



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

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

November 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.

ATTENDANCE MATTERS!

For students in special education, missing school can be even more challenging than for their typically developing peers. Missed instruction can make it harder for our students to catch up and keep up. Changing schedules and unpredictable routines can affect appetite, mood, and sleep. The added stress of being behind in classes combined with poor appetite, mood, or sleep can cause more physical symptoms and weaken the immune system. It can quickly become a difficult cycle for our kids to break, and students who are chronically absent are less likely to graduate! In fact, "A study of public school students in Utah found that an incidence of chronic absenteeism in even a single year between 8th and 12th grade was associated with a seven-fold increase in the likelihood of dropping out."¹

What families can do to help:

- Discuss the importance of education
- Teach students to contact teachers for missed assignments
- Have a back-up plan for transportation to and from school
- Prepare backpacks at night- homework, snack, permission slips
- Provide your student with a checklist to be sure they feel prepared for the day
- Work with teachers to address falling grades before they cause more stress
- Communicate with the school when a student is absent
- Develop a list of trusted adults at school
- Create a Plan: <https://www.attendanceworks.org/resources/student-attendance-success-plans/>

"The challenge of improving attendance is to avoid making the incorrect assumption that chronically absent students or their parents simply do not care."² Most families do want their children to be in school, and most students do want to succeed. With a bit of extra help from families and school professionals, we can help raise attendance rates and improve student outcomes.

For more ideas and supports, call the P.R.E.P. Parent Resource Center 434-975-9400.

¹ <https://www2.ed.gov/datastory/chronicabsenteeism.html>

² <https://www.attendanceworks.org/chronic-absence/the-problem/>



Virginia Department of Education 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.



Resource Spotlight: UVA's STAR Initiative

The Supporting Transformative Autism Research (STAR) Initiative is building and testing new ways to share up-to-date knowledge and best-practice information with the broader community. Our approach includes sharing new scientific discoveries, resources, and evidence-based practices online. They also develop and offer face-to-face and virtual workshops, seminars, and conferences. To register for their 2022 Autism Hope Summit, visit https://whova.com/portal/registration/vahs_202212/ but HURRY because registration closes soon.



Lunch & a movie, yoga, water aerobics, cooking class, game night-- Charlottesville Parks & Rec has adaptive programs open
<https://webtrac.charlottesville.gov/wbws/wbtrac.wsc/search.html?module=AR&type=ADAPTIVE>

Meeting Announcements:

Special Education Advisory Committees

Charlottesville City Public Schools - November 16th at 5:30pm

<https://charlottesvilleschools.zoom.us/j/89888321187?pwd=Q25kQ2VXNkREWU8rWEV0SExtZUpEz09>

Fluvanna County Public Schools – November 15th at 6:30PM

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

Greene County Public Schools – November 10th at 7pm

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

Madison County Public Schools- November 9th, 2022 at 6:30pm

60 School Board Ct, Room 16

Nelson County Public Schools- November 10th at 5:00 PM

8521 Thomas Nelson Hwy, Lovingston

Albemarle County Public Schools- November 15th at 7pm

COB 320 (401 McIntire Rd, Suite 320)

Special Education Parent Advisory Council

Louisa County Public School – December 8th at 6:30PM

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

PREP Board of Control- Friday, January 27th at 9am

Center One, 1180 Seminole Trail, Charlottesville, VA

Silly Celebrations for November

That are also fun learning opportunities!

November 4- King Tut Day- How old was he when he became king? What would it be like to try to rule an entire country at that age? Where is his museum located?

November 5- American Football Day- Don't just watch it—get out and toss the ball around! For some math fun, compare team statistics and choose who you think will have a chance at competing in the bowl games.

November 10- International Accounting Day- Learn to balance a checkbook. Make a budget. Create a savings plan to buy something special. Money math is everywhere!

November 16- National Button Day- Time for an art project! <https://funfamilycrafts.com/tag/button/>

November 21 – Alascattalo Day- Practice research skills to find out about this holiday—what is an alascattalo? Grab a map and look up where this holiday occurs.

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HOOPS FOR ALL

HOLIDAY BASKETBALL CLINIC FOR KIDS OF ALL ABILITIES

- DECEMBER 18TH 2:00-4:00 PM
- CHARLOTTESVILLE HIGH SCHOOL
- CAMP IS FREE FOR ALL!

Register At:
bit.ly/holidayhoopsforall

Contact Nick Ward at 434-960-3327 for more info!

DRIVEN
TRAINING



Promoting Independence Through the Use of Visual Supports

FREE Virtual workshop

Tuesday, November 15 at 12pm

Please register:

<https://www.eventbrite.com/e/promoting-independence-through-the-use-of-visual-supports-tickets-457097048577>

In this 90-minute virtual workshop, we will cover five different basic visual supports that can be used to promote independence in individuals with ASD and other executive functioning deficits. Participants will have the opportunity to complete a feedback survey and submit requests for these tangible visual supports if they have not already been received through their school special education program. Visual Supports covered include: visual schedule, first-then, countdown strip, visual directives lanyard, and pause card.

Presenters:

Laura Wolf, M.A.T. Autism/Behavior Consultant, PREP; Kara Housel, M.Psych. Autism/Behavior Consultant, PREP
Diane Talarico-Cavanaugh, M.Ed., Lead Autism/Behavior Consultant, PREP and TEACCH[®] Advanced Consultant

Contact: Stephanie Hicks shicks@k12albemarle.org

Tuesday, November 15, 2022 at noon

<https://www.eventbrite.com/e/promoting-independence-through-the-use-of-visual-supports-tickets-457097048577>



The PREP Parent Resource Center
Presents:

Why Students Fail to Thrive: How to Succeed Transitioning from High School to College



Practices that high schools adopted to help students navigate the Covid years are having adverse effects on the already difficult leap from high school to college. Many students are falling short of their potential, losing financial aid, and dropping out. Come learn what you or your child(ren) can do to maximize academic success and beneficial college experiences while minimizing harmful stress and anxiety.

Parents and teens welcome!

Thursday, November 17th at 7pm
On Zoom

Register online: <https://www.eventbrite.com/e/why-students-fail-to-thrive-how-to-succeed-transitioning-from-high-school-tickets-457196536147>

Or by e-mail shicks@k12albemarle.org

David Lerman has worked at PVCC for over twenty years and is currently the Director of Student Success & Retention. He holds a Ph.D. in Community College Leadership from ODU, a Masters in Educational Counseling from VCU, and a BA in Psychology from the University of San Diego. But once upon a time he was a terrible student and dropped out of college. Along the way he married and now finds himself the father of a high school senior.