



Parent Resource Center

January 2022

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

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

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

#### Mission

Piedmont Regional Education Program (PREP) serves students with disabilities, in partnership with participating school divisions via pooled resources and efficiency of scale, by providing exemplary educational services that foster the social, emotional, physical and intellectual development of each child.



## Masks are a Must!



Masks have become essential to protect us against COVID and other illnesses, but masks can be scary for our students in special education. Practicing wearing a mask at home and wearing a mask to go somewhere fun, can make wearing a mask at school more comfortable. Letting your child decorate their mask can help them become more comfortable with handling it and might even make it fun to wear. Use non-toxic markers or glue-on decorations, but don't use any decorations that would create a hole in the mask. That could make it less effective.

For school and other public events, the CDC now recommends an N95 or KN95. If you can't find these, a surgical mask is the next best option, but any mask is better than no mask at all.

Looking for a cute way to encourage mask wearing for your child? This video from Sesame Street shows Julia and her stuffed bunny, Fluffster, practicing wearing masks. <https://autism.sesamestreet.org/video/fluffster-wears-mask/> .

For more tips on helping your child adjust to a mask, visit the Understood website at <https://www.understood.org/articles/en/trouble-wearing-mask> .

## Discover Sign Language at PVCC

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression. For more information, visit the course website: <https://www.ed2go.com/piedmont/online-courses/learn-sign-language/>



# Silly Celebrations for January



That are also fun learning opportunities!

**January 9<sup>th</sup>- 15<sup>th</sup>- National Pizza Day- Make your own pizzas and let kids experiment with different toppings. Talk about healthy food choices, measure ingredients, and turn your pizza into a work of art.**

**January 25<sup>th</sup>- National Opposite Day- Try having kids say the opposite of what they mean, naming opposites, or matching pictures of opposites.**

**January 29<sup>th</sup>- National Puzzle Day- Word search, Sudoku, crossword, or jigsaw— Working on puzzles improves memory, cognitive function, and problem-solving skills.**

## *Meeting Announcements*

### Special Education Advisory Committee

***Charlottesville City Public Schools - January 19<sup>th</sup> at 5:30PM***

Meetings will be virtual. Contact: Special Education office at 434-245-2405. More info: Click [Here](#)

***Fluvanna County Public Schools – February 15<sup>th</sup> at 6:30PM***

Virtual meetings will be held from 6:30 – 7:30p.m. The meeting link can be found at <http://fluco.org/calendars>

***Greene County Public Schools – January 13<sup>th</sup> at 5:30PM***

40 Celt Road, Standardsville, VA More information: [Click Here](#)

***Madison County Public Schools- February 9<sup>th</sup> at 7pm***

60 School Board Ct, Room 16; Contact: Jeanette Alexander, Director of Student Services at 540-948-3780

### Special Education Parent Advisory Council

***Louisa County Public School – February 3<sup>rd</sup> 6:30PM – 7:30 PM***

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

Contact: Dr. Carla Alpern 540-894-5115 or [alpernca@lcps.k12.va.us](mailto:alpernca@lcps.k12.va.us) More information: Click [Here](#)

***PREP board meeting- Jan. 26 at 10:00 am***

Albemarle County Schools Technology Building, 1180 Seminole Trail Suite 225



## Parent Resource Center Library

The PREP Parent Resource Center has over 700 books and materials for parents and school personnel to borrow. Topics include many disability categories as well as teaching tools and parenting support. Whether you are new to the world of special education or making the transition to adulthood, the PRC library contains something for you.

Want to check out a book from our collection? You can see what we have available in our lending library by visiting <https://opac.libraryworld.com/opac/home.php> . For personalized suggestions, call our office at 434-975-9400 x68032.

Books can be sent by bus to your child's school division or by mail directly to your home.

## Valuable Information and Resources

Charlottesville Regional Autism Action Group [www.cahumanservices.org/craag/](http://www.cahumanservices.org/craag/)

[T/TAC Online](#) A Community Sharing Resources to Educate Students with Disabilities

VCU Center for Family Involvement <https://centerforfamilyinvolvementblog.org/>

[www.understood.org/](http://www.understood.org/) A guide for those who learn and think differently

CA Human Services <https://www.cahumanservices.org/>

Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD) <https://chadd.org/about/>

Down Syndrome Association <https://www.ndss.org/> **See attached flyer for information on the Virginia Virtual Down Syndrome Speaker series.**



Thank you and please let us know how we may be of assistance.

Stephanie Hicks, PRC Coordinator [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) 434-975-9400 ext. 68032

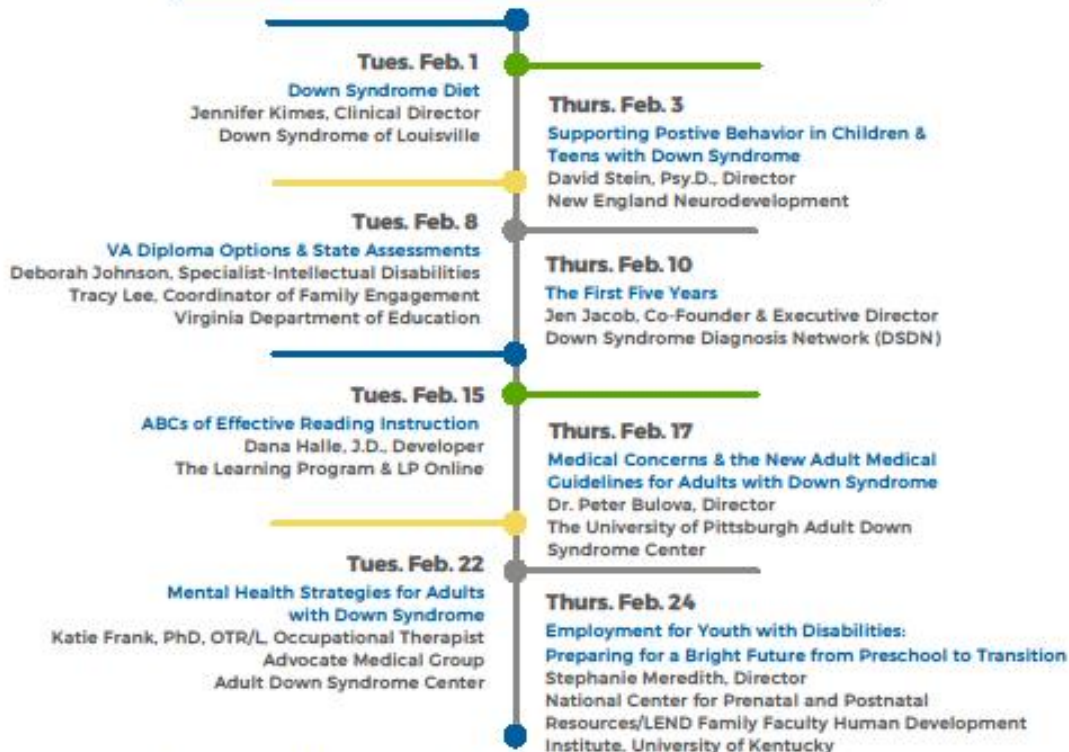


# THE VIRGINIA VIRTUAL DOWN SYNDROME SPEAKER SERIES

*Learning thru the Lifespan*



TUESDAYS & THURSDAYS in FEBRUARY - 7 to 8:30pm EST | \$35 FOR ALL SESSIONS



Registration at [dsagr.org](https://dsagr.org) | Questions? Contact [education@dsagr.org](mailto:education@dsagr.org)

Recordings available to all registrants from March 1-31, 2022. Scholarships are available - Contact [director@dsagr.org](mailto:director@dsagr.org)

Registration includes certificate of attendance to be used for certification hours.

All webinars will be held via Zoom and are open to all regardless of location.



Hosted by



2022

Down Syndrome Association of Greater Richmond  
in Partnership with Down Syndrome Association of Northern Virginia  
and Down Syndrome Association of Hampton Roads

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