



November 2022

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## SCHOOL OF THE MONTH

Congrats to our November School of the Month: **Garrison Middle School** from Walla Walla, Washington!

Garrison Middle School is new to Unified Champion Schools this school year and they have jumped right in! As many of us know, schools have different entry points into how they start Unified Opportunities. GMS started with Unified Robotics and has created 3 teams in their first year. For many students, this is their first experience with STEM opportunities and working side by side with peers of different abilities. GMS will be headed to Renton on December 4<sup>th</sup> to compete in the 2022 Unified Robotics Championship.

If you have a story you would like to share in this newsletter, please email [mlarche@sowa.org](mailto:mlarche@sowa.org).





# ENGAGEMENT, TRAININGS & LEADERSHIP ACTIVITIES

## SPREAD THE WORD INCLUSION Store

Respectful and inclusive words and actions are essential to the movement for the dignity and humanity of people with intellectual disabilities. How do we support this in our schools? **The Spread the Word>>Inclusion Campaign!**

If your school would like to participate in the Spread the Word Inclusion Campaign in March and would like the \$100 credit to our Unified Schools Spread the Word store, please complete this short survey:

<https://forms.gle/xJwYrxwcGpCyahF89>

Spread the Word Resources:

[www.spreadtheword.global/resources](http://www.spreadtheword.global/resources)

## Youth Leadership Experience



A Unified Pair (1 student with and 1 student without a disability) and adult mentor from 8 middle schools and high schools will be selected to attend the Special Olympics Washington Youth Leadership Experience at the 2022 Winter State Games. Students attending will develop skills that will allow them to extend their leadership abilities in the Special Olympics movement through their schools, communities and across the state.

**Application Due Date:** 1/21/2023

**Youth Leadership Experience:** 3/3-3/5

**Location:** Wenatchee, WA

**Application Link:**

<https://forms.gle/9e29CxXvFzmZVXcT7>

## Liaison & Student Webinar Series

Liaisons and students are encouraged to attend these webinars to learn, grow, and enhance their Unified Champion Schools offerings. Please register ahead of time for each webinar.

**NEW! Special Olympics Washington is NOW a Washington State Clock Hour Provider.** Webinar's

with "\*" indicates which trainings will be eligible for clock hours. You may click on each Webinar name to register now and save the date!

*Nov. 30	Coaches Meeting: Basketball	Register <a href="#">Here!</a>
*Jan. 17	Webinar: Unified Spirit Week & Spread the Word	Register <a href="#">Here!</a>
Feb. 1	Interest Meeting: Unified Fitness Clubs	Register <a href="#">Here!</a>
Feb. 21	Interest Meeting: Unified Soccer	Register <a href="#">Here!</a>
*Feb. 28	Webinar: How to become a National Banner School	Register <a href="#">Here!</a>
*March 14	Coaches Meeting: Soccer	Register <a href="#">Here!</a>
*March 28	Inclusive Youth Leadership Training #2 (MS/HS/College)	Register <a href="#">Here!</a>
*April 18	Webinar: What is the Final Report?	Register <a href="#">Here!</a>



# UNIFIED SPORT OPPORTUNITIES

## Winter Sports Season is Here!

Pre-Season Registration for ALL schools planning on participating in the Special Olympics organized Interscholastic Unified Basketball Leagues and Unified Cheer is due on **Thursday, 12/1**.

Pre-Registrations officially registers your school for the winter season. You **DO NOT** need to know your full roster or have all your paperwork to complete this form. You may complete this form and submit your paperwork at a separate date.

All paperwork and rosters need to be submitted via the [online registration portal](#).

## Health Literacy

**Health Literacy is taking responsibility for your own health.**

Did you know that young people with good health literacy have better health and perform better in school? Health literacy is your ability to understand health information and make healthy decisions for yourself.

**Check out these resources for youth and youth-serving partners:**

- [Health Literacy | Washington State Department of Health](#)
- [Health Care Rights for Youth \(washington.edu\)](#)
- [Talking with your doctor](#)
- [Finding the right provider](#)
- [Got Transition® - Youth & Young Adults](#)

## Unified Fitness Clubs

Is your school looking for new ways to get students connect and active? Start a Unified Fitness Club or combine it with Unified PE, your school Unified Club, and/or Unified Sports practices!

Clubs are *8-week* physical-activity-based programs that utilize activity trackers (steps) and incentives to engage participants of all abilities and activity levels in social inclusion, teambuilding & Unified Pair leadership opportunities.

Students receive *individual fitness kits*, and our brand-new Unified Fitness Guide and Lessons for Life Guide!



Please register using the Pre-Season Registration roster and [online registration portal](#) to participate during the Winter Season.

## Helpful Hyperlinked Resources

- [Special Olympics Washington Website](#)
- [Elementary School Playbook](#)
- [Middle Level Playbook](#)
- [High School Playbook](#)
- [Unified Classroom](#)
- [Starting a Unified Club](#)
- [Lessons in Social Inclusion](#)
- [Generationunified.org](#)

## NEW Sports Paperwork

- [Athlete Registration](#)
- [Unified Partner Registration](#)
- [Coaches Training](#)





# GETTING STARTED



## Step #2: Develop a School Leadership Team

The first step to becoming a Unified Champion School is to bring together a team to lead the work. The leadership team is responsible for establishing the vision and overarching goals for the school, guide early stages of implementation, and ensuring fidelity to quality through consistent monitoring and nurturing with an eye toward continuous improvement.

## Step #3: Identify a School Liaison

The School Liaison is the primary contact between Special Olympics Washington and the school. The Liaison engages and empowers youth leaders to implement the 3 components of a Unified School. They are also a part of the Leadership Team!

## Step #4: Create your Plan

Identify what component your school is going to offer and create a plan to implement.

## Step #5: Complete the Commitment to Inclusion Form

Register your school let us know your plans for inclusion! This helps us to better support you and officially recognize each school as a Special Olympics Washington Unified School. Register [HERE](#).

### Steps to Becoming a Unified School:

1. Watch the Welcome Back Webinar
2. Take the Intro to UCS Educators Course
3. Develop a Leadership Team
4. Identify a School Liaison
5. Complete the Commitment to Inclusion Form

## Watch the Welcome Back Webinar Recording

Thank you for attending the Unified Champion School Welcome Back Webinar. We hope that each of you found the Webinar to be helpful in planning for the year. For those that missed it, you can access the full recordings:

[Pre-K/Elementary](#)- Passcode: %9kLqUH?  
[Middle/High School](#)- Passcode: wh\*Xe1=0

## Step #1: Learn about UCS

The Introduction to Unified Champion Schools for Educators is a 45 min course that increases educators understanding of the Unified Champion Schools (UCS) strategy and demonstrate its positive impact on students with and without disabilities and the ways the UCS strategy fosters socially inclusive school communities and positive school climate.

Create your login [here](#) and select "US- Unified Schools" as your interest area.

# RESOURCES

## Whole School Engagement

- [Elementary Whole School Engagement](#)
- [Middle Level Whole School Engagement](#)
- [High School Whole School Engagement](#)
- [Spread the Word: Inclusion Webpage](#)

## Curriculum & Content

- [Unified Classroom](#)
- [Lessons in Social Inclusion: 5 Mini Lessons](#)
- [Elementary Playbook](#)
- [Middle Level Playbook](#)
- [High School Playbook](#)
- [Generationunified.org](#)

## Unified Sports Paperwork

- [Athlete Registration Packet](#)
- [Unified Partner Registration Packet](#)
- [COVID-19 Waiver Form](#)

## Required Coaches Training

- [Online Background Check](#)
- [Protective Behaviors Quiz](#)
- [Orientation Video / General Orientation Quiz](#)
- [Concussion Training](#)
- [Coaching Unified Sports](#)

Coaches who complete ALL training prior to the sport season starting, will receive a coaches kit!



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## Unified Sports & Fitness

### Unified Fitness:

- [Unified Physical Education Guide](#)
- [Unified Fitness Guide for Schools](#)
- [Unified Fitness Cards](#)
- [Young Athletes Homepage](#)

### Unified Sports:

- [Unified Sports: A Student Guide](#)
- [Developmental Sports Implementation Guide \(Ages 6-12\)](#)
- [Resource Guide for Administering Special Olympics Unified Sports® at the High School Interscholastic Level](#)

## Inclusive Youth Leadership

- [Youth Leadership Guide](#)
- [Considerations for Unified Club and Inclusive Youth Leadership During Distance Learning](#)
- [Starting a Unified Club](#)
- [Middle Level Inclusive Youth Leadership Digital Training](#)
- [High School Inclusive Youth Leadership Digital Training](#)