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# DYSLEXIA GUIDEBOOK







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This guide is intended to inform families about reading difficulties, such as dyslexia, outline efforts to support students with reading difficulties, and connect families to related resources.

# DYSLEXIA

DYSLEXIA is a condition that can make it difficult to read, spell, write, and process the sounds of language. While dyslexia can impact learning, it's not related to intelligence. People with dyslexia are just as smart as their peers.



Up to 5–20% of the global population have some of the symptoms of dyslexia.



Dyslexia often runs in families. Children who have a parent or sibling with dyslexia are at higher risk for dyslexia.



Most children with dyslexia can become skilled readers if their difficulties are identified early and they receive strong instruction.



Difficulties due to dyslexia can range from mild to severe and can occur in people of all backgrounds.



People with dyslexia don't outgrow it. Dyslexia is a lifelong condition, but people who receive good support can become skilled readers and writers.



The exact causes of dyslexia are not completely clear, but brain imaging studies show differences in how the brains of dyslexic people develop and function.



# **SIGNS & SYMPTOMS**

Dyslexia is the most common learning disability. Individuals with dyslexia typically have problems with language processing.

Someone with dyslexia might struggle to hear the individual sounds that make up spoken words. This will make it challenging to learn how the letters of the alphabet match to those sounds. This can make reading and writing difficult. This can then impact how an individual understands text.

A list of common signs and symptoms of dyslexia are provided below. These characteristics alone do not mean an individual has dyslexia.



- Guesses words using pictures or the story
- Avoids reading and writing
- Spells simple words with inaccuracy



# **SIGNS & SYMPTOMS**

SECOND GRADE



#### Students may show some of the following:

- · Reading is slow and awkward
- · Has trouble reading unfamiliar words
- Avoids reading out loud
- Uses vague language such as "stuff" or "things"
- Guesses words based on the first one or two letters in the word
- Uses context clues to try and guess what a word is
- Difficulty spelling accurately
- Difficulty matching sounds and letters



Queensland Department of Education: What Is Dyslexia?



# **MYTH vs. FACT**

Understandings about dyslexia have changed over time. Here are some of the most common myths about dyslexia.

### мүтн

# Dyslexia is a vision problem.

### MYTH

Children with Dyslexia see and write letters backwards.

### MYTH

Dyslexia is caused by not reading enough at home.







### FACT

Vision problems don't cause dyslexia. People with dyslexia are no more likely to have vision problems than other people. Dyslexia is typically an issue with how people process language.

### FACT

Some people with dyslexia write letters backwards and some don't, it's <u>not necessarily</u> a sign that someone has dyslexia. Letter reversals are common for many students until first or second grade.

### FACT

Being exposed to reading is important for all students, but dyslexia isn't due to a lack of reading at home.



# **MYTH vs. FACT**

### MYTH

**MYTH** Dyslexia only

Dyslexia goes away once kids learn to read.

happens in the

English language.



#### FACT

Strong instruction can make a big difference in helping dyslexic students learn to read, but there is no "cure" for dyslexia. Dyslexia is a lifelong brain-based difference.

### FACT

Dyslexia exists all over the world and in all languages.



<u>Reading Rockets</u> and the <u>National Center for Improving Literacy</u>: What are some misconceptions about dyslexia?



# WHAT'S NEW IN DC SCHOOLS?

#### DC LAW 23-191: ADDRESSING DYSLEXIA & OTHER DIFFICULTIES AMENDMENT ACT OF 2020

#### **National Momentum Around Reading**

With DC Law 23-191, the District of Columbia joins <u>states nationwide</u> in setting new expectations for how schools teach students to read.

### Who Is The Law For?

- Although the name of the law references dyslexia, <u>DC Law 23-191</u> is for readers in all the public and public charter schools in the district.
  - The subtitle of <u>DCL aw 23-191</u> "Access to Reading for All," draws from research showing that all children with early reading problems, whether they're at risk for dyslexia or not, benefit from early identification and targeted reading instruction.
  - For students at risk for dyslexia, early identification and intervention have been found to increase their academic and emotional wellbeing, even helping to prevent the appearance "of reading difficulties altogether."

#### What's in the Law?

#### DC Law 23-191 outlines the following developments for DC schools:

- It provides an official definition of dyslexia.
- It requires additional training for teachers.
- It requires that schools test kindergarten through the second-grade students for reading difficulties, including dyslexia, using a universal reading screener.
- It requires schools to share universal screener results with families when a student is flagged for being at risk for reading difficulties.
- It requires schools to provide intervention for students at risk for reading difficulties.
- It will require schools to adopt a science-based reading program.





# TIMELINE OF IMPLEMENTATION IN SCHOOLS

### 2023-24

- All public and public charter school staff receive training on dyslexia awareness, universal screening, and the current science behind reading instruction.
- Kindergarten through 2nd grade students will be screened for reading difficulties three times a year.
- If the universal screening results show that a student is at risk for reading difficulties;
  - families will receive written notification of results.
  - families will be invited to schedule a meeting with their child's teacher or school team to discuss the screener results and student support.
  - the student will receive intervention using science-backed reading instruction that targets the areas of need.
- Public and public charter schools in the District will send a letter to the Office of The State Superintendent every year indicating that they have complied with DC Law 23-191.



 All public and public charter school in the district will adopt a reading program based on the science of reading.



## **UNIVERSAL SCREENERS**

- Universal reading screeners are brief (10-15 minute) tests given multiple times a year to measure the skills students need to learn to read.
- The results from these tests can be used to
  - o identify student strengths and growth areas
  - · monitor progress throughout the academic year
  - identify students who need extra support, including those who may have dyslexia

### UNIVERSAL SCREENERS DO NOT DIAGNOSE DYSLEXIA

- Although universal screeners are effective at showing which students may have difficulties with learning how to read, they do not diagnose dyslexia.
- Students may be identified as being "at risk" for reading difficulties for a variety of reasons.
- The results from universal screeners should be used to make good instructional decisions about how to best support students.
- Students who do not respond to strong, targeted reading intervention may require further testing.



<u>Reading Rockets</u> and the <u>National Center for Improving Literacy</u> What does research say about screening?



## UNIVERSAL SCREENERS What's Being Screened

 <u>DC Law 23-191</u> requires schools to screen kindergarten to grade 2 students three times a year. OSSE's list of approved screeners can be found <u>here</u>. Students will be screened in the in the following areas.

RAN asks students to name familiar items Rapid as quickly as possible. Slow naming speed Automatized is related to challenges in learning to Naming read. To learn more about RAN click here. This is the ability to notice, think about, Phonological and work with the sounds that make up & Phonemic spoken words. To learn more about Awareness phonological awareness click here. This refers to matching the sounds of Letter Sound spoken language to the letters that represent those sounds. To hear the Correspondence correct pronunciation of those sounds, or phonemes, click here. This is reading instruction that builds off of letter sound correspondence and Phonics teaches readers to identify or "decode" words as they go from simple to more complex. For more on phonics click here.



## UNIVERSAL SCREENING RESULTS

 Research shows that students do best when schools and families work together to support their learning. Sharing and talking about universal screener results is a great way to begin that collaboration.

### **Getting Your Student's Screener Results**



- <u>DC Law 23-191</u> outlines that schools will notify parents and caregivers when a student is "flagged for being at risk for reading difficulties." This may be mailed or emailed to you.
- If you do not receive your student's universal screener results, be sure to follow-up with your child's teacher.

### **Understanding Your Student's Screener Results**

- If your child has lower than expected results on their universal reading screener, they may benefit from additional instruction and support with their reading skills.
- If you have questions about your student's screening results, ask to have them explained to you.
- It is recommended to communicate early and often with your student's school team about your student's progress and instructional support.
- Most screeners include a comprehensive parent report to help explain results. If your student's school sends a summary or description of the screening, you can request the full screening report.



For additional information on OSSE approved screeners, see the Universal Screener Implementation Guidance for LEA's osse dc. gov/ngge/dyslexig



## SUPPORT FOR OLDER STUDENTS

### Introduction

Students can benefit from reading support at any age. If you have concerns about your child's reading skills, here are steps for seeking additional support at school. For suggestions on how to help at home, <u>see page 17.</u>

- While schools are not required to complete universal screening after second grade, each school has diagnostic or benchmark assessments that inform instruction.
- You can ask for information about your student's progress and learning at any time, regardless of their grade level.
- You can also ask your student's teacher about the school's literacy intervention model. Examples could include:
  - Response to Intervention systems (RTI),
  - Multi-Tiered System of Support (MTSS),
  - and <u>High Impact Tutoring</u> (HIT)
- Families or school teams that suspect a student has a learning disability, including dyslexia, can contact their school's Special Education point of contact to request further evaluations.
  - Schools are required to meet with you within 30 days of your request to discuss next steps.

For additional information on navigating special education and related services visit studentadvocate.dc.gov/node/1153932

See page 21 and 22 for additional support



## THE SCIENCE OF READING

The science of reading refers to research about reading and issues related to reading and writing. Decades of research from around the world points to how reading and writing develop, why some have difficulty, and how educators can assess, teach, and improve student outcomes.

### THE SIMPLE VIEW OF READING

The Simple View of Reading is a formula that shows the widely accepted view that skilled reading has two basic components **word recognition** (decoding) and **language comprehension**. The Simple View formula has been supported and validated by a number of research studies.

Word Recognition



What: the ability to read words correctly and effortlessly

How: by connecting letter names to letter sounds and sounding out the word till it becomes automatic Language Comprehension

What: the ability to understand and interpret text

How: by learning and using reading strategies such as summarizing, questioning, inferring and more. Reading Comprehension

What: the ability to read words and understand text.

How: by being proficient in both word recognition and language comprehension



Reading Rockets: The Simple View of Reading



## THE SCIENCE OF READING

### STRUCTURED LITERACY

- Structured literacy is a research-supported approach to teaching students to read and write.
- Structured literacy has been shown to benefit all learners, including students at risk for reading difficulties like dyslexia.
- Structured literacy does not refer to one program. It refers to instructional approaches that are clear, direct and organized around teaching the many components that go into skilled reading and comprehension.
- Structured literacy is not just phonics! It is made up of many components that are taught across years of instruction.



<u>Tennessee Center for the Study and Treatment of Dyslexia:</u> Focus on Structured Literacy



# HOW TO HELP AT HOME

Pre-K	<ul> <li>Talk to your child! Language is the foundation of reading development.</li> <li>Read aloud to your child. Let your child hold books and turn their pages.</li> <li>Give everything a name: this will help build vocabulary.</li> <li>Point out text everywhere! Talk about how written words are all around you.</li> </ul>
Kindergarten	Have discussions with your child. Ask them to explain what they did at school or recess.
	Play with language! Sing silly songs, read books that rhyme and play rhyme games throughout the day.
	Read aloud to your child and discuss how your reading
10 A	relates to their everyday world.
Contraction of the second	Talk about the alphabet and play scavenger hunts for
Charles and the second	them as you go through your day. Begin to connect these letters to sounds.
	<ul> <li>Play sound games: identify the first sounds in words like</li> </ul>
	their names. Ask them to "put words together" - can you
	guess what this word is? m - u - g.
	Encourage writing and drawing!
	Bring along books everywhere! Make reading routine.
1st Grade	• Make regular visits to the library and let your child choose
	books that they love.
	<ul> <li>Ask questions while reading with your child: "how would you feel if that happened to you?" "Why do you think they</li> </ul>
	did that?
***	Take turns reading as part of your reading routine.
*.	If your child makes a mistake, gently show them the
* * *	letters they missed and ask them to blend again. Many beginning readers will try to guess what words might be.
	Try to encourage real reading!

 Write! Ask your child to write grocery lists, letters, poems anything!

# HOW TO HELP AT HOME

#### 2nd Grade

 When your child is reading a word, for the first time have them reread that sentence then talk quickly about its meaning.

• Make writing a ritual! Just like reading, writing everyday is a great way to build your child's skills.

- Make a writing checklist:
  - "Do all of my sentences end with punctuation? Yes/No"
  - Do all my sentences start with a capital letter? Yes/No."
- Make your own books together!

 Talk about how words come from families. For example, point out how a word like know relates to a word like knowledge.

3rd Grade to 4th Grade	Continue with daily reading and writing activities with high interest books and writing projects.     Encourage your child to read aloud to help focus on the proof and provide with the read aloud to help focus on the
	<ul><li>speed and accuracy of their reading (fluency).</li><li>Look up unfamiliar words together and make a point to</li></ul>
	use those words as you go through your days together
	<ul> <li>Find a book series your child is interested in. This will get</li> </ul>
	them to read one book after another!

 Help your child break down larger words into smaller parts.

#### Older Readers

- Help your child find magazines or books that connect to their interests in libraries, bookstores, and online.
- Encourage your child to read aloud and help them
  break down and pronounce challenging words.
- Discuss the meaning of words identified in these shared readings.
- Read the same book as your child and discuss what happened after each chapter.

For more tips on how to help your child read at home, click here.



# WHAT TO ASK

The auestions below can be used to start a collaboration with your child's teacher when it comes to reading instruction.



Can you help me understand my student's universal screener results?



What are my child's academic strengths and areas of improvement? What are their reading and writing goals?



How is the information from the Universal Screener being and literacy needs?





Will they continue getting support after the 2nd grade?



Who can provide information about additional testing for dyslexia and other special education services?



What's the difference between the help my student is receiving and what is available through Special Education with an TFP?



# **GLOSSARY AND KEY TERMS**

Links are embedded to provide more information on each of the terms. Click on underlined words for additional information.

- <u>Comprehension</u>: Making sense of what is read. Comprehension depends on good word recognition, fluency, vocabulary, background knowledge, and language ability.
- <u>Dyscalculia</u>: A specific learning disability in learning and understanding mathematical concepts.
- <u>Dysgraphia</u>: Extremely poor handwriting or the inability to perform the motor movements required for handwriting. This condition is associated with neurological dysfunction.
- <u>Fluency</u>: Reading words at an adequate rate with a high level of accuracy, appropriate expression, and understanding.
- Independent Educational Evaluation (TEE): A private evaluation from an outside source.
   Parents usually pay for this type of private testing, but if you are dissatisfied with your child's school based evaluation you can request an Independent Education Evaluation at public expense.
- Individualized Education Plan (IEP): A document that sets out the child's placement in special
  education as well as the specific goals, short-term objectives, and benchmarks for
  measuring progress each year.
- <u>Phonics</u> The paired association between letters and sounds; an approach to the teaching of reading and spelling that emphasizes sound-symbol relationships, especially in early instruction.
- Phonological Awareness: Phonological awareness progresses from rhyming to syllable counting to detecting first, last, and middle sounds to phonemic awareness, which includes segmenting, adding, deleting, and substituting sounds in words.
- <u>Rapid Automatized Naming (RAN)</u>. The ability to quickly name aloud a series of familiar items on a page. These include letters, numbers, colors or objects.
- <u>Multi-Tiered system of Support (MTSS)</u> A model for providing intervention that includes assessment, evidence-based interventions, progress monitoring, and ongoing adjustments for addressing student needs.
- <u>Structured Literacy</u>: Explicitly teaches systematic word-identification/decoding strategies This benefits all students, and is vital for those with dyslexia.

## READING RESOURCES

Learning Disabilities Association of America https://isloamerica.org Washington Literacy Center https://www.washiltorg/ DC Reading Clinic (available for DCPS)

https://www.dcreadingclinic.org/

The National Center for Learning Disabilities https://www.ncid.org/?s=dyslexia\_

Institute of Education Sciences https://iesed.gov/ncee/wwc/Docs/practiceGuide/ wwc\_foundationalreading\_040717.pdf The Dyslexia Initiative: Parent Sessions https://www.thedyslexiainitiative.org/the-parentsessions-season-1

Reading Rockets https://www.readingrockets.org/audience/pare hts

University of Michigan Dyslexia Help http://dyslexiahelpumich.edu/parents/livingwith-dyslexia/home

The Dyslexia Resource https://dyslexiaresource.org/

Storyline Online https://storylineonline.net/

Get Ready to Read https://www.getreadytoread.org/

International Dyslexia Association Free Dyslexia Digital Library https://dyslexialibrary.org/





## RESOURCES FOR PARENTS & EDUCATORS



### Local Resources

Advocates for Justice and Education, Inc. aje-dc.org Phone: (888) 327-8060

Capital Area Branch of The International Dyslexia Association dc.dyslexialda.org Phone: (301) 906-1630

DC Office of Human Rights ohr.dc.gov Phone: (202) 727-4559 Email: ohr@dc.gov

DC Public Charter School Board depesb.org Phone: (202) 328-2660

DC Public Schools dcps.dc.gov Phone: (202) 442-5885

Decoding Dyslexia DC decodingdyslexiadc.org Phone: (240) 545-5323 Email: <u>DecodingDyslexiaDC@gmail.com</u>

Office of The State Superintendent (OSSE) osse.dc.gov Phone: (202) 727-6436

Office of The Student Advocate studentadvocate.dc.gov Phone: (202) 741-4692 Email: student.advocate@dc.gov

Office of The Ombudsman for Public Education educationombudsman.dc.gov Phone: (202) 741-0886 Email: <u>education.ombudsman@dc.gov</u>

DC Special Education Hub specialeducation.dc.gov/ Phone: (202) 671-2890 Email specialeducation@dc.gov



#### National Resources

National Center for Learning Disabilities ncld.org

National Center on Improving Literacy improvingliteracy.org Email: <u>nciliteracy@gmail.com</u>

The Yale Center for Dyslexia and Creativity dyslexia.yale.edu

The Office of Special Education Programs ed.gov/about/offices/list/osers/osep/about.html Phone: (202) 245-7100

Children's Dyslexia Centers, Inc. childrensdyslexiacenters.org Phone: (877) 861-0528

Learning Ally learningally.org Phone: (800) 221-4792

LD Online Idonline.org

Understood understood.org

Individuals with Disabilities Education Act sites.ed.gov/idea/

The following resources may have a cost associated with their services:

The Reading League Phone: (315) 362-2620 Email: info@thereadingleague.org



Links are embedded for each of the resources listed above.

# SOURCES

#### Council of the District of Columbia

D.C. Law 23-191. Addressing Dyslexia and Other Reading Difficulties Amendment Act of 2020. (2020). Retrieved from https://code.dccouncil.us/us/dc/council/laws/23-191

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#### Dyslexia Help

Debunking the Myths about Dyslexia. (n.d.). Retrieved from http://dyslexiahelp.umich.edu/dyslexics/learnabout-dyslexia/what-is-dyslexia/debunking-common-myths-about-dyslexia

#### Education Week

What Teachers Should Know About the Science of Reading. (2019). Retrieved from https://www.youtube.com/watch?v=1HGS9EG0HgU

#### Gaab Lab

Dyslexia Myths. (n.d.). Retrieved from https://www.gaablab.com/dyslexia-myths

IES: Practice Guides: What Works Clearinghouse https://ies.ed.gov/ncee/wwc/practiceguides

IES: Literacy Tips for Parents of Adolescents https://ies.ed.gov/ncee/ediabs/infographics/pdf/REL\_SE\_Literacy\_Tips\_for\_Parents\_of\_Adolescents.pdf

International Dyslexia Association International Dyslexia Association. (n.d.). Retrieved from http://www.dyslexiaida.org/

Improving Literacy National Center on Improving Literacy. (n.d.). Retrieved from https://improvingliteracy.org/



# SOURCES

#### National Center on Intensive Intervention

Phonics Inventory. (n.d.). Retrieved from https://intensiveintervention.org/sites/default/files/Phonics-Inventory\_508.pdf.

#### Office of the State Superintendent of Education

The Partnership for Assessment of Readiness for College and Careers (PARCC). (nd). Retrieved from https://osse.dc.gov/parce#-text=Topics-The%20Partnership%20for%20Assessmen%20of%20Readiness%20f or%20College%20and%20Careers.Core%20State%20State%20Standards%20(CoSS).

#### National Library of Medicine

The prevalence of Dystexia https://www.ncbi.nim.nih.gov/pmc/articles/PMC8183124/#--text-Searching%20for%20what%20the%20prevalen os.for%20at%20least%20three%20reasons.

#### **Reading Rockets**

Words Decoding and Phonics (n.d.). Retrieved from readingrockets.org/helping/target/phonicsH-text-Decoding%2016%20the%20ability%20to.the%20haver%27 McOseen%20before. The Simple View of Reading. Retrieved from: Thus Jiwwyr cedimorockies zon/coles/about-readina/articles/simple-view-readina

#### **RTI Action Network**

Screening for Reading Problems in Grades 4 Through 12 http://www.rtinetwork.org/essential/assessment/screening/screening-for-reading-problems-in-grades-4through-12

#### The Reading League

Science of Reading: Defining Guide. (2022). Retrieved from https://www.thereadingleague.org/wpcontent/uploads/2022/03/Science-of-Reading-eBook-2022.pdf

#### Tennessee Center for the Study and Treatment of Dyslexia: Focus on Structured Literacy, https://mtsu.edu/dyslexia/index.php

#### Understood.org

Understood For Learning and Thinking Differences. (n.d.). Retrieved from https://www.understood.org/ What is decoding? (n.d.). Retrieved from https://www.understood.org/en/articles/decoding-what-it-is-andhowit-warks

United States Department of Education, Office of Special Education and Rehabilitative Services Home. (n.d.). Retrieved from https://www2.ed.gov/

#### Virginia Department of Education

Specific Learning Disability Supplementary Guide Dyslexia: Frequently Asked Guestions. (2017). Retrieved from http://www.doe.virginia.gov/special\_ed/disabilities/learning\_disability/sid-dyslexia-guide.pdf



## **NEED IMMEDIATE ASSISTANCE?**

Our Request for Assistance (RFA) Line operates Monday through Friday from 9 am-5 pm. Our staff members answer live and are prepared to answer any questions or concerns you may have regarding your student or public education in the District.

## RFA Line: 202.741.4692

## **OFFICE OF THE STUDENT ADVOCATE**

The Office of the Student Advocate was established by the Council of the District of Columbia through the Parent and Student Empowerment Act of 2013. The office provides guidance and resource supports for families in order to assist them in navigating our complex system of public education in DC.

For more information, visit our website



## OFFICE OF THE STATE SUPERINTENDENT OF EDUCATION

The Office of the State Superintendent of Education (OSSE) is the state education agency for the District of Columbia charged with raising the quality of education for all DC residents. OSSE serves as the District's liaison to the US Department of Education and works closely with the District's traditional and public charter schools to achieve its key functions:

For more information, visit our <u>website</u>.

## OSSE'S COMMITMENT TO IMPROVING LITERACY OUTCOMES

As the state education agency, OSSE plays a critical role in ensuring that teachers have the knowledge and skills they need to support students in becoming competent, confident and joyful readers.

## Learn More:

osse.dc.gov/page/literacy-dc

