



Newsletter

www.scccbd.com

December 2009

A Message from your President...

"I need to wait until things settle down at school before I can start a new project."

"I'll wait until my kids get a little older to go back to school."

"I'll try that new idea after the new year."

The truth is that it's hard to find the time, energy, and commitment to start something new. Is there ever a perfect time to start? Sometimes I feel like I'll never catch up with all my job requirements. Have you ever felt that way? It's so easy to get overwhelmed. So I'll share some advice I've gotten from CCBBD friends over the years.

*You're not behind! Just start where you are. It's amazing how much you can accomplish in as little as 15 minutes. Take baby steps and any task will become more manageable.

*Turn off the TV, radio, and cell phone. Devote yourself 100% to the task you're working on.

*Surround yourself by other hard-working people who share your same passion. You'll feed off of their energy and accomplish more than you could ever imagine.

*Ask for help. You'll find that your friends, colleagues, and family members are probably willing to lend a hand to help lighten your load.

*Change the way you think about your "To-Do" list. Instead of complaining, "I *have* to finish X, Y, and Z," try saying, "I *get* to make a difference by accomplishing X, Y, and Z."

*Let go of the perfectionist voice in your head. Sometimes we actually use that as an excuse not to get started on a project. Instead, tell yourself that you'll do a great job on whatever it is that you need to do.

So, don't wait another minute! It's always the right time to make a difference in the lives of the students we serve. It may be planning their lessons, listening to their concerns, or writing their IEPs. Do it with gusto! And I'm positive that your new and improved attitude toward your work will be contagious!

Jill Chapman

Current SC CCBBD Officers...

Jill T. Chapman, President, chapmanjt@earthlink.net

Mitch Yell, President Elect, myell@sc.edu

Nancy Johnson, Interim Vice President, nancyjohnsonphd@live.com

Sandy Simpson, Treasurer, Sandysimpson.home@yahoo.com

Amy Ostrom, Interim Secretary, bikersangel33@yahoo.com

Mike Paget, SC Department of Education Liaison, mpaget@ed.sc.gov

SCCCBD is looking for future leaders!

Nominations are needed for the following offices:

Secretary

Vice President

The office of **Secretary** is a two year commitment. The secretary takes minutes at each meeting, sends important reminders to the Executive Committee, and maintains archival records.

The office of **Vice-President** is a four year commitment. The Vice-President transitions into the offices of President-Elect, President, and Past-President. You can read all about the specific duties in our current constitution. **Important to Note:**

*Elections will be held at the General SC CCBBD Membership **meeting** at the Annual SC CEC Conference in Myrtle Beach. This meeting will be during the lunch break on Friday, February 26, 2010. Check the conference program for specific the time and room location.

*Anyone interested in running for an office should express their intent by

January 15, 2010. Send your nomination to Jill Chapman at chapmanjt@earthlink.net or call 803-749-8187.



SC CCBBD Teacher of the Year...

SC CCBBD is seeking nominations for its Teacher of the Year Award. South Carolina has many outstanding teachers of students with Emotional Disabilities and we want to give you the opportunity to nominate someone for this honor.

Who may be nominated? Current members of SC CCBBD who teach students with Emotional Disabilities are eligible for this award. The award includes **recognition** at the SC CEC conference in February and an **honorarium**.

Nominations must be received by January 15, 2010.

Send nominations by email or fax to Mitch Yell at:

myell@sc.edu

Fax 803-777-2824

TIME FOR AN UPDATE!...

It's time to update the SC CCBBD constitution. Our current copy of the constitution needs to be revised so that the term of secretary is listed as a two year term.

Read over the current constitution that is posted on our website to decide if you think any other items need to be updated.

Send all requests to Antonis Katsiyannis at 864-656-5114 or Jill Chapman at chapmanjt@earthlink.net

Visit our website to download all award and grant applications.
www.scccbd.com

The SC Council for Children with Behavioral Disorders...

is proud to offer **two** amazing professional development opportunities:

Session One - "Seclusion and Restraint: Guidelines from the SC Department of Education to Keep Everyone Safe, Sound... and Legal"

AND

Session Two – "Behavior & Progress Monitoring: Purposes, Methods and Challenges"

Can't choose just one? Attend both at a discounted rate!

February 25, 2010

Sheraton Myrtle Beach Convention Center Hotel

Session One - 9:00 to 12:00

Session Two - 1:30 to 4:30

Register early to guarantee your seat at one or both of these sessions.

On-site registration is available if space is available.

Don't wait! Register today!

\$30 for one session

\$50 for both sessions

SC Council for Children with Behavioral Disorders

\$500 ARTIST-IN-THE-CLASSROOM Grant

Invite an artist Into Your Classroom!

Use the arts to enhance academics!



Here's How: Talk to your students about what kind of artist they'd like to work with for one day this school year. Then have the students write the proposal in their own words. It's that simple!

ELIGIBILITY The teacher must be a member of SC CCBD or have someone who is a member sponsor the project. Members of the Executive Committee are not eligible to apply.

Selection Criteria: Only complete applications will be considered for funding.

The class must contain students with Emotional/Behavioral Disabilities.

The teacher must be a member of SC CCBD or have someone who is a member sponsor the project.

Applications must be postmarked by January 15, 2010.

Responsibilities of the Recipient: The winning classroom will be required to submit photos of the event and write a short article about the experience to be included in the next SC CCBD newsletter. (The teacher is responsible for obtaining permission for students' pictures to be published in the SC CCBD newsletter and/or website.)

SC Council for Children with Behavioral Disorders

\$500 Instructional Mini-Grant Application

PURPOSE

The SC CCBD Instructional Mini-Grant was established to support efforts of direct services to children with Emotional/Behavioral Disabilities.

ELIGIBILITY

Any member of SC CCBD is eligible to apply for this grant. Members of the Executive Committee are not eligible to apply.

APPLICATION REQUIREMENTS

Only complete applications will be considered for funding. All applications must be post-marked by January 15, 2010.