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April 13, 2020



We understand this is a very stressful time for families, with schools being closed parents and children are adjusting to a new way of learning. Nevada PEP E-newsletter is focused on Education and Fun Learning activities for children. We will continue to provide families with current and relevant information on schools in Nevada. Remember we are Nevada Strong and PEP will continue to be available to support families through this very challenging time.

Vegas PBS

Vegas PBS is helping to provide access to instructional resources for Teachers and Families during this health crisis. Vegas PBS wants to help to ensure learning for students while schools are closed. [Vegas PBS](#) is also broadcasting curriculum-based programming, Monday through Friday, on Channel 10 while schools remain closed, designed for Pre-K through 12th grade. Vegas PBS also has a great resource [for families](#) with information on how to cope in these challenging times.

LetterSchool App

An app recommended and used by parents, teachers, and occupational therapists. Loved & played by more than 2 million toddlers and used at over 5,000 preschools and kindergartens to teach handwriting to kids!

-Happy Apping



LetterSchool App, By: Letterschool Enabling Learning B.V.

Photomath App

Whether you are a mathlete or math challenged, Photomath will help you interpret problems with comprehensive math content from arithmetic to calculus to drive learning and understanding of fundamental math concepts.

-Happy Apping



Photomath App, By: Photomath, Inc.

Storytime

All kids love to have stories read to them, but having a story read to you by a famous person can be so much fun. Imagine Oprah Winfrey or Wanda Sykes reading a story to your child. Go to at [Actors read Kids books out loud](#) and pick a book to enjoy with your child.

Discovery & Learn

[National Geographic Kids](#) has an amazing web-site filled with many different activities, for example [Sink your teeth into this quiz all about Sharks](#) or maybe you can [grab your space suit and prepare for Lift off](#). This website offers so many educational opportunities for children of all ages.

Fun Brain

Looking for fun Educational Activities [Fun Brain](#) has activities for students pre-K through 8th grade. Explore [Meet Jeremy for tips and tricks](#) on how to start your own band, or how to get a higher allowance, or [play baseball and improve your math skills](#). You can make learning fun with Fun Brain.

Khan Academy

Are you looking for a good resource for students in math, science and humanities from kindergarten through the early years of college? [Khan Academy](#) is a free resource for teachers, students and parents. Check out the [Parent-Quick-Start-Guide](#) or the [Frequently Asked Questions](#) section for more information.



NIH National Institute of Mental Health

Coping with COVID-19

- Take breaks from the news
- Take care of your body
- Make time to unwind
- Connect with others
- Set goals and priorities
- Focus on the facts

Military-Connected Children News

Attention All Military Children

To kick off April as the month of the Military child, the Military Child Education Coalition (MCEC) is reaching out to all military children across the world to share their interpretations of “what it means to be a military- connected child” through art. Many military children are having to deal with the health crises but also the additional worry if a parent or a sibling is deployed overseas, this may provide children a means of self-expression and reflection. Go to [the call for the arts](#) for more information. For submission instructions go to [submission requirements](#). Submission accepted April 1 – June 1,2020.

PEP Webinars

These webinars allow you to take a short break to get the information you need without leaving your home or work. Click the links below to get a description and register for these amazing webinars.

- Presented by Nevada PEP

[Understanding Section 504 – A Civil Rights Law](#)

Tuesday, 14 April 2020, 2:00pm - 3:00pm

[Introduction to IEP](#)

Thursday, 16 April 2020, 2:00pm - 3:00pm

[¡Seis Consejos de Abogacía que Gira de un No a un Sí!](#)

Martes, 21 de Abril 2020, 2:00pm - 3:00pm



Keeping Food on the Table during COVID-19

With policies requiring social distancing to stop the spread of COVID-19, the economy has taken a hit, leading to reduced hours and layoffs for many families.

Many families are now struggling to keep food on the table. This is where Food Banks in our local communities shine the brightest in a time of need. In Southern Nevada and Rural Southern Nevada areas find Food Bank information at [Three Square](#). In Northern Nevada and Rural Northern Nevada areas you can find Food Bank information at [Food Bank of Northern Nevada](#). The [World Health Organization \(WHO\)](#) reminds us that emergencies like COVID-19 can cause tremendous stress and lead to both social problems, including loss of livelihoods, and mental health problems. It is important to reach out to community-based resources, such as food banks, that can help families sustain themselves while we get through this crisis.

Statewide Family Network Update

Throughout the COVID-19 crisis, the Nevada PEP Statewide Family Network continues to provide families support directly and through systems advocacy. Our staff is providing support via phone and internet, including virtual support group. Another way that we support families across the state is by attending the regional children's mental health consortia meetings, which have gone virtual also. Nevada PEP would like to encourage families to attend these [public meetings](#) for the Clark, Rural, and Washoe Consortia and get involved in supporting families across the state.

Transition Corner



How Teenagers Can Protect Their Mental Health During Coronavirus

Being a teenager is not easy, many teenagers are feeling anxious, isolated and disappointed. Schools are closed and important events and fun activities have been cancelled. Many are missing the interactions with friends and the daily routine. This article [how to protect your Mental Health during COVID-19](#) offers six different strategies that can help teenagers practice self-care during this health crisis.

Youth M.O.V.E. Nevada Update

We here at Youth MOVE Nevada hope you are all safe and staying home for Nevada. During the shutdown our statewide team will be working remotely, and we will be hosting a virtual meeting for the month of April. Join us on Tuesday, April 21st from 3:30 PM to 5:00 PM to meet with your peers across Nevada as we discuss youth mental health and learn about peer support! For more information about YMNV or to become a member to get involved in future meetings and activities, be sure to check out our website at www.nvpep.org/youth-move.html and don't forget to follow us on social media. Facebook: facebook.com/youthmovenv Twitter: [@YouthMOVEnv](https://twitter.com/YouthMOVEnv) Instagram: [@YouthMOVEnv](https://www.instagram.com/YouthMOVEnv)

National Institute of Mental Health

Outreach Partner



NIMH Information Available Here: Nevada PEP www.nvpep.org

For more information about NIMH including mental health research and resources, go to: www.nimh.nih.gov




Coping With Coronavirus: Managing Stress, Fear, and Anxiety

These are confusing, stressful times for all of us. As the coronavirus pandemic affects numerous facets of our society, it also impacts each person in different ways. The disruptions to daily life are already being felt by many, my family included—my son has been sent home from college, my place of worship has closed, and the comforting social gatherings that usually fill my weekends are off-limits. We are all feeling uncertain about what could happen in the coming weeks, as we hope to slow the spread of this pandemic. Feelings of anxiety and uncertainty are completely normal during times like this. [Learn More Here . . .](#)

Supporting Mental Health During the COVID-19 Pandemic

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful—it can be difficult to cope with fear and anxiety, changing daily routines, and a general sense of uncertainty. Although people respond to stressful situations in different ways, taking steps to care for yourself and your family can help you manage stress. [Continue Here . . .](#)

Clinical Trials – Information for Participants

Clinical research trials are at the heart of all medical advances. Researchers enroll women, men, and children in clinical trials to test new ways to prevent, detect, or treat disease. Studies often enroll people with a specific disorder but some also accept people without health problems to provide baseline information on overall health.

To learn the basics about clinical trials, check out [NIMH's Clinical Research Trials and You: Questions and Answers brochure](#) or visit the [NIH Clinical Trials and You website](#).

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