



Parent Resource Center

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

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

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

August 2023

## Welcome Back!

Over the next few weeks, our students will be returning to school. For families of children with challenges, this time of year comes with lots of strong feelings. We are anxious our child will feel overwhelmed by the new environment. We are hopeful they will make new, supportive friends. We are worried they may need extra supports. We are excited to have them learning so many new things. We are happy they are returning to a structured environment. We are scared they might be bullied for being different. We may even be relieved to know there will be other adults supporting them and giving us a break. Whatever you are feeling, you are not alone!

To make the return to school easier for our kiddos (and us!), there are some simple steps we can take before classes begin. Walk to the bus stop with your kids and talk about waiting in line, staying seated, and using an "indoor voice." Walk around the outside of the school and see where the buses will line up each day. Visit the playground or athletic fields so it will all feel familiar. Contact your child's teacher(s) to introduce yourself and let them know you value them as a member of your child's support team.

If your student is especially anxious about the first day, request a private tour of the school when everything is still quiet. If possible, meet the teacher(s) so your child will recognize them on the very first day. You may even ask to take a photo of your student with the teacher so your child can look at it again before school starts. Help your child prepare some get-to-know-you questions and comments. For my son, knowing which teachers had pets and which ones loved math was the key to making a connection. Asking about pets and other favorite topics can help the student see the teacher as a real person who has a life outside the classroom, too. The student can also share their special interests with the teacher as a way to connect.

If you're still feeling anxious, call the Parent Resource Center, and we can discuss ideas specifically for your student. 434-975-0400, option 1

**Cheers to a fabulous start to the new school year!**

# Meeting Announcements:

## Special Education Advisory Committees- Open to families, staff, and community

### **Albemarle County Public Schools- September 12<sup>th</sup> at 7pm**

COB 320 (401 McIntire Rd, Suite 320)

### **Charlottesville City Public Schools- September 29<sup>th</sup> at 5:30pm**

Charlottesville High School Annex or possibly on Zoom

### **Fluvanna County Public Schools- September 19<sup>th</sup> at 6:30pm**

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

### **Greene County Public Schools – September 21<sup>st</sup>**

More information, call 434-939-9000

### **Madison County Public Schools- Fall 2023**

60 School Board Ct, Room 16

### **Nelson County Public Schools- September 14<sup>th</sup> at 4:00 PM**

NMS library- 8521 Thomas Nelson Hwy, Lovingston

### **Orange County Public Schools- Fall date to be announced**

## Special Education Parent Advisory Council

### **Louisa County Public School – August 31<sup>st</sup> at 6:30pm**

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

### **PREP Board of Control- Wednesday, September 20<sup>th</sup> at 9am**

County Office Bldg 401 McIntire Rd- 2<sup>nd</sup> floor conference room, Charlottesville, VA

## Virginia Literacy Act

(in case you missed it)

### **Beginning in the 2024-2025 school year:**

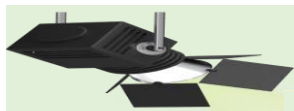
Every student in kindergarten to grade three will receive core literacy instruction based on scientifically based reading research and evidence-based literacy instruction, as defined in the VLA. Students will also receive evidence-based instruction and intervention, as outlined in an individualized student reading plan, if they do not meet literacy benchmarks.

Every family will have access to online resources to support literacy development at home and will be able to participate in the development of their child's student reading plan, if their child does not meet literacy benchmarks.

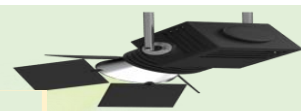
Every teacher will use evidence-based literacy curriculum, assess student learning using approved literacy screeners, use student-level data to inform instruction and intervention, and participate in pre-service preparation or training on evidence-based literacy instruction.

Every reading specialist, in consultation with classroom teachers, will coordinate and oversee intervention for students not meeting literacy benchmarks, and will develop and monitor student progress on student reading plans, working closely with families and teachers.

Every division will develop a literacy plan, ensure the use of evidence-based literacy curriculum, staff enough reading specialists to support intervention needs, and provide professional development to support teachers, reading specialists, and principals. <https://www.doe.virginia.gov/teaching-learning-assessment/k-12-standards-instruction/english-reading-literacy/literacy/virginia-literacy-act>



# Resource Spotlight



**ServiceSource**  
A LEADING COMMUNITY RESOURCE

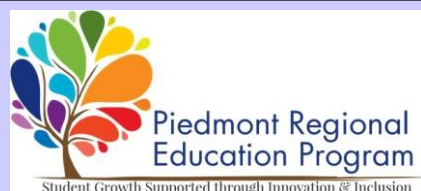
WorkSource, a not-for-profit organization that serves individuals with disabilities in the Charlottesville, Virginia area, became affiliated with ServiceSource, Inc. on July 1, 2023. ServiceSource is a not-for-profit organization with a mission to facilitate services and partnerships to support people with disabilities, their families, their caregivers and community members in order to build more inclusive communities.

Since 1967, WorkSource has provided job training, employment, and community integration services to thousands of adults with disabilities, enabling them to achieve economic self-sufficiency and independence and to fully participate in their communities.

WorkSource was founded by a group of parents of adult children with disabilities on September 26, 1967. The organization is accredited by CARF, the Accreditation Agency, for community integration services and employment-related services. WorkSource offers affirmative employment opportunities for individuals with disabilities through the AbilityOne Program. Bruce Patterson, ServiceSource CEO, shared, "I am excited to welcome WorkSource to the ServiceSource family. WorkSource has a long-standing history of providing exemplary and critical services to individuals with disabilities in the Charlottesville community. This affiliation strengthens both organizations to increase our collective impact for those we serve."

To learn more about ServiceSource, visit [www.servicesource.org](http://www.servicesource.org).

Non-profits are listed for information only. PREP does not endorse any specific business.



## ***Help Wanted: PRC Intern\****

***The Parent Resource Center Intern will work at the office in Ivy Creek School to assist the Coordinator with the planning and presentation of educational events for families of students in special education, as well as gathering and disseminating information on local resources to support all areas of special education. The intern will receive training on multiple aspects of special education services in the Piedmont Regional Education Program service area, to include the school divisions of Albemarle County, Charlottesville City, Fluvanna County, Greene County, Louisa County, Madison County, Nelson County, and Orange County.***

\*This is a contract position from September 2023 through April 2024 (excluding December) with some flexibility. The PRC intern will be allotted a monthly stipend of \$700 based on an average of 10-12 hours per week. A \$100 completion bonus is payable if the intern retains the position for a minimum of 30 weeks. No work hours are expected for Thanksgiving week and the first week of April. Priority will be given to applicants pursuing a career in education. To apply, contact [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org)

# **Family Fun Fitness Night**

a FREE Student and Parent Workshop



one-night workshop for kids with diverse abilities, and their  
parents/guardians.

Join us for a night of music and movement! Families will engage in a variety of physical activities including drumming, yoga, and therapy putty exercises. Drums Alive® is the original research-based, sensory rich, whole brain, whole body cardio drumming class. Each family will receive an exercise ball, a yoga mat, colorful exercise cards, and therapy putty to take with them.

Presented by: PREP ABC Consultants and Adapted P.E. Teachers



Date: Thursday, August 31<sup>st</sup> 5:30PM - 7:00PM



Location: Carysbrook Elementary

9172 James Madison Hwy, Palmyra, VA



Questions & Registration: Contact Stephanie Hicks

Parent Resource Center Coordinator [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) (434) 975-9400 x68032

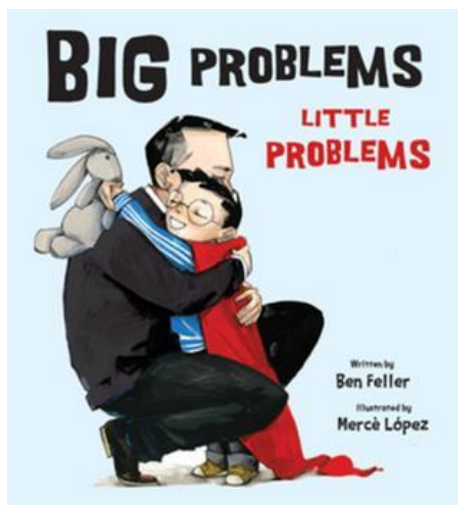
*Space is limited so register early!*

# The Problem with Problems

(A free behavior support workshop)

**Thursday, August 31<sup>st</sup> at noon**

**On Zoom**



Helping children understand the “size” of their problem can help them respond appropriately. Having a big reaction to a small problem may seem extreme to adults, but to a child, all problems can seem big unless we help them learn to classify their struggles.

Join us as behavior specialist Nicole Rutan teaches us the strategies to help our children identify the size of the problem and how to put it in perspective.

To register, e-mail [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org).

The first 20 families to register will receive a free copy of the book  
Big Problems, Little Problems.



## Events for Families in Special Education

### SAVE THE DATE

Upcoming Parent Resource Center Events:

September 14<sup>th</sup>- Family Fun Fitness Night in  
Albemarle County

September 21- Family Fun Fitness Night-  
Ruckersville Elementary

A promotional banner for the Annual International Conference on ADHD2023. The background is a dark blue cityscape at night. On the left is a logo consisting of white curved lines forming a sphere. The text 'ANNUAL INTERNATIONAL CONFERENCE ON' is in white, followed by 'ADHD2023' in large white letters. Below that, 'Connect Learn Thrive' is written in a yellow script font. A white box contains the registration link. At the bottom, dates and locations are listed with bullet points.

 ANNUAL INTERNATIONAL CONFERENCE ON  
**ADHD2023**  
*Connect Learn Thrive*

Register now at: <https://adhdconference.eventsair.com/adhd-conference>

**Nov 30 - Dec 2** • **Baltimore, MD**  
**Dec 5 - 6** • **Online**