



# Success

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Timely tips to improve student achievement

February 2019

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## **Parma City promoting student mental health awareness**

Anxiety disorders not only affect 25% of youth between 13 and 18 years old, but untreated children also are at higher risk for reduced academic performance, missed important social experiences and increased substance abuse. **Parma City** is taking a proactive approach to spread awareness among high school students, staff and parents. For more, go to <http://links.osba-ohio.org/SU532/>

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## **Student inventors tackle concussions**

How often do students get to solve problems they care about? Students at Cavallini Middle School in Upper Saddle River, N.J., had the opportunity to wrestle with an issue that mattered to them: concussion prevention. For more, visit <http://links.osba-ohio.org/SU533/>

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## **Health care positions dominate U.S. News best jobs list**

U.S. News & World Report's 2019 Best Jobs report includes many health care positions. The industry had 44 of the top 100 jobs, with physician assistant, nurse anesthetist and nurse practitioner among those leading the way. For more, go to <http://links.osba-ohio.org/SU534/>

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## **Educators use video games to improve outcomes**

Peek inside your average classroom, and you're likely to see teachers using apps, websites and software that borrow elements from video games to connect with students living technology-infused lives. By all accounts, they're fun to use, and studies have found that some can be effective. But there also is skepticism about if students who use them are better educated rather than better entertained. Visit <http://links.osba-ohio.org/SU535/> to learn more.

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## **STEM Café offers students firsthand information about STEM careers**

The Tulsa (Oklahoma) Regional STEM Alliance hosted its monthly STEM Café at Owasso High School. The alliance holds its STEM Café at a different school the second Tuesday of each month, with guest speakers to discuss their areas of expertise. Before the bell rings, students get a chance to discover new ideas over a fresh breakfast. Go to <http://links.osba-ohio.org/SU536/> to read the full story.

## Student achievement in-depth

Each month, **Success** brings you a research brief or in-depth article to discuss with board members and administrators.

### Study pinpoints Down syndrome milestones

Individuals with Down syndrome continue to learn new skills well into adulthood, according to a study that's offering a timetable of what to expect from those with the chromosomal disorder.

Most people with Down syndrome are able to walk by 25 months of age, speak reasonably well by the time they're 12 years old and manage their own hygiene by age 13, according to findings published online recently in the American Journal of Medical Genetics Part A.

The research is based on a survey of more than 2,600 parents of those with Down syndrome — including young children to adults in their 40s — in the United States and Netherlands. Parents who participated were asked about their children's skills in 11 areas: walking, eating, speaking, grooming/personal hygiene, reading, writing, preparing meals, working at a job, going on dates, traveling and living independently.

The study found that the majority of those with Down syndrome can work independently by age 20. Meanwhile, roughly half can read and write reasonably well by age 31, and about a third live independently by that point.

"Contrary to some public beliefs, people with Down syndrome never stop learning, and functional skills can still be attained and improved well into adulthood," according to **Brian Skotko**, director of the Massachusetts General Hospital Down Syndrome Program and a senior author of the study. "Now we have guideposts — based on the responses of thousands of parents — that can help clinicians know when children may be falling behind their peers with Down syndrome and, when necessary, refer parents to additional supports, resources and therapies," Skotko said.

To read the article, which contains a link to the findings published in the American Journal of Medical Genetics Part A, visit <http://links.osba-ohio.org/SU537/>

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