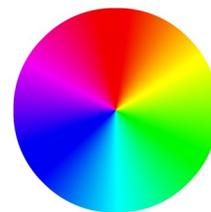


AUTISM NEWSLETTER

Color Tuning

Later this fall, some special education classrooms and sensory rooms across the Goodhue County Education District, will have access to specialized lighting. The lights will be able to be adjusted by color as well as intensity. So, what is color tuning?



Color tuning is the technique of adjusting of the color of electric lighting in a space. More complex than dimming, color tuning further enhances the ability of lighting to dramatically change the look of a lighted space. While dimming simply results in more or less light, color tuning actually changes the appearance and "feel" of color. Used together, dimming and color tuning provide a way to greatly expand lighting's role in a person's visual and emotional experience.

Studies show improved test scores, increased attention, fewer challenging behavior, and less reduction in staff turnover in rooms with LED tunable lighting controls.

The Use of color is quite important in designing the immediate environment of children with autism spectrum disorder. Researchers have revealed that children with autism spectrum disorder have anomalies in their eye structure. The rod and cone cells experience changes due to chemical imbalances and neural deficits. Studies have revealed that 85% of the children in this spectrum perceive colors more intensely in comparison to children displaying normal development. Duller colors with white and gray undertones have a calming effect on children in this spectrum. Pale pink has been nominated as the favorite color for children with autism in the tests conducted. Moreover, cool colors such as blue and green also have a calming and soothing effect. Primary and bright colors should only be present in toys. Although colors like orange, yellow, and red could feel warm to a normally developing child, red could lead to tantrums and even pain associated with certain parts of the body, while white could feel depressive, excessively bright and tiring on the eyes of a child in this spectrum. Full intensity colors should be avoided. Red should never be used as children with ASD perceive the color as fluorescent. Yellows likewise are very stimulating and are best to avoid. Greens, blues, pinks, soft oranges and neutrals can be very comforting.

More information can be accessed at:

<https://retrofitcompanies.com/color-tuning-lighting-in-schools-video/>

<http://renketkisi.com/>

STAR Media Center: your comprehensive classroom toolkit for supporting a complete daily curriculum.

and
SOLS

(STAR Online Learning System)

All MN educators are eligible for FREE ACCESS to the **STAR Media Center** and **SOLS for the Classroom** for the upcoming school year!! To request your Media Center and SOLS accounts, go to <https://starautismsupport.com/MN-SOLS-Access>

SOLS for the Classroom is an online, interactive program that includes leveled curriculum, extensive scripted lesson plans, theme-based and routine-centered activities, and more!

Here is what one MN educator who used SOLS last year said *“SOLS helped me plan my lessons for students across large and small group instruction and individualized instruction. It helped me meet a range of student needs. We loved the visuals and videos!”*

COVID-19 Materials for People with Intellectual and Developmental Disabilities and Care Providers

<https://www.cdc.gov/ncbddd/humandevelopment/COVID-19-Materials-for-People-with-IDD.html>

Included on this website are:

Resources specifically designed for people with IDD who are developing literacy skills and their caregivers include:

- Videos
- Posters
- Social stories
- Interactive activities

And....Free materials that use simple illustrations and easy-to-read messages to explain five key COVID-19 prevention behaviors:

1. Getting vaccinated
2. Getting a COVID-19 test
3. Handwashing
4. Wearing a mask
5. Keeping a safe distance until fully vaccinated

Upcoming Trainings

Oct. 20, 2021 - Building Social Relationships: Dr. Scott Bellini

Dec. 9 - 10, 2021 - Collaborative & Proactive Solutions - Moving From Power and Control to Collaboration & Problem Solving - Ross Greene Ph.D.

<https://aepconnections.com/>

Virtual Calming Rooms

- <https://sites.google.com/sduhsd.net/sduhsdvirtualcalmingroom/home>
- <https://www.district196.org/about/calm-room>
- <https://sites.google.com/rwps.org/wellnessresources-rwps/how-to-use-this-site?authuser=0>