



Special Education Parent Resource Center Newsletter



Special Education Parent Resource Center

September 2022

Inside this issue:

Feature	Page
Special Education Fall Series Workshops	2
Down Syndrome Assoc.	2
Got Transition	2
SEAC Meeting	3
PEATC Special Education Series	3
PEATC Sexual Health and Wellness Webinars	3
Children's Museum Special Day	3
Free American Sign Language Classes	3
Special Education PRC Contact Information	4
Independence Center	4
Special Day for Special Kids	4
Bridging B.L.O.C.K.S.	4
Game Night for Teens with Autism	4

- Do you need help understanding the Special Education Process?
- Are you looking for resources to help you advocate for your child with a disability?
- Do you have questions/concerns about your child's services?

The Parent Resource Center (PRC) provides resources, advice, and guidance to families of students with disabilities, educators, and community members. Together, we help our children and youth develop and live full, independent lives to their maximum extent possible.

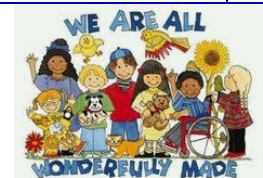
The PRC is open from **Monday through Friday, 1:00 p.m. - 5:00 p.m.**, with additional hours upon request. **To ensure the privacy of all visitors, please call ahead to make an appointment to visit the Center.**

The PRC is located in room 305 in Booker T. Washington Elementary School at 204 Walnut Street in Suffolk. **For more information, please contact Vivian Evett at (757) 925-5785 or VivianEvett@spsk12.net.** We look forward to seeing you soon!

Regional Parent Resource Centers' Project De-Stress Webinar

Please join SPS's Special Education Parent Resource Center (PRC) virtually on **September 29th**, from **6:30 p.m. until 7:30 p.m.**, for a webinar entitled **"Project De-Stress: Providing Special Education Families with Behavior Support from the Classroom and Beyond."** In collaboration with other regional centers in Chesapeake, Newport News, and Virginia Beach, the PRC is offering this virtual event to share effective strategies and tools to assist parents, teachers, and caregivers in addressing various behaviors that often affect students with disabilities. We will discuss strategies to help students learn how to build positive relationships, cope with emotions, develop empathy towards others, and make responsible choices, while improving academic performance in school.

Details for this event will be sent out in an upcoming Peachjar flyer and posted on the SPS PRC webpage, including a link to register for this webinar. The PRC webpage is located at https://www.spsk12.net/departments/special-education/parent_resource_center_special_education. If you are interested in the Project De-Stress Webinar, please send an email to Vivian Evett at VivianEvett@spsk12.net. Those who do so will be notified directly when the link is available. This event is open to all families; however, only families receiving special education services will be eligible for the raffle of tangible supports after this event.



Special Education Fall Support Series Workshops

Join Suffolk Public Schools' Special Education Department for our Fall Series sessions to be held in the media center in King's Fork High School. Each session will focus on a topic that will provide strategies to support varying disability-based needs while learning how to use common household items and manipulatives supplied by the facilitator. The sessions will be held from 6:00 p.m. until 7:00 p.m., in-person. A PRC News Flash will be sent out soon with dates for the workshops and a link to register for one or more of the Fall Series sessions. For a description of each session, please see the article on page 2 of this newsletter.

Special Points of Interest

- Next **SEAC Meeting: September 21st from 6:30 p.m. - 8:30 p.m.** at KFMS (also available virtually).
- **Special Education Parent Resource Center available by appointment. Regular hours: Monday - Friday, 1:00 p.m. - 5:00 p.m.** Additional hours available. Please call **925-5785** for an **appointment**.



Special Education Fall Series In-services

SPS Special Education will host a series of workshops throughout the fall to support students receiving services in special education and their families. Join us from 6:00 p.m.—7:00 p.m. in the media center of King's Fork High School, 351 King's Fork Road, for the following workshops:

Upcoming SPS Special Education Fall Series Workshops:

Assistive Technology - This in-service will provide students and families with low tech and high-tech strategies to increase academic success. Those strategies include organization and focusing skills.

Stress and Anxiety Management - This in-service will provide students and families with strategies or methods to reduce stress and anxiety in various situations.

Reading Strategies - Educational Diagnosticians and Reading Specialists will collaborate to present reading strategies to students and parents that can be easily incorporated in their daily lives.

Math Strategies - Educational Diagnosticians and Math Specialists will collaborate to present math strategies to students and parents that can be easily incorporated into their daily lives.

Fine Motor Skills and Sensory Needs - This in-service will provide students and families with ways to strengthen/support fine motor skills and support sensory needs.

Strategies for Improving Executive Functioning - This in-service will provide students and families with strategies to support organizational skills and focusing.

Behavior Management - This in-service will provide students and families with ways to identify feelings and cope with situations that are often experienced in school and at home.

Details on these workshops will be sent out in upcoming Peachjar flyers and posted on the SPS PRC webpage, including a link to register for one or more in-service. The PRC webpage is located at https://www.spsk12.net/departments/special-education/parent_resource_center_-_special_education. If you are interested in these workshops, please send an email to Vivian Evett at VivianEvett@spsk12.net. Those who do so will be notified directly when the link is available. For more information on the Fall Support Series, please contact Vivian Evett or visit the PRC website. All SPS parents are welcome to attend these workshops. Strategies covered are not special education exclusive!

Down Syndrome Association of Hampton Roads

The Down Syndrome Association of Hampton Roads' (DSAHR) mission is to "enhance the lives of individuals with Down Syndrome, helping them reach their full potential by providing family support, education, and social opportunities in Southeast Virginia and Hampton Roads." On **September 10th**, DSAHR will offer a "**Day Fishing on a Boat**" for families with individuals with Down Syndrome. For more information about the events and supports available through DSAHR, please visit their website at <https://www.dsahr.org/> or call 757-785-8092.



Got Transition - National Resource Center on Health Care Transition from Pediatric Care to Adult Care

Got Transition is the federally funded national resource center on healthcare transition (HCT). The focus of this organization is to "improve transition from pediatric to adult health care through the use of evidence-driven strategies for health care professionals, youth, young adults, and their families." This resource provides valuable information on transitioning from pediatric to adult care, as well as emergency preparedness for individuals with disabilities and their families.

Visit Got Transition to access their helpful family toolkits on **Pediatric-to-Adult Healthcare Transition** and **Emergency Preparedness for Young Adults with Intellectual and Developmental Disabilities and their Primary Care Team**. For more information, please visit their website at <https://www.gottransition.org/>.



Special Education Advisory Committee (SEAC) Meeting

September 21, 2022 - 6:30 p.m. - 8:30 p.m.

Please join the Special Education Advisory Committee (SEAC) for their next scheduled meeting on **September 21st, from 6:30 p.m. - 8:30 p.m.**, at **King's Fork Middle School (also available virtually)**. SEAC advises SPS on the needs of our students receiving special education services and assists the school district in developing priorities and strategies to meet those needs. Our SEAC consists mainly of parents of children with special needs and meetings are open to the public. An opportunity for public comment on special education issues is provided at each scheduled meeting, within established guidelines. Those wishing to attend the meeting virtually may register on the SEAC webpage at <https://www.spsk12.net/departments/special-education/special-education-advisory-committee>. For more information about SEAC, please contact the Special Education Parent Resource Center at (757) 925-5785 or send an email to VivianEvelt@spsk12.net.

Special Education Workshop Series

PEATC offers a virtual workshop series for parents and professionals who want to learn more about special education in Virginia. You may attend as many of the informative workshops as you wish. Each workshop begins at 6:30 p.m. and ends at 8:00 p.m.

Sept. 21st	From Referral to Eligibility
Oct. 5th	Anatomy of an IEP
Oct. 19th	Measurable IEP Goals
Nov. 2nd	Ins and Outs of IEP Meetings
Nov. 16th	Dispute Resolution Options in Virginia



For more information on this workshop series, please visit: <https://bit.ly/3vfooDk>.

Sexual Health and Wellness for Adults with Disabilities

PEATC is pleased to offer sexual health and wellness webinars for adults with intellectual and developmental disabilities (IDD). Forming positive, healthy relationships can be challenging in this day and age but especially for people with IDD. These three webinars provide helpful advice to adults with IDD on how to safely navigate their sexual health and wellness. Each webinar will be offered from 6:00 p.m. until 7:00 p.m. Topics addressed in this series include: **Consent and Body Rights, Healthy Relationships, Social Media and Online Safety, and Human Reproduction, Birth Control, and Sexually Transmitted Infections.**

For more information about this webinar series, please visit the PEATC website at <https://bit.ly/3QLSJC8>.

Children's Museum - Special Day for Special Needs

September 11th



The Children's Museum is offering a Special Day for children with disabilities to enjoy their facility with reduced lights, sounds, and guests. This event is open from 9 a.m. until 12:00 p.m. on September 11th. Children with disabilities will be allowed to visit the museum for only \$5 with one caregiver provided free admission. For more information, please visit the Children's Museum's website at <https://childrensmuseumvirginia.com/accessibility-inclusivity/>.

Free American Sign Language Classes

September 26th, In-person at Nansemond River High School

SPS offers free in-person American Sign Language Classes with Kim Werner, SPS Educational Interpreter at Nansemond River High School. These classes are hosted monthly. All classes are scheduled at **5:00 p.m.**, typically on the fourth Monday of each month. The **next meeting is scheduled for September 26th**. The classes will be tailored to the attendees' needs, as much as possible. Attendees are encouraged to provide specific information on what they would like to learn in ASL. For more information or to register for classes, please contact Kim Werner at kimwerner@spsk12.net.



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Special Education Parent Resource Center

Located in:
Booker T. Washington Elementary School
204 Walnut Street, Room 305
Suffolk, VA 23434

Special Education Parent Resource Liaison:
Vivian Evett
Email: VivianEvett@spsk12.net
Phone: (757) 925-5785
Fax: (757) 925-5558



Have questions about the Special Education process, advocating for your child, and/or availability of resources and supports?

Contact Vivian Evett at the Special Education Parent Resource Center.



Special Education Parent Resource Center



The Special Education Parent Resource Center provides resources, supports, and private consultation to families of students receiving special education services in Suffolk Public Schools. For more information about the Special Education Parent Resource Center, please contact Vivian Evett - Special Education Parent Resource Liaison at (757) 925-5785 or send an email to VivianEvett@spsk12.net.

Check us out online at:

https://www.spsk12.net/departments/special-education/parent_resource_center_-_special_education.

Endeppendence Center, Inc.

The Endeppendence Center, Inc. is the Center for Independent Living for South Hampton Roads. Their offices will be opening under Covid-19 precautions during September for scheduled appointments only; however, ECI staff continue to be available by telephone and email, Monday through Friday, 9 a.m.—5:00 p.m. ECI will host several in-person group activities in their facility including:

September 13th	Independent Living Skills Training: Sticking to a Budget
September 17th	TOUCH Group Meeting (outside group—not an ECI event)
September 22nd	ECI Employment Team Support Group and Presentation
September 27th	Advocacy Group Meeting

For more information concerning these and other events provided by ECI, please contact the Endeppendence Center at 757-461-8007, or email them at ecinorf@endeppendence.org. Please visit the ECI website at <https://endeppendence.org/>.

Special Day for Special Kids

The Best Day Foundation Organization is a registered 501(c)(3) non-profit, volunteer organization that “helps children and young adults, ages 4 - 24+ with special needs, build confidence and self-esteem through safe, fun, adventure activities like surfing, bodyboarding, kayaking, snow sports, and more.” They provide special events for individuals with disabilities. Their next **Special Day for Special Kids** is scheduled for **September 17—18** at Little Island State Park, 3820 S. Sandpiper Road. For more information about the Best Day Foundation Organization’s Special Days for Special Kids or to register for this event, please visit their website at <https://bestdayfoundation.org/events/>.

Bridging B.L.O.C.K.S. Bridging the Gap Program

Bridging B.L.O.C.K.S. is an Applied Behavior Analysis clinic, located in Chesapeake, serving the Hampton Roads area. Beginning September 6th, Bridging B.L.O.C.K.S. will offer a program to bridge the gap for early intervention clients ages 2-5. Their mission is to “help bridge your child’s skills and readiness for school” using “ABA driven evidence-based practices for programming and preparing kids to gain skills in receptive language, simple expressive communication, interacting with peers, imitation, following group directions, sitting in groups, turn taking, social skills, and independence.” For more information on Bridging B.L.O.C.K.S., please visit their website at <http://www.bridgingblocks.com/>.

Game Night for Teens with Autism

Bridging B.L.O.C.K.S. presents Game Night for Teens with Autism. Game night is held every Thursday from 6:00 p.m. until 7:30 p.m. at 3105 American Legion Road, Suite A, Chesapeake, VA 23321. These game nights provide an opportunity for teens with Autism to socialize and have fun playing cards, board games, and more. For more information, please contact Bridging B.L.O.C.K.S. at bridgingblocks@gmail.com or call 757-575-1482.