

### Reflection 1

My learning this week has been all over the place. Physics is extremely hard and I really just don't understand any of it. I'm almost 100% positive that I am going to switch to a different class. English is my favorite by far! It has pretty much just been review but I aced my vocab quiz! AP bio has just started and I already know I am going to hate it. The bad thing is it happens to be a year long course. I think this semester may just be a little on the bumpy side but i should be okay.

### Reflection 2

I got my first set of notecards done this week. It took absolutely forever, probably because I didnt start them until the night before. They weren't completely right and Mr. Peake was great with helping me out. I need to go back and make a few changes and make my source cards. I found a really good website and will probably be getting most of my information from there. The website might actually be a book but I could make all 150 notecards from it.

### Reflection 3

I really need to get started on my paper. I am the worst procrastinator every and I just haven't motivated myself top start working. I kind of have an idea of what my topic will be and I know i have got some notecards do. Last time I waited to the last minute of course and stayed up doing them forever! This time will be different because I plan to pace myself and get a couple done each night.

### Reflection 4

My research is just about done but I still have a few things to wrap up. I feel like I may not have enough information to fully support my topic the way it should. I know writing my paper will be so much easier if I have all the information on notecards. It is kind of scary because the paper writing actually starts tomorrow... which is way to soon for me!

### Reflection 5

My rough draft is finished! Sadly, I think it is absolute garbage. I didn't have as much information as I thought. I felt like I kept repeating myself and I probably used bad grammar. Mr. Peake has more than likely marked all over it with red pen. I can't wait to talk to him about my paper though because he is not going to make me feel like a complete dummy because he actually explains what is going on and how to fix it. Without him, I don't know how much of the corrections I would actually understand

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Do special needs kids benefit from the involvement in regular high school sports and activities?

Some children have difficulties in school, including problems with concentration, learning, language, ability to understand problems with behavior, or making and keeping friends. These difficulties may be due to the disability that the child suffers from. There are a variety of disorders or problems that a child could be suffering from, including physical disorders, psychiatric disorders, emotional problems, behavioral problems, and learning disorders. These children with special needs are usually entitled to receive special services or accommodations through the public schools. Federal law even gets involved and says that every child will receive a free and appropriate education. Different states have different criteria for eligibility, services available, and procedures for applying the laws. But what the federal government does not seem to get is that if you just simply involved these children in regular activities everyone would see the positive impact it has on the child. To support their ability to learn in school, three Federal laws apply to children with special needs: The Individuals with Disabilities Education Act (IDEA) (1975), Section 504 of the Rehabilitation Act of 1973, The Americans with Disabilities Act (ADA) (1990). Special needs kids do benefit from the involvement in regular high school activities because it gives them a chance to feel like a normal student and discover things about themselves they wouldn't have found without the involvement.