

THE HUB NEWS



April, 2022 - Number 12

This month's newsletter includes:

1. Announcements
2. Book recommendations
3. Autism Awareness Month
4. Exploring Destiny Discover

1. Announcements

Book Requests

We are about to order new books for the Learning Hub. If you think we need a title or author or more books on a specific subject, please share that with us using this [survey](#).

Quiz winner

Once again, Lila Nemirovsky, mother of Matias in Pre Kinder, is the winner of the Hub News Quiz! Congratulations!

Quiz

Answer these [questions](#) to win a prize!

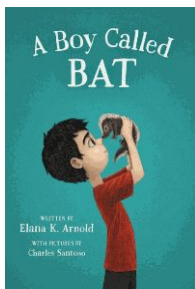
1. When was the first library in the world established?
2. What is the first name of Mr. Dewey of Dewey Decimal Classification System fame?
3. Which kind of book holds the record for most often being stolen from public libraries?



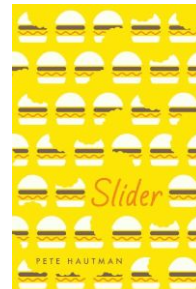
2. Recommended books

Autism Awareness

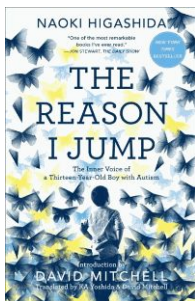
There are many books on autism in the Learning Hub. Now is the time to read a fiction book about a character on the spectrum of autism or read an information book about what autism means!



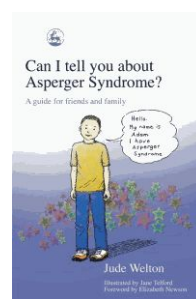
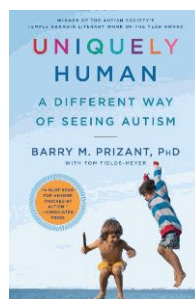
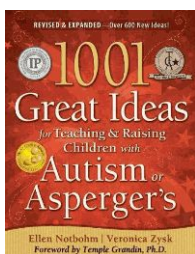
Bat is a boy on the spectrum. He takes care of an injured baby skunk he wants to keep as a pet.



Teenager David tries to balance his life while also helping take care of his younger brother who is on the spectrum of autism.



In this book translated from the originally Japanese, we meet Naoki Higashida, a 13 year old boy on the spectrum of autism. He shows us what life with autism is like by answering more than 50 questions, allowing the reader to see and feel the world as he does.



We have many books to help parents and teachers understand what autism is and how to help those who live on the spectrum of autism. Even if you don't know someone personally with autism, it's important to understand and see the world from a different perspective as they do.



3. Autism Awareness Month

Paola Meza Soto

Educational Psychologist

3rd, 4th, and 5th-grade psychologist

Facilitator of the Support Group for parents of children with ASD in Primary.

Of the 365 days of the year, there is an entire month where we can become aware of the challenges, tribulations, and triumphs that children on the Autism Spectrum and their families experience the rest of the year. So let's get to know a little bit about Autism and how we can support it in our community.

The Autism Spectrum or AS is simply a different way of seeing the world. You may have observed or heard about Autism or AS for some behaviors that some people may have related to communication difficulties or restricted behavior patterns where most of their interests and activities focus on. We can see this in children who are experts in a particular subject, who use sophisticated words, or who require a rigid structure to feel safe, and if this changes, it is difficult for them to manage. On the other hand, some children with AS may have sensory difficulties, perceiving the 5 senses more sensitively. This can be fascinating, being able to see, feel and experience the world in such a broad way, but it can also be overwhelming.

The CDC in the United States conducted a study in 2021 where they identified that 1 in 42 children in the US has AS, which is more common in boys than in girls. In girls, for every 5 boys diagnosed, 1 girl is diagnosed. That means that 1 in 89 girls are diagnosed with AS in this same country. The statistics of our country may be close to this number, which is why creating awareness in the population about what it is and how each of us can collaborate is essential.



3. Autism Awareness Month (continued)

AS is a condition you are born with. The cause is not yet clear, but it is known that it has to do with genes or how our brain develops. That is why in the world of inclusion, we speak of **NEURODIVERSITY**, which means that all human beings have brains that function in diverse, different ways, and we respond or behave according to that, some in a **NEUROTYPICAL** way and others in a **NEURODIVERGENT** way. For example, children with AS are neurodivergent because they have a particular and wonderful way of seeing the world while others of us see and perceive it in a neurotypical way or under the same standard.

In addition to this, we speak of a broad spectrum. No child on the spectrum of autism is the same as another.

Many children with AS do not know or feel that they have AS and are proud of who and how they are. The importance of raising awareness about autism is not to judge but to understand and decide to support or help others. Let's remember that all children with or without a diagnosis of AS want to always feel ***appreciated, accepted, and included.***



3. Autism Awareness Month (continued)

How can you support awareness of AS?

- Share this information. Learn about Autism and how to help everyone feel included.
- Get involved in Autism Month activities at school or in your community.
- Share on social networks what you know and what you have learned. In this way, you will be helping to create greater awareness, to show appreciation, understanding, and acceptance to children and families.
- If you have a friend, classmate, neighbor, or relative with AS, you can help in this way:
 - Try to be patient and kind.
 - Show kindness towards others even if they think or see the world differently from you.
 - If you see someone alone during breaks or social activities in school, at a party, or in your community, invite them to participate in a game; explain the game in a very simple way, explain the rules and what it is about.
 - Make him part of conversations with other friends, ask questions about them and help him feel comfortable.
 - Remember the golden rule: Treat others as you would like to be treated.
 - Get to know your friend's preferences and try to recognize what makes them uncomfortable.
 - If you witness someone mistreating them, stop it, raise awareness, and seek help from an adult.



4. Exploring Destiny Discover

Destiny Discover is a great resource for finding books in the library. It's easy to use, too!

All you have to do is follow these steps:

1. Follow this link to get to [Destiny Discover](#).
2. Click on Login in the top right corner. Every student at PAS has a username and password. The username is the start of your email address and your password is the number on your ID.
3. You can now use Destiny Discover!

The following [presentation](#), shows how to enter the platform.

Please note that books labeled Classroom Library are for class use only.

What can you do with Destiny Discover?

- ★ See new and popular books
- ★ Search for books by topic
- ★ Put books on hold
- ★ See what books you have checked out
- ★ If you need help write to us at:
 - pascopias@panam.ed.cr
 - cristina.chaves@panam.ed.cr or
 - leanne.edwards@panam.ed.cr

[Click here for a video \(in English\) showing all the things you can do with Destiny Discover.](#)

