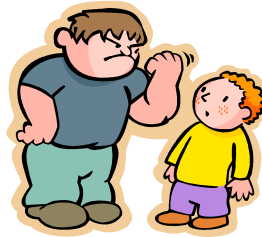


E-CONNECTOR

News from Colorado Parents of Blind Children (CO-POBC)

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BULLYING

On Saturday, October 27, 2012, the Colorado Parents of Blind Children held a seminar for parents called "Making Friends and Fitting In". One of the topics of discussion was bullying.

Here is a little bit of what we learned:

Bullying includes behaviors such as teasing, taunting, calling names, and physical assault. A bully is likely to pick on someone who is perceived as being weak, different in some way, and without peer support. Unfortunately, children with visual impairments may fall prey to bullying solely because they look or act different from their peers. What can we do to change this dynamic for our kids? We can change the perception of weakness by teaching our kids how to be confident and assertive. We

can minimize the perception of being different by making sure social skills and behaviors are age appropriate. We can ensure our kids have a peer support group by actively promoting friendships and getting children involved in group activities outside of school.

BUT...What if the bully doesn't go away? Here are some steps for parents to take:

Request corrective action, in writing, from school officials. Such letters can go to the teacher, guidance counselor, principal and any others who are in a position to intercede. Ask for a response in writing outlining the plan for putting an end to the harassment.

Use the IEP Process. Request a meeting to brainstorm about adding goals, objectives and services to the IEP that will fortify the child against being bullied. Some areas to consider include social skills work, self-advocacy skills, and coping strategies.

Work with your child at home to develop assertive body language (squared shoulders, straight back, head held erect)



Editor's Note: Please feel free to contact us if you have an announcement you would like included in the newsletter or if you would like to add a friend or family member to the e-mail list. Direct all communications to: copobc@gmail.com, attention Julie Hunter, editor

Visit us on Facebook:

<http://www.facebook.com/COPOBC>

and verbal assertiveness. Practice firmly saying “No” while shaking the head back and forth. Let the child know that it’s okay to tell an adult about the bullying. It’s not tattling.



BRAILLE READERS ARE LEADERS...New Concept Coming

This year marks the thirtieth anniversary of the K-12 Braille Readers Are Leaders program. To celebrate this milestone, the NFB is launching a new program...Braille Readers Are Leaders 360. The Braille Readers Are Leaders 360 (BRL360) will be the first-ever accessible online community for children who read Braille. Braille readers in kindergarten through twelfth grade will be able to share their literacy experience online with discussions about their favorite books, book trailers, live author chats, videos of themselves reading Braille, and much more! Continuing with the Braille Readers Are Leaders mission, BRL360 will promote a pride in Braille and a joy of reading among blind children all year long. The Web site is expected to go live later this fall. Stay tuned...



FREE CHILDREN'S CONCERT

The Littleton Symphony Orchestra is presenting a concert for kids. Here’s what they say: “This special concert is geared to our younger set and will feature a conducting lesson with Maestro de Lemos and an exciting tour through the sections and instruments of the orchestra with Britten's "Young Person's Guide to the Orchestra". Hear what the instruments of the orchestra sound like by themselves and the incredible sounds they make when they all play together! Bring the whole family! Kids will get a chance to try their hand at conducting. There will be drawings for special prizes and treats after the concert. And, of course there will be great music!”

Our very own vice president, Cynthia Davis, plays the violin in the orchestra! Her advice is to come early as this is a very popular event.

Saturday, November 17, 2012
Doors open at 2:00 PM -
Performance begins at 2:30 PM

Littleton United Methodist Church
5894 South Datura
Littleton, CO 80120



LEADING THE WAY TRIPS FOR TEENS

Raft the Grand Canyon or Trek to Machu Picchu

Leading the Way is a nationally-recognized leadership program offering travel, adventure and service opportunities to blind and sighted students ages 15-21. In the summer of 2013, teams will explore two destinations: the Peruvian Highlands and the Grand Canyon. On the Peruvian Highlands expedition (ages 15-21), you will experience Quechua culture in the city of Cusco and the Sacred Valley, then spend the next four days hiking through spectacular mountains and ancient Inca ruins, including the famous citadel of Machu Picchu. On the Leading the Way Rim to River expedition (ages 15-19), you will spend time on the South Rim of the Grand Canyon engaging in meaningful service and cultural immersion, then experience a once-in-a-lifetime opportunity: rafting the majestic Colorado River. Applications are available at [the Leading the Way website](#) Applications are due by **November 30!**

The White Cane Freedom March



To the Tune of: "As Those
Caissons Go Rolling Along"

Over hill, over dale, we will hit
the concrete trail;
As our white canes go tapping
along.
Down the block, cross the street,
walking on our own two feet;
As our white canes go tapping
along.
On the job or at home, wherever
we may roam,
Yes, independent and free! NFB!
We can find our way at night or
in the day;
As our white canes go tapping
along.

FREE CANES FOR KIDS

This little song is a reminder
that the National Federation
offers canes to children FOR
FREE! Any blind individual, or
parent of a blind child may
request a straight fiberglass
cane for personal use.
Requests may be made as often
as every six months. The canes
are available in the following
lengths: 25, 27, 29, 31, 33, 35,
37, 39, 53, 55, 57, 59, 61, and
63 inches. It is recommended
that the cane reach at least to
the chin and to the nose or
higher for a more experienced
traveler. You may apply for a
child [online](#) or [download a
PDF of the application](#) and mail
it to:

Free White Cane Program
National Federation of the
Blind
200 East Wells Street
at Jernigan Place
Baltimore, MD 21230



CALENDAR OF UPCOMING EVENTS

Friday, November 9

What: Shark Dissection

Time: 10:00 a.m. -1:00 p.m.
Where: 2232 W. Shepperd
Ave.; Littleton, CO

The Colorado Center will be
working with Arapahoe
Community College to host a
shark dissection. We are
excited to offer this amazing
day of science for blind and
visually impaired high school
and middle school students.
Lunch will be provided. Space
is limited so please RSVP early.

"Traditionally, science classes
have been thought to be
inaccessible to kids who are
blind or have low vision but it is
simply not true. These kids just
need the opportunity to
participate in science classes.
By dissecting sharks these kids
will have the opportunity,
perhaps for the first time in

their academic career, to be
fully integrated into a
science class."...Brent Batron

R.S.V.P. to Brent Batron
Youth Services Coordinator
303-778-1130, ext. 222
bbatron@cocenter.org

Friday, November 30

What: **Making Connections
That Work For You**--A one day
interactive seminar all about
connecting...through the
internet, social media, on the
telephone and face-to-face.

Time: 9:00 a.m. -3:30 p.m.
Where: 2232 W. Shepperd
Ave.; Littleton, CO

Blind and visually impaired
high school students, their
teachers and their parents are
invited to learn about
technology, social media and
job skills. We will be looking at
using the internet for research,
using iPhones, iPads and issues
of accessibility in technology.
We will also discuss
interviewing, dressing for
success and dealing with your
visual impairment in the job
interview. Meet successfully
employed blind adults and
employers from the
community.
Lunch will be provided.

RSVP to Brent Batron by
Monday, November 26. (See
Brent's contact information
above.)