



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](#)

August 2022

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.

Back-to-School “Jitters” They’re Not Just for Kids!

Growing up, I remember the anxious dreams before school started—Where is the class? Will I be late? Will the kids like me? Will I wear the right outfit? Will I say the right things? Imagine my surprise when my mother said she had the same dreams every year... AND SHE WAS THE TEACHER!

Some nervousness is expected when when facing a new challenge. Some stress can even be helpful as it improves alertness and boosts memory, but too much stress can lead to stomach aches, sleep problems, headaches, and more. So how do we help our kids (and ourselves) prepare for a new school year while keeping a healthy level of stress?

Try these tips:

Carry a “comfort item”- For younger students, a small stuffed animal or toy may help; for older students, try a fidget or trinket that fits discreetly in a backpack

Have a backpack checklist- Prepare the night before by making sure you have everything you need for a successful day—paper, pens, lunch, keys, etc.

Make a morning schedule- Wake up time, breakfast time, get dressed time, bus time—be sure to include any medications or calming routines

Visit the school- If you can, meet the teachers very early in the year. Arrange a time to visit when the school will be quiet so there will be fewer distractions. Attend school events whenever you can so your child quickly sees it as a fun and safe space.

Connect with a classmate or two outside of school to help friendships grow. You may need to try a few get-togethers to find the right fit.

Let it out!- Talk , write, draw, paint about those feelings. Try acting out a few school scenes—meeting a new classmate, requesting a bathroom pass, asking for help with an assignment, and more. Planning for common events may help your student feel more confident.

This year's Workshops and Events

School is just getting started, but the PREP Parent Resource Center is already working to bring you training and support you can use to make this your student's best year ever. We are starting off with two Family Fun Fitness Nights in September. We'll be drumming, stretching, and having a ball in Charlottesville on September 15th and in Fluvanna on September 20th. The details are on the attached flyers. We hope you'll find time to join us for these and other exciting opportunities during the school year. Watch our newsletters for upcoming workshops on executive function skills, mental health, Life After High School, safe relationships for students with disabilities, and more.

We are always interested to know what you would like to learn about in our workshops. If you have any ideas or requests, please let us know. You can call or e-mail the Parent Resource Center with your suggestions—434-975-9400 or shicks@k12albemarle.org

Resource Spotlight: Center on Transition Innovations

[Get Ready for Independent Living](#)

Introducing CTI's latest online course "Get Ready for Independent Living." This course will help you identify what independent living skills are, why they are important, and figure out what you need to do to be ready for living independently. "Get Ready for Independent Living" will build your skills for success in adult life.

[More Information](#) [Register Online](#) [Enter Course](#)

[Get Ready for Your Career](#)

The Center on Transition Innovations is excited to offer, "Get Ready for Your Career" This online resource will provide students with the information they need to successfully plan and prepare for their future careers. Online modules contain presentations and activities that can be used to equip individual students or groups with the knowledge and skills they need before transitioning to their career.

[More Information](#) [Register Online](#) [Enter Course](#)

[Get Ready for College](#)

The Center on Transition Innovations is excited to offer, "Get Ready for College: A Resource for Teens with Disabilities." This online resource will provide students with the information they need to successfully navigate the college preparation, selection, and disability services process. Online modules contain presentations and activities that can be used to equip individual students or groups with the knowledge and skills they need before transitioning to postsecondary education.

[More Information](#) [Register Online](#) [Enter Course](#)

DBHDS will be hosting in-person and virtual training sessions throughout Virginia during the rest of August. Information will be broken into two (2) sessions. Both sessions will be offered in the afternoon and in the evening. People can choose to attend one (1) session or both sessions.

Supported Decision-Making: The Details Training for Individuals and Families

Are you an individual with a developmental disability or do you know someone with a developmental disability who might be interested in learning more about Supported Decision-Making Agreements? If so, please see the information below!

Information will be broken into two (2) sessions. Both sessions will be offered in the afternoon and in the evening. You can attend in person or stream virtually through Zoom. Attend one (1) session or both sessions- it is up to you! Please see details about each session below.

Who should attend?

Session 1 Day/ Evening

People with developmental disabilities and their family members who are interested in learning more about:

- Roles and responsibilities of the people who have Supported Decision-Making Agreements or are Supporters
- Information about identifying, preventing, and addressing abuse and exploitation when someone has a Supported Decision-Making Agreement
- A brief overview of support decision-making, and Supported Decision-Making Agreements

Session 2 Day/ Evening

People with developmental disabilities and their family members who are interested in learning more about:

- Virginia's Supported Decision-Making Agreement template
- Discovery tools
- How to create your own agreement

Registration links are listed below. Meetings will be held in person and live streamed online through Zoom:

Region 2: Tuesday, August 23rd

Fairfax County Offices (Chantilly Training Room- Suite 240)

14150 Parkeast Circle, Chantilly, VA 20151

Virtual (Zoom)

[Session 1 Day: 1pm-2pm](#)

[Session 2 Day: 2:30pm-3:30pm](#)

[Session 1 Evening: 5pm-6pm](#)

[Session 2 Evening: 6:30pm-7:30pm](#)

Region 4: Thursday, August 18th

Clover Hill High School (Forum)

13301 Kelly Green Lane, Midlothian, VA 23112

In Person

[Session 1 Day: 1pm-2pm](#)

[Session 2 Day: 2:30pm-3:30pm](#)

[Session 1 Evening: 5pm-6pm](#)

[Session 2 Evening: 6:30pm-7:30pm](#)

Virtual (Zoom)

[Session 1 Day: 1pm-2pm](#)

[Session 2 Day: 2:30pm-3:30pm](#)

[Session 1 Evening: 5pm-6pm](#)

[Session 2 Evening: 6:30pm-7:30pm](#)

Region 5: Thursday, August 25th

Fox Hill Neighborhood Center

65 Hall Road, Hampton, VA 23664

In Person

[Session 1 Day: 1pm-2pm](#)

[Session 2 Day: 2:30pm-3:30pm](#)

[Session 1 Evening: 5pm-6pm](#)

[Session 2 Evening: 6:30pm-7:30pm](#)

Virtual (Zoom)

[Session 1 Day: 1pm-2pm](#)

[Session 2 Day: 2:30pm-3:30pm](#)

[Session 1 Evening: 5pm-6pm](#)

[Session 2 Evening: 6:30pm-7:30pm](#)

Meeting Announcements:

Special Education Advisory Committees

Charlottesville City Public Schools - Fall 2022 <http://charlottesvilleschools.org/home/about-ccs/departments/special-education-and-student-services/advisory-committee/>

Fluvanna County Public Schools – October 11th 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 –Fall 2022

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

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

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

Nelson County Public Schools- September 8, 2022- 5:00 PM

8521 Thomas Nelson Hwy, Lovingston

Albemarle County Public Schools- September 13th at 7pm

COB 320 (401 McIntire Rd, Suite 320)

Special Education Parent Advisory Council

Louisa County Public School – August 18th 6:30PM – 7:30 PM

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

Silly Celebrations for August

That are also fun learning opportunities!

8/19- Photography Day- Try a photo scavenger hunt. Learn how a camera works. Make a photo collage.

8/20 World Honey Bee Day- Why are these insects so important to our ecosystem? Why do we sometimes think they are scary? How do bees make honey?

8/24- Waffle Day- Enjoy breakfast for dinner while practicing reading a recipe and following directions.

8/26- National Dog Day- How did dogs go from being wild animals to family pets? What jobs can dogs do? What is the smartest dog breed? Which breed is your favorite?

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.

The PREP Parent Resource Center presents

FREE Student and Parent Workshop



Family Fun Fitness Night

A 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, September 15, 2022, 5:30PM - 7:00PM

Location: Charlottesville High School

Questions & Registration: Contact Stephanie Hicks
PREP Parent Resource Center Coordinator
(434) 975-9400 x68032 or
email shicks@k12albemarle.org

Space is limited so register early!



FLUVANNA FAMILIES

Family Fun Fitness Night September 20th 5:30pm-7pm

(registration by September 13th is required)



Join us for a night of music, movement, and fun!

OUTDOOR EVENT with WEATHER PERMITTING

CARYSBROOK ELEMENTARY PLAYGROUND

OR

CARYSBROOK ELEMENTARY GYMNASIUM

Children with all abilities and their parents/guardians are invited to 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 child will receive a fitness ball with drumming tubes, yoga mat, colorful yoga poses booklet, and therapy putty to take home with them.

Presented by: PREP Parent Resource Center & Fluvanna County Public Schools

Date: Thursday, September 20th 5:30PM - 7:00PM

Location: Carysbrook Elementary School Playground

Required Registration by September 13th:
e-mail: shicks@k12albemarle.org



Questions Contact:
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