



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**
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Newsletter Signup [Here](#)

December 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.

SENSORY OVERLOAD!

**The lights. The music. The smells. The flavors. The people. The itchy clothes.
The parties. The visitors. The traveling. The gifts.**

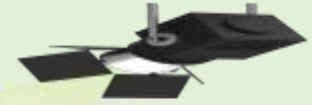
For some of us, the holidays are a fabulous cornucopia of sensory delights! For some though, the holiday season is just one long disruption to their routine and their comfort zones. If you find your child (or yourself) approaching a meltdown, it's time to unpack your coping skills!

- * **Bibliotherapy-** It's a fancy word for taking a reading break! Settle into a quiet spot and relax with a book. Pack a new book or two for kids to enjoy along with a few old favorites.
- * **Create a hideout-** Declare a quiet room/space where anyone can go to unwind. For kids, a closet fort or tent under a card table may be enough of a break to help them reorganize their brains.
- * **Squish It-** Play Doh, clay, stress balls, or therapy putty can all be used to focus our attention and provide a physical outlet for our chaotic feelings.
- * **Move & Groove-** Speaking of physical outlets, get some exercise. Go for a walk, do jumping jacks, or put on some music and "dance it out."
- * **Snack Attack!-** Keep some healthy treats on hand to ward off a bad case of the "hangries" and provide some familiar tastes and a break from fancy foods.
- * **Art Therapy-** Use paints, crayons, stickers, a journal, or even building blocks to deal with the emotions, communicate the feelings, or just change your focus.
- * **Pack the Peace-** Bring a comforting blanket, stuffed animal, sweatshirt or other small comfort item wherever you go.
- * **Breathe It Out-** Blow bubbles, blow up a balloon, or try these exercises
https://uhs.berkeley.edu/sites/default/files/breathing_exercises_0.pdf

However you celebrate, may the holiday season bring you fun and leave you great memories!



Resource Spotlight



988

The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.

<https://988lifeline.org/>



Make & Take Ideas



Keep kids busy, use up some found objects, and create a priceless gift for Grandma all at the same time. Gather a few pinecones to drizzle with glue and sprinkle with cinnamon and glitter, then add them to a colorful box or basket to make a centerpiece that smells as good as it looks. Use leftover magazines and paper scraps to create old-fashioned paper chains to brighten up any room, mantel, or tree. Mix up some glue and water for a paper mâché snowman. Make a quick bird snack by coating stale bread with peanut butter and rolling it in bird seed and hanging it from a tree.

For more kid-friendly ideas, try this site...

<https://www.goodhousekeeping.com/holidays/christmas-ideas/g34112389/christmas-crafts-for-kids/>

Meeting Announcements:

Special Education Advisory Committees

Charlottesville City Public Schools - January 18th at 5:30pm

<https://charlottesvilleschools.zoom.us/j/89888321187?pwd=Q25kQ2VXNkREWU8rWEVOSExtZUpEz09>

Fluvanna County Public Schools – February 21st at 6:30PM

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

Greene County Public Schools – January 19th at 7pm

Virtual Meeting; More information, call 434-939-9000

Madison County Public Schools- February 8th, 2022 at 6:30pm

60 School Board Ct, Room 16

Nelson County Public Schools- March 9th at 4:30 PM

NMS library- 8521 Thomas Nelson Hwy, Lovingston

Albemarle County Public Schools- December 13th 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 December

That are also fun learning opportunities!

December 4th- National Cookie Day- Bake a batch and surprise a friend or neighbor with a treat. You'll secretly be practicing reading and math skills.

December 9th- National Llama Day- Where are they from? How are they helpful? Do they make good farm animals? Do they really spit!?!


December 10- Dewey Decimal System Day- Who invented it? How is it used? Visit the library and host a Dewey Decimal scavenger hunt. Create your own or try an online worksheet

https://www.teachingbooks.net/media/pdf/Lerner/AssessSelectSources_AG.pdf

December 21- National Crossword Puzzle Day- Challenge your kids to create their own crossword puzzle— pick a theme, write some clues, and connect the words. Younger students can use picture clues and older students can try creating puzzles using vocabulary words or a favorite subject.

December 28- National Playing Card Day- Counting, taking turns, ordering, number recognition, fine motor skills—it may seem like just a game, but there is so much more going on!

HOPS 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
TRUST IN THE PROCESS

FORMED FAMILIES FORWARD

VIRTUAL BOOK STUDY

WHAT HAPPENED TO YOU?

CONVERSATIONS ON TRAUMA, RESILIENCE, AND HEALING



BRUCE D. PERRY, MD, PhD
 OPRAH WINFREY

**7- 8:30 PM
 WEDNESDAYS, JAN 18,
 FEB 8 & MAR 1, 2023**

JOIN US

FOR FOSTER & ADOPTIVE PARENTS, KINSHIP CAREGIVERS AND PROFESSIONALS

THE BOOK EXAMINES THE IMPACT OF TRAUMA AND ADVERSITY. LEARN HOW HEALING MUST BEGIN WITH ASKING "WHAT HAPPENED TO YOU?" RATHER THAN "WHAT'S WRONG WITH YOU?"

BOOKS PROVIDED | [HTTPS://FFFBOOKSTUDYWHAT HAPPENED TO YOU 2023.EVENTBRITE.COM/](https://fffbookstudywhathappenedtoyou2023.eventbrite.com/)



Promoting Independence Through the Use of Visual Supports

FREE Virtual workshop

Tuesday, December 6 at 12pm

Please register:

<https://www.eventbrite.com/e/promoting-independence-through-the-use-of-visual-supports-tickets-477354779997>

In this 90-minute virtual workshop for parents/caregivers, 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's 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, December 6, 2022 at noon

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