



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**
shicks@k12albemarle.org
434-975-9400 ext. 68032
Newsletter Signup [Here](#)

September 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.

Communicate, Communicate, Communicate!

“Why do we only hear from the school when something is wrong?” When parents ask this question, I often reply by asking them about their home/school communication plan. Not surprisingly, many of us don’t really have a plan set up, but we should.

Communication is the responsibility of both the school AND the family. If you notice your student is struggling academically or experiencing more headaches and stomachaches, reach out to your child’s teacher(s) and start a conversation. A quick e-mail can be all you need to make a connection and begin the process of improving the school year for the student, the teacher(s), and yourself.

Why should it be your responsibility? The teacher may not be seeing the same signs in the classroom that you see at home. Maybe you have one of those students who works incredibly hard all day to stay out of trouble and then comes home and has a major tantrum because they just can’t hold it together any longer. Maybe your student is being quiet all day because a family member is ill and the child is scared, but all the teacher knows is that the student won’t do the math assignment. Maybe the student is pretending they can’t read just because they are afraid to make a mistake in front of others.

Make a note on your calendar to reach out to the teacher on a regular schedule. At first that may be weekly, or even daily. As your child becomes more confident, less contact may be needed.

Teachers know more about teaching than we do as parents (unless you are also a teacher), but we know more about our child. You are the expert when it comes to your kiddo so reach out and share some of that hard-earned wisdom with your child’s school. When we all work together as a team, the child comes out the real winner!

2022 Parent Involvement Survey

All parents of school-aged children and youth with disabilities who receive special education services in Virginia are encouraged to complete the Virginia Department of Education's (VDOE's) annual **Parent Involvement Survey**. The survey will remain open through December 16, 2022.

[Parent Involvement Survey - English](#)

[Parent Involvement Survey - Spanish](#)

[Parent Involvement \(Indicator 8\) Survey - Frequently Asked Questions](#)

If you have questions regarding this survey, please contact **Chiquita Seaborne, Family Engagement Specialist/Special Projects Coordinator**, via telephone at (804) 225-3898 or via email, at Chiquita.Seaborne@doe.virginia.gov.

“Twice Exceptional”

Yes, it is possible to be gifted AND have a disability!

If you've never heard the term twice exceptional, you are not alone. The idea (and reality) that students can be “gifted” and still struggle in school and at life is fairly new. We still think of gifted students as the ones who sail through school making straight A's and never getting into trouble. If only that were true! Life would be easier for so many parents... and so many teachers, too! Unfortunately, when students aren't getting support for their disabilities, they can behave in ways that end up in disciplinary action instead of gifted programs.

Reaching and teaching our complex kids can be a real challenge at home and at school. Expanding the way concepts are taught and the way mastery is shown can change the child's entire world. Being able to show what they know helps a student feel successful and accomplished and can help decrease instances of anxiety and depression.

What does that look like in the classroom? Teachers can present information in multiple formats—presentations, reading assignments, photos, and videos are all common. Some teachers take it farther by incorporating everything from cooking to music to sculpting. Giving the student a choice for how they demonstrate understanding of a concept can increase engagement for all students. For my son, being allowed to program a lesson in Alice¹ instead of writing a book report was a game-changer. Other teachers have used everything from Legos to “oobleck”² to bring new concepts to life in a way students can easily understand. Working with your child's teacher to discuss both gifts and challenges will help in building a plan for success.

VDOE has a toolkit with plenty more information for teachers and parents at https://www.doe.virginia.gov/instruction/gifted_ed/supporting_teaching_twice_exceptional_students_toolkit.pdf.

To learn more about twice exceptional students and to chat with parents who have experienced this first-hand, please sign up to join us on Zoom for a **Parent-to-Parent workshop Thursday, October 20th at 7pm**. We'll talk and share other supports and resources. Contact me at shicks@k12albemarle.org to get the Zoom link.

¹ Alice is a free programming language available online at <https://www.alice.org/get-alice/>

² Oobleck is a non-newtonian fluid. That is, it acts like a liquid when being poured, but like a solid when a force is acting on it. It's just corn starch and water. ☺



Resource Spotlight: www.piedmonteducation.org

Our new website has lots of information, our event calendar, and more information about the PREP Parent Resource Center. Explore all the tabs under “Programs and Services” to see what resources our specialists recommend for occupational therapy, physical therapy, and more.

Let us know how we can help your student and family.

WELCOME BACK EVERYONE!

Meeting Announcements:

Special Education Advisory Committees

Charlottesville City Public Schools - September 21, 2022 at 5:30pm

Virtual or Charlottesville High School Annex

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 – September 22, 2022 at 7pm

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 at 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 – October 13th at 6:30PM

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

https://www.lcps.k12.va.us/departments/pupil_personnel_services/special_education_parent_advisory_committee

Silly Celebrations for September

That are also fun learning opportunities!

9/7- National Buy A Book Day- Check out your local books store or thrift stores for new-to-you books. Frankly, any excuse to read sounds good to us!

9/8- International Star Trek Day- How has our fascination with space driven our advances in science and technology? What's your favorite planet? How would you welcome aliens to Earth?

9/13- National Kids Take Over the Kitchen Day- Let the kids make dinner tonight. It may just be a peanut butter and jelly sandwich, but it's a great way to start building life skills and independence.

9/17- National Clean Up Day- Grab a garbage bag and some gloves and get outside to straighten up your neighborhood, school, or park. Every little bit helps!

9/24- International Rabbit Day- Read a story about rabbits. Make a rabbit from clay or Play Doh. Go for a nature walk and look for rabbits or possible nests.

9/30- National Pet Tricks Day- Teach your pet (or stuffed animal) a new trick or two. Be sure to have treats ready as a reward.



THOMAS JEFFERSON EMS COUNCIL, INC.

Autism and Emergency Response: Parent/Caregiver Online Feedback

The UVA STAR project and Thomas Jefferson EMS Council are collaborating on a research study to develop evidence-based autism trainings for first responders. As part of this work, we are gathering information from caregivers, autistic adults, and first responders on how to best support people with autism and their families during emergencies. Click this link to participate:

https://virginia.z1.qualtrics.com/jfe/form/SV_8zYSsbayRT47A90

TWO Family Fun Fitness Nights THIS month:
September 15- Charlottesville
September 20- Fluvanna
See attached flyers for details

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!

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



Date: Tuesday, September 20, 2022, 5:30PM - 7:00PM



Location: Carysbrook Elementary
9172 James Madison Hwy, Palmyra, VA



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Piedmont Regional
Education Program

Student Growth Supported through Innovation & Inclusion

The Parent Resource Center

Presents:

A Parent-to-Parent Workshop

Twice Exceptional Students: When Giftedness and Disabilities Collide



Students who exhibit giftedness in math, art, leadership, sports, and other areas may also have a disability like ADHD, ASD, anxiety, dyslexia, and more. How do we help those students use their strengths to compensate for their challenge areas? Let's talk!

Thursday, October 20 at 7pm

FREE Zoom Workshop

e-mail shicks@k12albemarle.org to register