

# NDVS/SB OUTREACH NEWSLETTER

*NDVS/SB provides individualized services and resources to infants, children, and adults with visual impairment to empower them in achieving their goals.*

## Greetings from sunny NDVS/SB!

Check out what the students who attended our summer programs were up to these past few months!



**Captions from Top Left:** The High Schoolers kayaked at the Larimore Dam. **Middle Left:** Elementary students climbed the spiderweb at Lindenwood Park in Fargo. **Bottom Left:** High Schoolers ate around the campfire. **Below:** Elementary students made everyone's favorite dessert (that'd be s'mores) one night. **Top Right:** Whynot Minot? The Middle Schoolers started their program at a Hot Tots game in Minot before heading north to Lake Metigoshe. **Bottom Right:** The middle school group had some great talks around the campfire outside their cabin at Camp Metigoshe.



# Mark Your Calendars!

Looking for a reason to celebrate, educate, and advocate? Here are some blindness-related dates to add to your calendar as the new school year approaches!

**September** - CVI Awareness Month

**September 16** - Usher Syndrome Awareness Day

**September 29** - World Deaf Day

**October 13** - World Sight Day

**October 15** - White Cane Safety Day/Blind Americans Safety Day

**December 3** - International Day of Persons with Disabilities

**December 10** - Human Rights Day

**January** - Glaucoma Awareness Month

**January 4** - World Braille Day (Louis Braille's birthday)

**February** - Low Vision Awareness Month

**April 30** - International Guide Dog Day

**May 15** - Global Accessibility Awareness Day

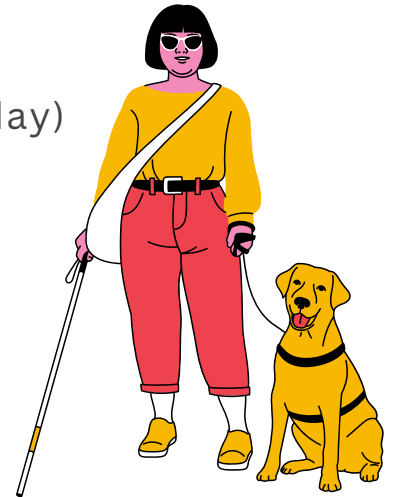
**June** - Deafblind Awareness Month

**June 13** - International Albinism Awareness Day

**June 27** - Helen Keller Day (her birthday)

**July** - Disability Pride Month

**July 26** - Americans with Disabilities Act Anniversary (1990)



## Tips for Back-to-School Success

- Meet your teachers ahead of time. This will ease your nerves and prevent some first-day jitters.
- If you're going to a new school, schedule a lesson with your O&M instructor before school starts or on the first day so you can learn your new routes.
- Make a plan with your parents and TVI about what assistive tech items you will need this year.
- Get organized! Track your homework and activities in a notebook or tactile calendar. Use color-coded folders or tactile labels for your different classes.
- Practice making new friends by role-playing social interactions with your parents or siblings.
- Be kind and have fun!

