



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

October 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.

# TECHNOLOGY AND ATTENTION

Is technology good or bad for our students with ADHD and other executive function challenges? The short answer is "Yes." Technology can be good when used to track deadlines, explore interests, and communicate with teachers. Technology can be bad when it distracts a student from a task, overwhelms them with too much input, or reduces their retention of material.

My own children will tell you I think the internet is a time-devouring monster, but the real answer is not that simple. Many of us rely on technology to complete our work on the job and at school. For students and adults who struggle to pay attention though, the pop-up ads and pinging social media and incoming e-mail and 12 open tabs and many other attention-grabbing distractions can easily lead to trouble. Simple suggestions that may help include closing all unnecessary tabs, planning/diagramming reports or projects on paper first, scheduling screen time, setting time limits, taking screen breaks, using paper checklists, taking notes by hand to increase retention, and requesting offline assignments when possible.

If you are concerned about your child's technology use at school, talk to the teacher(s) and staff. There are ways to help reduce digital over-stimulation and improve your student's performance in class. Open communication between families and schools is the best way to help your child succeed.

For more information on students and technology, check out these websites:

[https://doe.virginia.gov/instruction/virtual\\_learning/digital-devices-infographic.pdf](https://doe.virginia.gov/instruction/virtual_learning/digital-devices-infographic.pdf)

<https://www.understood.org/en/articles/at-a-glance-helping-kids-with-adhd-manage-screen-time>

<https://chadd.org/attention-article/a-parents-guide-to-healthy-video-game-and-internet-use-for-children-with-adhd/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7366948/>

There's still time to participate!

## 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](mailto:Chiquita.Seaborne@doe.virginia.gov).

 Lunch and Learn Event with Kate Barrett 

# Support Executive Function

*Tuesday, October 25th from Noon to 1 pm via Zoom*

*Email Stephanie Hicks to register [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org)*

Executive functions drive the brain's ability to select, plan and execute tasks from start to finish. Our ability to plan, organize, prioritize, manage time, sustain effort, move between tasks, manage frustration tolerance and use our working memory to successfully complete tasks are all pieces of the decision-making process. When our students lag in these critical skill sets, their performance does not always match our expectations.

Come learn how executive function impacts performance both academically and in life. Approaching our students with a developmental mindset can reframe expectations for parents and teachers, allowing space for students to collaborate on meaningful supports and skill-building to address academic and emotional challenges. Attendees will walk away with ideas and guides for building structures that address common organizational challenges for students struggling to stay on track.

**This is a free event, but registration is needed.**



## Resource Spotlight:

# Virginia Family Special Education Connection

This website provides a one-stop-shop for parents, families and caregivers of children with special needs. Parents and families can and do make a difference in their child's education.

### Quick Links:

- [Local Disability Services](#)
- [Local Special Education Contacts](#)
- [Events](#) (Online, State, National)
- [Online Trainings](#) (self-paced online sessions designed by professionals from VA or other educational specialists)
- [Register for Family Flyer Monthly e-Newsletter](#)



**Charlottesville Parks & Rec has adaptive programs available for October and beyond. For more info, visit**

**<https://webtrac.charlottesville.gov/wbwsc/webtrac.wsc/search.html?module=AR&type=ADAPTIVE>**

## ***Meeting Announcements:***

### **Special Education Advisory Committees**

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

Charlottesville High School Annex with a virtual option

***Fluvanna County Public Schools – October 11th at 6:30PM***

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

***Greene County Public Schools – November 10 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

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

8521 Thomas Nelson Hwy, Lovingston

***Albemarle County Public Schools- October 11<sup>th</sup> at 7pm***

COB 320 (401 McIntire Rd, Suite 320)

### **Special Education Parent Advisory Council**

***Louisa County Public School – October 13<sup>th</sup> at 6:30PM***

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

**PREP Board of Control- Friday, October 28 at 9am**

Center One, 1180 Seminole Trail, Charlottesville, VA

## **Silly Celebrations for October**

**That are also fun learning opportunities!**

10/5- National Walk & Bike to School Day- Get some exercise. Catch up with a friend. Photograph the coolest thing you see on your way to school.

10/15- National Grouch Day- What makes you grouchy? What can you do to feel better on a grouchy day?

10/19- National New Friends Day- How do we meet new friends? What are kind ways to start a conversation? What do you look for in a friend? What kind of friend do you want to be?

10/20- International Sloth Day- How long can a sloth hold its breath? What is a group of sloths called? Why are sloths always smiling? What do they do for fun?

10/26- National Pumpkin Day- Carve it. Paint it. Bake it into pies or muffins. Pumpkins are quite popular in October! Which animals like to eat your leftover Jack-O-Lanterns? Hint: some local farms ask for pumpkin donations after Halloween.

10/30- National Checklist Day- Practice your organizational skills by making a to do list and checking off your accomplishments. Write up a grocery list and check items off as you go through the store. This is a great tool for supporting executive functioning in kids and adults.



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**



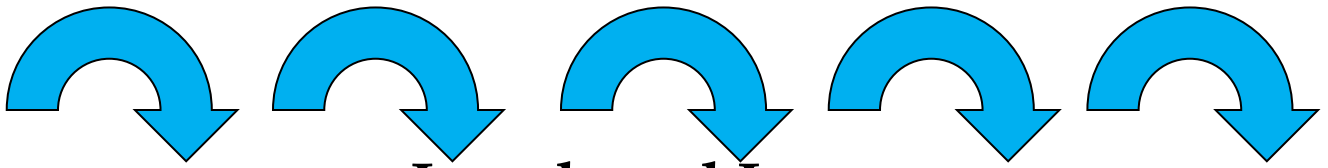
**Students who exhibit giftedness in math, art, leadership, sports, and other areas may also have a disability like ADHD, ASD, anxiety, dyslexia, and more. How do we help those students use their strengths to compensate for their challenge areas? Let's talk!**

**Thursday, October 20 at 7pm**

**FREE Zoom Workshop**

---

**e-mail [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) to register**



## Lunch and Learn

with Kate Barrett

# Support Executive Function

*Tuesday, October 25<sup>th</sup>*

*Noon to 1 pm via Zoom*



Executive functions drive the brain's ability to select, plan and execute tasks from start to finish. Our ability to plan, organize, prioritize, manage time, sustain effort, move between tasks, manage frustration tolerance and use our working memory to successfully complete tasks are all pieces of the decision-making process.

Come learn how executive function impacts performance both academically and in life. Attendees will walk away with ideas and guides for building structures that address common organizational challenges for students struggling to stay on track.

This is a free event, but registration is needed. Email [shicks@k12albemarle.org](mailto:shicks@k12albemarle.org) for the Zoom link.



**Join local youth theatre group Empowered Players as they launch their pilot EP All Stars Program! This 6-week, free program is designed for students with and without disabilities to learn and grow together. Throughout this class, students will learn acting and theatre skills to put together their own short plays.**

**Open to grades K-12, with sessions split by elementary & middle/high school. No experience is required. Email [empoweredplayersvirginia@gmail.com](mailto:empoweredplayersvirginia@gmail.com) to learn more & register.**

# EP ALL STARS



The All Stars theater program is designed for students with and without disabilities to learn & grow together!

**Saturdays, October 15 – November 19**

**9–10am | Grades K–4**

**10–11am | Grades 5–12**

**Carysbrook Performing Arts Center**

No experience required.

Email [empoweredplayersvirginia@gmail.com](mailto:empoweredplayersvirginia@gmail.com)  
to learn more.