



## Parent Resource Center

PREP Parent Resource Center Provides Free Information and Support to Families of Children with Disabilities or Special Needs

Serving Charlottesville, Fluvanna, Greene, Louisa, Madison, and Nelson School Districts

Contact: **Stephanie Hicks, PRC Coordinator**  
[shicks@k12albemarle.org](mailto:shicks@k12albemarle.org)  
434-975-9400 ext. 68032  
Newsletter Signup [Here](#)

April 2023

# Read! Read! Read!

With our Reading Supports Workshop coming up on April 19<sup>th</sup>, this seemed like a good time to share VDOE's literacy suggestions. For the full list of links and supports, visit

<https://www.doe.virginia.gov/teaching-learning-assessment/k-12-standards-instruction/english-reading-literacy/literacy/literacy-resources-for-families-and-communities> .

### Kindergarten - Grade 2

- Take a walk and look for things that begin with each letter of the alphabet.
- Choose a favorite story and perform it as a play for someone in your house.
- Read! Read! Read!

### Grades 3-5

- Dinner conversations: Talk with students about what they are reading during dinnertime. Ask questions such as; *What is the book about? Who is the main character? Where is the book set? How do you know? What have you found interesting so far?*
- Pick a favorite character from a story you are reading or have read. Create a collage about that character.
- Read! Read! Read!

### Grades 6-8

- Choose an object or place in your house. Write a description of the object or place using as many adjectives and details as possible, but do not say what the object or place is. Give your description to someone in your house and have them try to draw the object or place based on your description.
- Create a greeting card with a poem; add a picture to go with the poem. Send it to a neighbor!
- Read! Read! Read!

### Grades 9-12

- Find an article in a magazine or newspaper. Cut out or black out different words in the article. See if you can use your context clues to determine the missing words.
- Choose a scene from a book you're reading or have read. Create a script for a newscast to deliver including the main ideas and highlights from the event. Record yourself delivering the breaking news.
- Create a Top 5 list for anything you're interested in. For each, write an explanation for why each choice is in each spot, being sure to provide some evidence.
- Read! Read! Read!

# ***Meeting Announcements:***

## **Special Education Advisory Committees**

***Charlottesville City Public Schools - May 3<sup>rd</sup> at 5:30pm***

<https://charlottesvilleschools.zoom.us/j/89888321187?pwd=Q25kQ2VXNkREWU8rWEVOSExtZUpEZz09>

***Fluvanna County Public Schools April 18<sup>th</sup> at 6:30PM***

Fluvanna County School Board Office with a virtual option at <http://fluco.org/calendars>

***Greene County Public Schools – April 20<sup>th</sup> at 11am***

Virtual Meeting; More information, call 434-939-9000

***Madison County Public Schools- Fall 2022***

60 School Board Ct, Room 16

***Nelson County Public Schools- May 11<sup>th</sup> at 5:00 PM***

NMS library- 8521 Thomas Nelson Hwy, Lovington

***Albemarle County Public Schools- April 11<sup>th</sup> at 7pm***

COB 320 (401 McIntire Rd, Suite 320)

## **Special Education Parent Advisory Council**

***Louisa County Public School – April 6<sup>th</sup> at 6:30PM***

LCPS Central Office, Board Room, 953 Davis Hwy, Mineral, VA

**PREP Board of Control- Friday, May 19<sup>th</sup> at 9am**

Center One, 1180 Seminole Trail, Charlottesville, VA

# ***Upcoming Parent Resource Center Events***

**April 19<sup>th</sup> 6:30pm- Reading Supports- virtual**

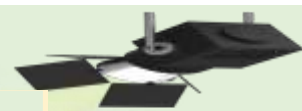
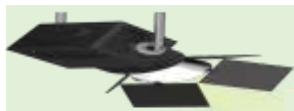
**April 25<sup>th</sup> noon- Family Support Group- virtual**

**May 10<sup>th</sup> 5pm- Zones of Regulation- Ivy Creek School**

**May 19<sup>th</sup> noon- Behavior Workshop- virtual**

**May 23<sup>rd</sup> noon- Career Options and the IEP- virtual**

Contact [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) with questions



# Resource Spotlight



Youth MOVE (Motivating Others through Voices of Experience) is a platform for young people to share their stories and inspire others. YMV is Virginia's Statewide Youth Network and voice for young people with systems experience. In addition to the mental health system, YMV is open to youth and young adults (ages 14-29) who have experience in the child welfare, education, or juvenile justice systems, including foster care and substance use/recovery services.

YMV is governed by a Youth Advisory Board, comprised of 15 young people from around the state who have lived experience or a connection to mental health. These individuals were recruited because of their experience with various systems and insight based on personal and/or family experience. Board members meet quarterly and are routinely included in discussions about mental health policy and practice to stay informed on current activity across the state.

<https://namivirginia.org/get-involved/youth-move-virginia/>

## ***Silly (and not-so-silly) Celebrations for April***

April 9<sup>th</sup>- National Unicorn Day- What does "unicorn" mean? What animal is the unicorn believed to be based on?

April 12<sup>th</sup>- International Day of Human Space Flight- Who was the first human in space? How many countries have sent a human into space?

April 17<sup>th</sup>- National Haiku Day- Celebrate today/By reading and writing poems/This is Haiku Day

April 20<sup>th</sup>- National High Five Day was established in 2002 by a group of University of Virginia students and seeks to spread positivity and good vibes using the famous greeting.

April 25<sup>th</sup>- World Penguin Day: Are penguins considered predators or prey? Where in the world do penguins live? Why are penguins celebrated on April 25<sup>th</sup> instead of another day?

April 29<sup>th</sup>- International Dance Day- Make up your own dance and have some fun!

April 30<sup>th</sup>- International Jazz Day- Where did jazz originate and where is it popular now? Listen to several styles of jazz and pick your favorite.

# Grow a Reader

**April 19<sup>th</sup> at 6:30pm**

**on Zoom**

**The basic seeds for growing a reader are sounds. If you can put the sounds together, you can read words. If you can read words, the world of reading will blossom for you.**

**Knowing the five building blocks of reading along with activities you can do with your child(ren) can encourage their growth as a reader.**

Linda Dunn, a VDOE-endorsed reading specialist will introduce families to Parent-Friendly Activities for the Five Building Blocks of Reading

- Phonemic Awareness
- Phonics
- Vocabulary
- Fluency
- Comprehension



Sign up for this FREE workshop by e-mailing your name and the name of your child's school to [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org)

# **The Joys and Challenges of Special Needs Parenting**



## **A Parent~to~Parent Support Group**

From the PREP Parent Resource Center

Here's a chance to talk with other parents of students in special education about the things that make our parenting journeys different from those of parents with typical students. Join us on Zoom for a judgement-free discussion with people who "get it."

**Tuesday, April 25<sup>th</sup>**

**at noon**

**On Zoom**

e-mail [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) to get the link and join the call.

A PREP Autism Behavior Team Workshop

# THE ZONES OF REGULATION®

**Free** Parent and Elementary Student Workshop

**Wednesday, May 10<sup>th</sup>, 2023**  
**5:00pm — 6:30pm**

**Ivy Creek School- 227 Lambs Ln, Charlottesville**

**5:00 pm — 6:30 pm Parent Zones Workshop**

**5:00 pm — 6:30 pm Student Self-regulation Workshop**

The Zones of Regulation is a systematic, cognitive behavioral approach to teach self-regulation. The Zones framework provides strategies to teach individuals to become more aware of and independent in managing their emotions and impulses, manage sensory needs and improve their ability to problem solve conflicts. The Zones framework combines Social Thinking Concepts, visuals and de-escalation strategies to help individuals identify their feelings/level of alertness, understand how their behavior impacts others, and learn what tools work for them to manage their feelings and behavioral responses.

**Students will build their own self-regulation toolkits to take home.**

**All students must be accompanied by an adult.**

**Free Registration: email Stephanie Hicks [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org)**





## Live, Virtual Training on Critical Decision Points for Families of Children with Disabilities

<https://www.eventbrite.com/e/critical-decision-points-for-families-of-children-with-disabilities-virtual-tickets-595804215447>

Join us for a live, virtual training event, *Critical Decision Points for Families of Children with Disabilities*. The purpose of this training is to assist you in understanding the following:

- What are some of the keys to your child's academic success?
- What decisions will you need to make regarding your child's educational path?
- At what point will you be making these decisions? In this training, we refer to these as *critical decision points*.
- What information will you need so that you can make the most well-informed decisions possible for your child?

Part One will be held on **Wednesday, May 3, 2023, from 6-8 p.m.** Part Two will be held on **Wednesday, May 10, 2023, from 6-8 p.m.** You will need to attend both sessions in order to receive all of the information. Registration will be limited to 100 participants, on a first come, first served basis, with priority given to people who have not attended previously. The training will be provided by **Virginia Department of Education (VDOE)** staff members.

**Note:** Once you have registered, you will automatically be registered for both Part One and Part Two. Links for both nights will be sent to you via email.



## Events for Families in Special Education



### GRUPO DE APOYO

Para padres y madres que tienen un niño con autismo

¿Tienes un hijo o hija con autismo? ¿Buscas una comunidad de otras familias que experimentan las mismas cosas? ¿Deseas compartir sus desafíos y sus éxitos, desahogar sus frustraciones, y aprender estrategias con otros? Únete a nuestro grupo de apoyo virtual para padres y madres con un niño con autismo.

**El último sábado de cada mes a las 10:00am**

- En español
- Completamente virtual y gratuita
- Patrocinado por UVA y ASCV
- Abierto a todos, pero dirigido a familias en Virginia

 **Autism Society**  
Central Virginia



**STAR AUTISM INITIATIVE**

**INSCRÍBETE >** <https://tinyurl.com/apoyoTEA>



Family Fun Day!

# STEP UP<sup>®</sup> FOR DOWN SYNDROME CHARLOTTESVILLE

April 23rd - 1pm to 4pm  
Family Festival at Blue Toad Hard  
Cider Farm

## FEATURING

Music - Food - Blue Toad Cider  
Carpe Donuts - Face Painting - Pony Rides - Silent Auction & more!

Free Registration with QR code  
Questions? 804-256-6070 or [dzedd@virginiadsa.org](mailto:dzedd@virginiadsa.org)  
Sponsorships / Silent Auction:  
804-256-5651 or [amarkow@virginiadsa.org](mailto:amarkow@virginiadsa.org)



462 Winery Lane  
Roseland, VA 22967



## FLUVANNA SOCIAL SERVICES

### CELEBRATING CHILDREN'S FAIR



Open to children, parents & caregivers  
Carysbrook Elementary School  
Saturday, April 29 th 10 am to 12 noon  
Hosted by Fluvanna Social Services

SNACKS BOUNCE HOUSE FACE PAINTING BALLOON ART LOCAL RESOURCES  
**FREE & FUN ACTIVITIES!!! FREE GIVEAWAYS!!!**