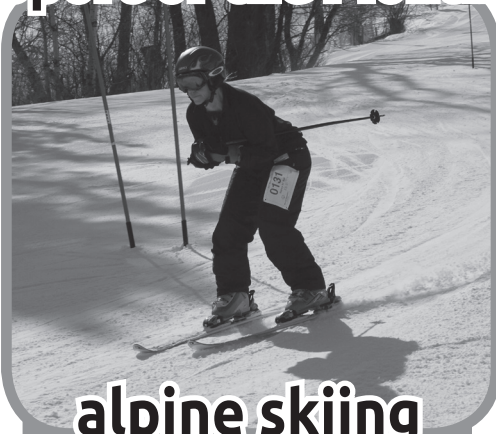


Grades 9–12 **December** Sport of the Month



alpine skiing

Alpine skiing is a demanding sport, and athletes must be in good physical condition to compete successfully and safely. Also called downhill skiing, alpine skiing requires strength, quickness, and endurance. Special Olympics offers cross-country skiing as well.

Dear Student,

We continue to work with Special Olympics to reverse the trend of discrimination against people with intellectual disabilities. Using the Special Olympics sport of skiing as a jumping-off point, we'll focus on the issues of acceptance and inclusion in the lives of persons with intellectual disabilities.

Inclusion and acceptance are important qualities for you to have in your school life and, soon, in your life beyond high school. Your understanding of acceptance and inclusion can make for a more peaceful and open classroom environment, as well as a more friendly and welcoming school community. The more accepting you are of someone who is different from you, the more inclusive we all can be as a group. Teachers, school officials, and Special Olympics athletes and volunteers are well aware of how important acceptance is, and now you share this awareness as well.

teacher signature

This month's theme: **inclusion**

Our first task will be to try to visualize our school and our community from the perspective of someone with an intellectual disability. You'll be surprised by the things that are the same and those that appear differently.

We'll then lead a group of younger students in a game called Frozen Bean Bag. We'll all find that the key to the game is working together and including everyone. That will give us a chance to share what we've learned about inclusion and intellectual disabilities with the younger group.



What you can do:



Take action The Special Olympics sport we spotlighted this month was skiing. Not every family can afford ski equipment, nor does every family have access to a ski area. Instead, why don't you lead a game of Frozen Bean Bag for younger siblings, family members, neighbors, or another group? Point out how helping one another makes the game more fun and benefits all players—even those who don't know one another.

For more ideas on how you can get involved in bringing the ideas of acceptance and inclusion to the school and community, be sure to visit the Student section of Get Into It! at <http://getintoit.specialolympics.org/students>.