



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, and Madison School Districts

Contact: **Stephanie Hicks, PRC Coordinator**
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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.

Vision

Piedmont Regional Education Program (PREP) will be the leader in providing evidenced-based services to empower students with disabilities to acquire lifelong skills and reach their full potential.

Executive Functioning Workshop

Does your student struggle with any of the following:

- Starting a project?
- Finding their backpack/shoes/jacket/phone?
- Keeping their emotions in check?
- Remembering what you just asked them to do?
- Getting ready on time?
- Paying attention?
- Socially inappropriate behavior?



All of these and much more are part of executive functioning, and are controlled by a part of the brain that is not fully developed until we are in our mid-20's or even later. So how do we help our students thrive while their brains are still developing? Using timers, calendars, visuals, alarms, checklists, and other supports can help students succeed and build their confidence. Having external reminders can also keep mom, dad, and other adults from engaging in struggles to keep the child on track.

For more ideas, check out these websites: www.understood.org , www.chadd.org , <https://childmind.org> , <https://developingchild.harvard.edu/resources> .

Better yet, join us online **May 18^h from 6pm to 7pm** to learn tried and true supports from behavior specialists Diane Talarico-Cavanaugh and Laura Wolf.

The **first 25 families to register & attend will receive a free kit** with chore charts, magnetic calendars, a timer, and a copy of the book FLIPP the Switch. Contact Stephanie Hicks at shicks@k12albemarle.org or 434-975-9400 to register.



Parent to Parent Workshop

Supporting Kids in Crisis



Tuesday, May 24th 6:30pm online

The stress levels for students have been rising for years, but the pandemic has brought us to what the American Academy of Pediatrics and other professionals are proclaiming to be a mental health crisis in children and teens. If you've got a highly-stressed or sensitive child, you know how exhausting that can be for them and for your family.

This workshop is a chance to hear from other parents about resources, techniques, and coping strategies to support our kids and ourselves. Sometimes, we may feel we are the only ones experiencing these extreme challenges, but we are definitely not alone!

Join us online Tuesday, May 24th from 6:30pm to 7:30pm for a mutual-support workshop led by a parent who understands.

** This workshop is by parents and for parents. The facilitator is not a licensed mental health professional; however, a licensed clinical social worker will be participating in the workshop.

To register and receive the Zoom link, please contact Stephanie Hicks at shicks@k12albemarle.org or 434-975-9400.

If you suspect your child is in danger, please dial 911.

Meeting Announcements:

Special Education Advisory Committees

Charlottesville City Public Schools - May 4th at 5:30PM

Meetings will be virtual. Join with this link: <https://charlottesvilleschools.zoom.us/j/88363588214>

Fluvanna County Public Schools – May 17th 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 – next meeting in September

40 Celt Road, Standardsville, VA More information, call 434-939-9000

Madison County Public Schools- next meeting October 12, 2022 at 7pm

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

Albemarle County Public Schools- May 10th at 7pm

Virtual meeting link <http://streaming.k12albemarle.org/ACPS/player.htm?xml/acpsevents.xml>

Special Education Parent Advisory Council

Louisa County Public School – May 5th 6:30PM – 7:30 PM

LCPS Central Office, Board Room, 953 Davis Hwy, Mineral, VA More information: Click [Here](#)

Silly Celebrations for May

That are also fun learning opportunities!

May 6th- Space Day- Stare at the stars, test gravity, watch a space movie (Star Wars Day was May 4th)

April 13th- Frog Jumping Day- See who can jump the farthest, visit a pond or aquarium, check out a library book on frogs.

May 20th- Bike to School Day- How does exercise help us? Does biking help the planet? Discuss the physics of gears and how they reduce the amount of force needed to move the bike.

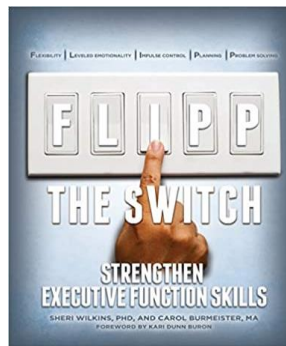
May 31st- Smile Day- Can smiling actually make you feel happy when you're not? What happens when you smile at other people? Why do humans smile?

It's good to share!

Help us make sure all students and families get the answers they need by forwarding this newsletter to a friend, neighbor, teacher, counselor, and everyone else you think could benefit from this support.

EXECUTIVE FUNCTION WORKSHOP

Wednesday, May 18th
6pm to 7pm online



**Losing items, forgetting chores, over-reacting,
struggling with change, running late...**

All relate to a complex set of brain activities known as
Executive Functioning.

While this part of the brain doesn't develop until adulthood,
you can help your child (and yourself!) with a few simple
tools and strategies.

Contact Stephanie Hicks at shicks@k12albemarle.org or 434-975-9400 to register.

The first 25 families to sign-up & attend will receive a FREE Executive Function supports pack,
including magnetic calendars, chores charts, a timer, and a copy of FLIPP the Switch.

Event hosted by the PREP Parent Resource Center



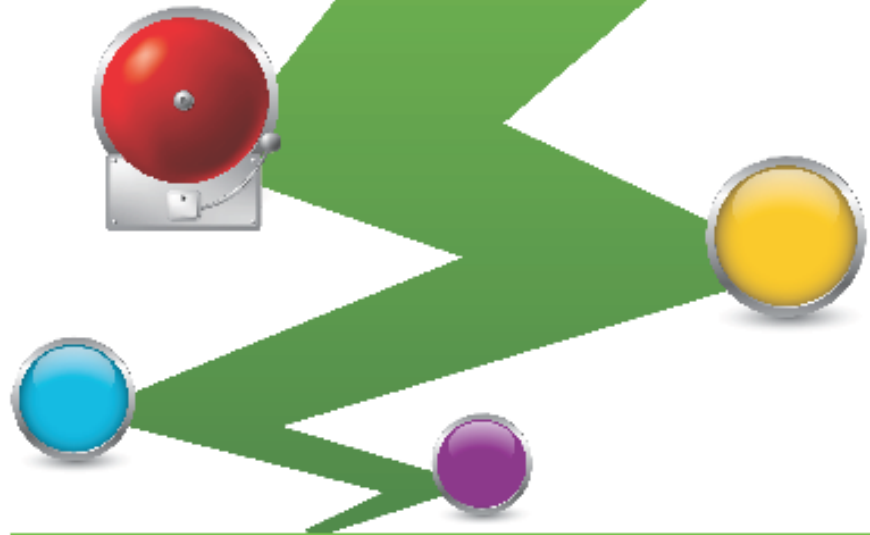
FREE TRAINING FOR PARENTS!

Sponsored by the Virginia Department of Education

Critical Decision Points for Families of Children with Disabilities

The Purpose of this Training is to Assist Parents in Understanding:

- Keys to your child's academic success
- Decisions you need to make regarding your child's educational path
- Critical Decision Points and *WHEN* they should be made
- Information needed to make well informed decisions for your child



Virtual Sessions

This 2-session live training will be held via Zoom. Instructions for accessing both sessions will be emailed upon registering.

Session Information

Wednesday, May 4, 2022


Wednesday, May 11, 2022

6-8:00 PM

Register @ https://doe-virginia-gov.zoom.us/webinar/register/WN_4S61NBEySKq_JkKzLMK60g



**FREE
EVENT**



**All are welcome
to enjoy a fun Father's
Day at the ballpark to see the
Tom Sox play at
Charlottesville High School's
Crutchfield Park.**

DATE:



TIME:



For complete information, go to www.tomsox.com

