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Nevada PEP celebrates 25 years of helping Nevada families!

January 11, 2021

Special Education Guidance from Nevada Department of Education

The Nevada Department of Education Office of Inclusive Education has developed guidance to assist local educational agencies in fulfilling their responsibilities to students with disabilities in the 2020-2021 school year. This [guidance](#) provides IEP Teams with information about how to meet the requirements of IDEA during the pandemic.

Early Childhood Inclusion

Helping your Child Face Challenges

It's a new year, but many of the challenges of 2020 haven't gone away. Many kids are still struggling with distance learning. Kids are resilient, however it's important to help children manage fear. Get helpful tips on [how to help your child overcome fear](#) or [how to be okay with things](#) or [how to explain job loss](#) to kids. Communication is important, especially in this difficult time.

Learn about The Helen Keller National Center

The Helen Keller National Center enables individuals who are blind, visually impaired, deaf-blind or have combined hearing and vision loss to live, work and thrive in the communities of their choice. HKNC has an online newsletter filled with great information it's called [CONNECT](#). This online publication keeps you informed about the many activities at HKNC. Click here to view [archive](#)

[newsletters.](#)

How to Make Friends and Socialize Safely

Many kids are continuing the rest of the school year with distance learning. It is important that kids continue to safely socialize with friends. We can all agree that kids love their phones and right now that is their lifeline to friends. There are different things kids can do to safely socialize, here are a few fun [tips](#) to try.

Suicide Proofing Your Home

The Pandemic has put a lot of stress and anxiety on families. Children are struggling with mental health needs such as depression. According to the Nevada Coalition for Suicide Prevention suicide is the first leading cause of death for Nevadans ages 12-19 and second leading cause of death for ages 20-44. In these stressful times, parents might want to think about Suicide Proofing their home. This brochure is in [English](#) and [Spanish](#) which offers tips and ideas for keeping your family safe.

Military-Connected Children News Scholarships for Military Children

The Scholarships for Military Children Program was created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. **The application period is open until 11:59pm Pacific Standard Time, Wednesday, February 17th, 2021.** For more information [Click here.](#)

PEP Webinars

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

- Presented by Nevada PEP

[Considering College? Learn What's Available and How to Get It](#)

Wednesday, January 13, 10am – 11am

[Evaluation & Response to Intervention \(RtI\)](#)

Thursday, January 14, 11am – 12pm

[Introduction to IEP - Virtual Style](#)

Friday, January 15, 2pm – 3pm

[Help Your Child Focus on Learning](#)

Tuesday, January 19, 3pm – 4pm

[Making the Most Out of Your Child's Early Intervention Services](#)

Thursday, January 21, 12pm – 1pm

Math Kids App

A math quiz game with built-in awards and a leaderboard. It covers both rudimentary and advanced mathematics and is a good option for older children who need more “mature” lessons.

-Happy Apping



Math Kids App, By: RV AppStudios LLC



Learn About the Outbreak Response Plan

The Southern Nevada Health District has designed a [Preparedness and Response Plan for Schools](#) to assist for the reopening of schools in Clark County for the 2020-2021 school year. This document is intended to apply to all K-12 schools and community-based educational organizations, which may include public, charter, private, or homeschool co-ops throughout Clark County. The Washoe County School District and the Washoe County Health District has collaborated on a [Response Plan for Washoe Schools](#). Check out the COVID-19 daily [self-screening tool](#) and the COVID-19 self-screening [Flowchart](#) to learn more.

PEP Support Groups

Join Nevada PEP’s support groups, meet other parents, learn about different resources, and make new friends. Support groups are in both English and Spanish go to our [training calendar](#) to register. These are challenging times for families our support groups will make you feel that you are not alone, PEP is here to support you. To join our zoom meeting follow these simple instructions [English](#) or [Spanish](#).

Workshops for Parents

PBS-Nevada Family Support Project is a statewide project that provides

services to families and caregivers of individuals with disabilities. PBS-Nevada is funded by Fund for a Healthy Nevada and the Nevada Center for Excellence in Disabilities.

January 13th: [Addressing Challenging Behavior Workshop](#)

Time: 12:00pm-2:00pm *Online 4-class series designed to help you

January 13th: [Addressing Challenging Behavior Workshop](#)

Time: 5:30pm-7:30pm *Online 4-class series designed to help you

January 14th: [Potty Pros Workshop](#)

Time: 5:30pm-7:00pm *Online

January 22nd: [Picky Eaters: Beyond Chicken Nuggets & French Fries](#)

Time: 10:00am-12:00pm *Online

Happy New Year!

Youth MOVE Nevada is looking forward to the New Year! We are continuing weekly meetings at least through the end of January, and we just released our [new podcast episode](#) about mental health stigma. We plan to grow and do even more activities during 2021. So, keep up with us on our [webpage](#), [Facebook](#), [Twitter](#), and [Instagram](#). You can also check out our 2020 recap [here](#).

Statewide Family News

As the new semester is starting, many families are feeling the stress of distance learning again. The Statewide Family Network would like to offer some [tips for families](#) as they are navigating distance education. Some ideas include setting a space for school, reviewing expectations, playing pretend, and focusing on your child's strengths. One important tip is to make room for well-being by being a good friend to yourself, getting help when you need it, and using movement and humor. If you encounter mental and behavioral health barriers to your child's academic success, reach out to the Statewide Family Network for individual support.

AmazonSmile Program

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Simply enroll your rewards card by going to [Smith's Inspiring Donations](#). Once you're successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)

Watch a step by step ["How to" video here](#)



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