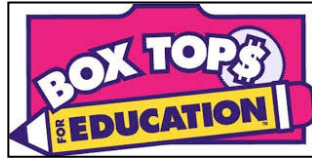
GREATNONPROFITS 2015 TOP-RATED AWARDS

On Monday, November 2, 2015 1:01 PM, GreatNonprofits notified NHEG that It's official. NEW HEIGHTS EDUCATIONAL GROUP is on the 2015 Top-Rated List. Congrats! You've got 13 and a 5 review average. If you haven't already done so, share the final news below. You'll also be listed in our #GivingTuesday guide.



Help us Reach Our Fund-raising Goals

Please collect the following items and share with NHEG to help us reach our fundraising goals.



TerraCycle

Outsmart Waste

Cell Phone Brigade®

E-Waste Brigade®

Inkjet Brigade®

Laptop Brigade®



[DONATE YOUR OLD CAR, BOAT OR RV](#) [Make a Car Donation](#) | [Make a Difference](#)

Call 1-800-240-0160 and a friendly car donation specialist will schedule your pick-up appointment.

A public charity 501 (c) (3) non-profit organization

You're invited to participate in...

Career Day Friday, December 11, 2015

Career Day is an *annual* half-day event intended to provide 11th grade students in Northwest Ohio an opportunity to explore 38 college and career-related sessions. Career Day differs from a traditional career fair by offering information through sessions, rather than by booths or exhibits. Our job is to encourage professionals to develop seminars highlighting career interests indicated on student surveys. Students register in advance and attend three different career sessions led by area professionals on Career Day, each lasting approximately 30 minutes.

Career Day sessions provide an opportunity for Northwest Ohio students to learn about the education and skills needed to enter and be successful in a specific career and/or industry from professionals first hand. Presenters are encouraged to discuss their own level of education, the skills they use regularly on the job, an overview of their typical day, and provide time for questions and answers.

Career Day Agenda (Outline)

9:15 – 9:30 a.m. - Bus Arrival

9:45 a.m. - Students may exit their busses

9:45 a.m. - Guidance Counselors to Reed Hall & Bus Drivers to Galvin Hall

10:00 – 10:30 a.m. - Session #1

10:40 – 11:10 a.m. - Session #2

11:20 – 11:50 a.m. - Session #3

11:50 a.m. - Sessions conclude, students depart

Our hope is that you and your students' plan to attend Career Day. **Please submit your guidance counselor information sheet and students' registration forms to Career Services by Friday, November 6, 2015.** A confirmation email will be sent to you once we receive your registration forms. Please watch for the confirmation e-mail as it may be in either your inbox or junk e-mail folder.

Career Day is coordinated by Career Services at Rhodes State College. If you have any questions, please do not hesitate to contact our office at (419) 995-8352 or careerservices@rhodesstate.edu.



The New Heights Show on Education

LIVE Internet radio program

Join Host Kathy Woodring
Sundays 11:00 pm - 11:30 pm

As she explores a new topic in American History every month







#GivingTime

Join @VolunteerMatch &
 @GivingTues for a
 Twitter chat about
 #GivingTime

November 24, 2015
 3 p.m. EST/
 12 p.m. PST

[#GivingTuesday](#), a global day dedicated to giving back, will take place on Tuesday, December 1st. And whether you're an individual looking to help your community or a nonprofit engaging volunteers, volunteering can fit into, and enhance, your #GivingTuesday plans.

The Holidays With ADHD Children



[Allan Schwartz, LCSW, Ph.D.](#)

"Tis the season to be jolly..." is one of the favorite Christmas Carols. Children are home from school, families will either visit loved ones or will have relative visit their home. There is lots of leisure time. It would seem that free time from work and school is ideal. Everyone is at home or visiting relatives, the fireplace is going, its a warm, cozy and loving period of time.

In reality, holidays and vacations, when schools are closed and the children have lots of free time at home, is extremely difficult for those parents with children who have ADHD. Rather than feeling "jolly," these parents feel anticipatory dread at the thought of their children being out of control. Of course, most families become somewhat apprehensive about what to do with the children when schools are closed.

A complicating factor for parents with ADHD children is that they too may suffer from the same disorder. It is easy for adults with ADHD to experience feeling overwhelmed and irritable and short tempered at this time of year. This is due to the fact that holiday time often feels disruptive to the familiar and well established daily routines.

Can Chaos be Avoided?

Even if you are a parent with ADHD and your children share the disorder, it is possible to reduce stress during holiday time. Here are some ideas.

Ideas for Reducing Problems:

1. It is important for all children to fit into a routine type of schedule. With ADHD this is even more important. During the Holidays, it is important for parents and children to adhere to a similar type of schedule that they are accustomed to during the work week.
2. Adhering to a regular schedule means continuing to have three meals per day and to eat the proper foods.
3. Maintaining structured activities are important for ADHD children so as to avoid leisure time that they find boring and an invitation to get into trouble. As much as possible, plans should be made with children and prior to the holidays as to the types of things they want to do.
4. When either visiting relative and friends or remaining at home to entertain guests, standards of good conduct should be reviewed with the children. It is always a good idea to have a list of rules and regulations posted on an erasure board with a column for rewards, in order to reinforce the behaviors that are agreed upon that are necessary. This may include everything from having the children make their beds to avoid yelling and getting "out of control."
5. Holiday does not mean a holiday from medication. If children are taking stimulant medication that is working to control Hyperactivity and improve focused attention, they will need that medication during the week off for Christmas vacation. They are being called upon to be social with visiting friends and relatives and to behave properly now even though they are not in school.
6. When making plans for the Holidays, it is not only the children who should be included. Too many marriages are strained because of the stress of handling ADHD children. I have read estimates that 23% of marriages end in divorce when there are children with this disorder. Therefore, it essential that parents communicate with one another and have their input with regard to planning.
7. In fact, it is important for parents to find time to be alone with one another during this season. Baby sitters or visiting relatives can and should be asked to supervise the kids while parents take an afternoon, evening or entire day off for one another.

The Holidays With ADHD Children

CONTINUED FROM PREV PAGE

8. All that is being suggested here includes parents with Adult ADHD. This is not an easy task and that is why spouses need to work jointly to accomplish the mission of getting through the season with a minimum of disruption.

9. Whether the parents have ADHD or not, it is important to find time to destress by getting plenty of exercise, meditating and finding some leisure time.

10. During the Holiday Season, children also need time for plenty of exercise. This holds true for all children but particularly for those with ADHD. Exercise helps them calm their impulsiveness and Hyperactivity.

11. Just as its necessary for parents to find time for one another and each for his or her self, it is also vital that each child be given private time. Children need attention, warmth and love and this is even more true for these disordered children. Discuss the options with the children but, however you do it, make certain they get lots of personal and positive attention.

This is just a partial list of tips for parents of ADHD children. Each parent and couple needs to find strategies that work for them.

Regardless of how you plan your holidays, the key word here is PLAN. Unstructured time is the enemy for all children and families. It is more of an enemy when you and your child have ADHD.

Have a wonderful Holiday Season, as free of stress as possible.

Your comments and suggestions are welcome.

Allan N. Schwartz, PhD.



Did You Know

Interactive Classes – HAVE ARRIVED and are being added to NHEG site on an ongoing basis. Please visit our site often for updates

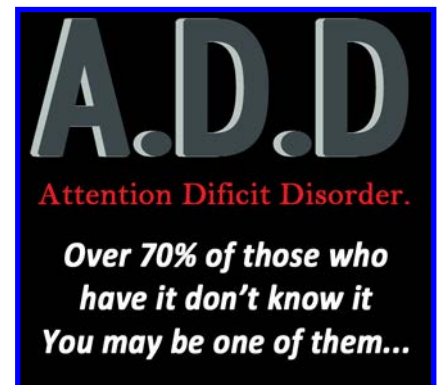
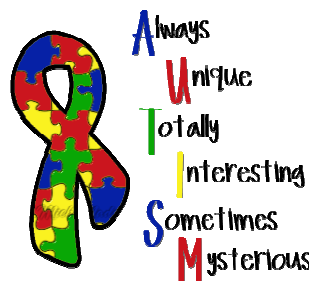
ADULT LITERACY

NHEG Can Help!

We Need Help

WE NEED MORE TUTORS/ TEACHERS in person and online.

Please Reach out to us if you can help.





**Do you have a student that loves making a difference,
loves sports and dreams of meeting athletes?**

New Heights Educational Group in partnering with the 2nd and 7 Foundation to participate in The Reading Program. The Reading Program's promotes literacy, promotes reading and encourages young athletes in the community to pay it forward. 2nd and 7 serves schools with economically disadvantaged kids and communities.

Together we can "Tackle Illiteracy."

Student Athletes volunteering as 2nd and 7 Ambassadors and NHEG must be at least 14 years old and live in the Defiance Area. The Ambassador contacts local principals, 2nd grade teachers and parents, libraries and community service organizations, to set up visits between them and local and national athletes.

For more information contact:



419-786-0247



NewHeightsEducation@yahoo.com



www.secondandseven.com



New Heights Educational Group
Educational Resources to Help You Reach Your Goals



LitPick, formerly Flamingnet Student Book Reviews, was named a Best Website for Teaching & Learning by the American Association of School Librarians (AASL), a division of the American Library Association.

Please tell your students about our unique FREE online reading and writing program where they can earn Amazon.com gift certificates for their book reviews.

[Learn more about LitPick at https://youtu.be/hqHaqRES04c](https://youtu.be/hqHaqRES04c)

Sign up your students as LitPick Student Book Reviewers and your library or school will also obtain free access to all our student book reviews for use on your website, in your newsletters, or in other school or library publications.

Please visit our site and Contact Us for information on how to sign your students up as LitPick student book reviewers and how to obtain our reviews.



Sponsored by



Plan for College
by Sallie Mae®

Welcome to the Make College Happen Challenge

Contest Overview

What:

Students are challenged to creatively answer the question, *How do you plan to pay for college?*"
Entries can be in the form of a video, photo, essay, song, or poem (be creative!).

Who:

Students who are at least 14 and not older than 18 at the time of entry.

When:

The contest launches October 15, 2015 at noon (12:00 p.m.)
and ends December 15, 2015 at 5:00 p.m. (ET).

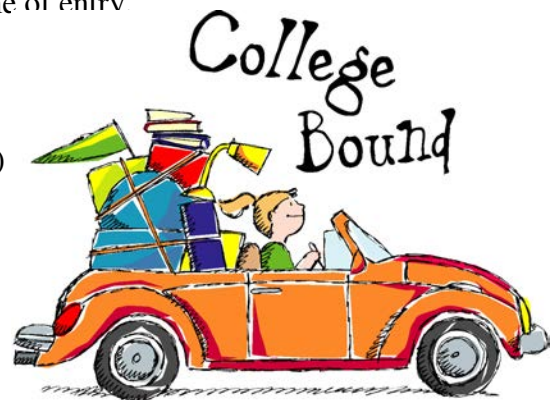
Prizes:

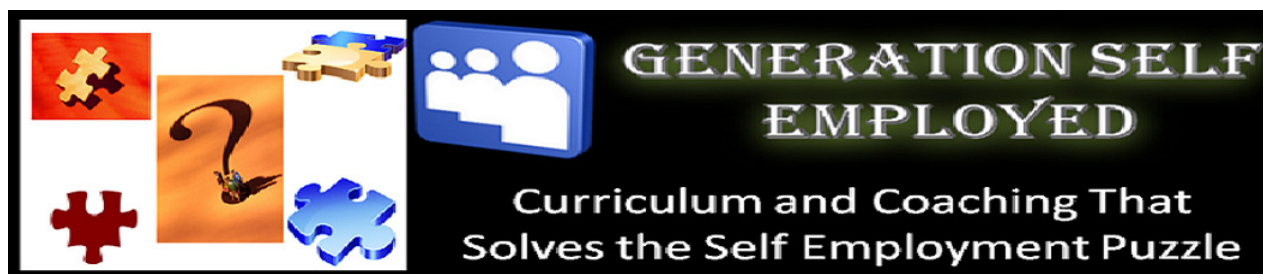
1st Place: \$10,000

2nd Place: \$5,000

3rd Place: \$2,500

7 Finalists not in the top 3: \$1,000 each





If there is one thing that an entrepreneur brings to the table that no one else brings, it's vision. Without a clear sense of where one is going, and an understanding of how to organize people, resources, and money to get a business off the ground, nothing happens. Nothing.

Vision is important. But vision isn't enough. It's the entrepreneur's responsibility to establish and execute business strategy with energy.



NHEG is now affiliated with
Generationsselfemployed.zenler.com to offer
 business classes in the near future. Stay tuned for
 class links!



NAME THAT CHRISTMAS CAROL ANSWERS

1. Rudolph the red-nosed reindeer
2. Silent night
3. Oh little town of Bethlehem
4. Good king Wenceslas
5. Joy to the world
6. Hark the herald angels sing
7. We three kings
8. Away in a manger
9. Angels we have heard on high
10. Oh come all ye faithful
11. Oh holy night
12. I'm dreaming of a white Christmas
13. The twelve days of Christmas
14. It came upon a midnight clear
15. Frosty the snowman
16. All I want for Christmas is my two front teeth
17. I saw mommy kissing Santa Claus
18. Walking in a winter wonderland
19. Deck the halls
20. Silver bells

During this season of giving, we give thanks to people like you who give so much all year round. Season's greetings from Pamela Clark, and the Board of Directors (Maggie Spangler, Kathy Bergman and Bill Naugle)



**Our Volunteers span the world and so
do our wishes for the Seasons Best**

Merry Christmas

Afrikaans: *Gesëende Kersfees*

Czech: *Prejeme Vam Vesele Vanoce a
stastny Novy Rok*

Danish: *Glædelig Jul*

Esperanto: *Gajan Kristnaskon*

Finnish: *Hyvää Joulua*

French: *Joyeux Noël*

German: *Froehliche Weihnachten*

Greek: *Kala Christouyenna*

Hawaiian: *Mele Kalikimaka*

Hindi: *Bada Din Mubarak Ho*

Icelandic: *Gledileg Jol*

Irish: *Nollaig Shona Dhuit*

Italian: *Buon Natale*

Japanese: *Shinnen omedeto.*

Korean: *Sung Tan Chuk Ha*

Latin: *Natale hilare*

Lithuanian: *Linksmu Kaledu*

Maori: *Meri Kirihimete*

Norwegian: *God Jul*

Polish: *Wesolych Swiat Bozego
Narodzenia*

Portuguese: *Feliz Natal*

Russian: *Srozhdествm Kristovim*

Spanish: *Feliz Navidad*

Swahili: *Kuwa na Krismasi njema*