



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

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Newsletter Signup [Here](#)

March 2023

Task Initiation: Friend or Foe?

Some days, when I sit down to write this newsletter or some other important document, the words just flow onto the page. Then there are the OTHER days... those days when just getting the first sentence on a page is like climbing a mountain carrying a pack full of rocks. For our students with diagnoses that affect executive functioning (Autism, ADHD, etc.), getting started can be the toughest part of any assignment.

The technical term is “task initiation,” but you’ve probably also heard it called writer’s block, procrastination, or just plain laziness. Like many challenges our students face, this one can be more complex than it appears.

For many, the scope of the project seems too large to understand. That’s where we, as the adults, can help. Work with your child to break the assignment into small pieces with shorter deadlines. The paper due next week can start with an outline today and then work through research, an opening paragraph, and other steps one day or piece at a time.

Help your child create a reward plan for when they complete each step, i.e. a playground break, a cookie, time with a friend. When they learn to create their own incentives, they’ll be able to work more independently and associate completing a task with a reward.

You can also ask your child’s teacher about an alternate assignment that showcases the student’s interests and skills. I will forever remember my son’s English teacher for allowing him to do his book report as a video game he designed and presented, and his elementary science teacher for letting him build a Lego catapult to demonstrate his understanding of basic physics.

Using a countdown timer, taking brain breaks, working with a friend, writing out checklists, and brainstorming about getting past the “roadblocks” can all help the student get started and keep going.

You can find more suggestions at these websites: www.additudemag.com , www.understood.org , and www.smartkidswithld.org .

Now, if you’ll excuse me, I think I’ve earned a chocolate for completing this article.

Meeting Announcements:

Special Education Advisory Committees

Charlottesville City Public Schools - March 15th at 5:30pm

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

Fluvanna County Public Schools March 21st at 6:30PM

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

Greene County Public Schools – April 20th time to be determined

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

Madison County Public Schools- March 8th, 2022 at 6:30pm

60 School Board Ct, Room 16

Nelson County Public Schools- March 9th at 4:30 PM

NMS library- 8521 Thomas Nelson Hwy, Lovingston

Albemarle County Public Schools- March 14th at 7pm

COB 320 (401 McIntire Rd, Suite 320)

Special Education Parent Advisory Council

Louisa County Public School – April 6th at 6:30PM

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

PREP Board of Control- Friday, March 24th at 9am

Center One, 1180 Seminole Trail, Charlottesville, VA

Upcoming Parent Resource Center Events

March 8th- Zones of Regulation- Abrams Academy

March 25th- Life After High School Transition Conference- PVCC

April 19th- Reading Supports- virtual

April 25th- Family Support Group- virtual

And more exciting events are in the works!

Contact shicks@k12albemarle.org with questions



Resource Spotlight



Camp Easterseals

Imagine being told your whole life that you couldn't participate in the same outdoor activities as your friends and family. Now, imagine learning that a summer camp exists where you're able to push the boundaries of what's possible. Camp Easterseals UCP encourages and empowers campers to have a full summer camp experience while connecting with friends and nature. We believe that if you can dream it, you can do it!

Camp Easterseals UCP is an overnight camp near Roanoke, Virginia for children and adults living with physical and intellectual disabilities. Camp activities are adapted for all abilities by their trained staff of counselors so that campers can enjoy a unique summer camp experience. Assistance is available to all campers, while encouraging independence in a safe and supportive atmosphere. Summer camp, weekend respites and family camps are available.

[Camp Easterseals UCP](#)

Silly (and not-so-silly) Celebrations for March

March 7- National Cereal Day- Cut up some fruits or grab some nuts and add it into your cereal. This is a good chance to talk about making healthy food choices. Aim for no more than 4 to 6 ounces of added sugar per serving.

March 13-19- Brain Awareness Week Check out this video from the USA Science and Engineering Festival Exploring Our Minds- Brain Engineer Dr Kafui Dzirasa and Neuroscientist Dr Kay Tye
<https://www.youtube.com/watch?v=naQKWENy3DQ>

March 20- International Day of Happiness- Established in 2012 by the U.N General Assembly, the International Day of Happiness seeks to celebrate and promote world happiness. This is a good day to talk about emotions. What makes your child happy? Can we actually make someone else happy? Is happiness "contagious?"

March 27- World Theatre Day- This celebration encourages those involved in theater to share the joy of the art with others. Share the joy with your family by going to a play or acting out your own play at home. Talk about all the different skills that go into creating a theatre production: music, art, lighting, advertising, directing, and, of course, acting.

A PREP Autism Behavior Team Workshop

THE ZONES OF REGULATION®

Free Parent and Elementary Student Workshop

Wednesday, March 8th, 2023
5:00pm — 6:30pm

Abrams Academy- 3395 Central Plains Road Palmyra

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



Piedmont Regional Education Program Parent Resource Center
in partnership with
the Albemarle County Public Schools Parent Resource Center
and **Piedmont Virginia Community College**
is excited to announce the

2023 Life After High School Transition Conference and Resource Fair



**Community Supports &
Contacts, Job Skills,
Resources**



Saturday, March 25, 2023

8:30am to 1:00pm

Piedmont Virginia Community College Bolick Student Center

Students, families, and professionals are invited!

Cost: FREE

**Presentations, exhibits, and information to prepare families for
life after high school.**

Plus, a free lunch for all who register in advance!

Register here: <https://www.eventbrite.com/e/483847650347>

For more information, please contact Stephanie Hicks by e-mail at shicks@k12albemarle.org
or by phone at 434-975-9400, option 1.

Local 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? Únate 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



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



I'm Determined **MOVE** Youth & Family Event

For Virginia African American males with disabilities ages 14-21, and their parent(s)

The 10th Annual mentor-based summit empowering African American males with disabilities to unlock their potential to graduate high school to be college- and career-ready

July 16-18, 2023
Virginia State University



APPLY NOW! <https://imdetermined.org/move-summit-applications/>

