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Nevada PEP celebrates 25 years of helping Nevada families!

December 11, 2020



## Your Support Counts

The challenges of 2020 will test the resilience of everyone in our community. We are looking forward to a brighter year in 2021. This holiday season Nevada PEP is asking for your support. If you are able please consider making an end of year contribution.

### Your generous contribution can help to support the following:

- Empower parents with supports they need to become their child's best advocate.
- The Hand in Hand Together We Can Appreciation Program recognizes individuals who make a difference in the lives of children with disabilities.
- The Youth MOVE and PEP Support Groups helps individuals to connect with each other and provide support through these unprecedented times.

**One person can inspire change. You can make a difference!**

[Donate Here](#)

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## Safe Holiday Ideas

The 2020 holidays are going to be different. With the advice to stay home, be

safe, and help stop the spread of COVID-19, here are some great tips on how to make the holidays meaningful and fulfilling. There are ways to make great family memories, here are some [safe things to do in and outside your home](#). You can get creative and enjoy some fun [gift and art activities](#) with you family. To feel connected to family members check out these fun and creative tips [special days- feeling connected](#). You can still make lasting memories this year while still being safe.

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## IDEA Turns 45

Nov. 29, 2020, marks the 45th anniversary of President Gerald Ford signing the Education for All Handicapped Children Act (Public Law 94-142) into law. The 1990 amendment to Public Law 94-142 changed the law's name to the Individuals with Disabilities Education Act (IDEA). The newest [OSEP's Fast Facts](#) highlights key changes to the IDEA during the last 45 years as well as facts and figures related to infants, toddlers, children, and youth with disabilities and teachers and services providers. The IDEA has experienced numerous changes over the years. Find out more about the [history of IDEA](#).

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## Youth M.O.V.E. Nevada Update

This month, Youth MOVE Nevada is excited and thankful to accept the Chapter of the Year award from Youth MOVE National.

This award is to recognize the support, authentic youth voice, and activities that we facilitated throughout the year. We are looking forward to doing even more in the coming year. Also, Youth MOVE Nevada will have meetings every week throughout

December and January to offer additional support during the holiday season.

Be sure to listen to our latest podcast episode [Body Image](#), and stay connected with Youth MOVE Nevada on our website at [www.nvpep.org/youth-move](http://www.nvpep.org/youth-move) and don't forget to follow us on Facebook: [facebook.com/youthmovenv](https://facebook.com/youthmovenv), Twitter:



[@YouthMOVEnv](#), and Instagram: [@YouthMOVEnv](#).

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## Planning Your Holidays

Experts agree that the ongoing pandemic may mean that your typical holiday gathering will look different this year. With the holidays fast approaching, many people are thinking about a safe way to celebrate during a pandemic. This article provides tips to help you celebrate safely, check out [planning your holidays during a pandemic](#).

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## Nevada Ready

Nevada Ready is a statewide initiative that provides students with an equitable, technology-rich education that supports high standards, and a engaging learning environment. Join this month's panelists in a conversation that focuses on what families can expect from educators to support diverse learners. Click here [teaching diverse learners](#).

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## 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](#) offers tips and ideas for keeping your family safe.

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## Military-Connected Children News

### Understanding Child Trauma and Resilience: For Military Parents and Caregivers

This new [resource](#) offers military parents and caregivers information about childhood trauma, supporting their child after a traumatic event, and resilience. Included is a checklist to assist parents with keeping track of behaviors their child or adolescent may be displaying, as well as tips for initiating conversations with children of all ages. The development of the document was a collaboration between the [National Child Traumatic Stress Network's Military and Veteran Families Program](#), [Alaska Child Trauma Center](#) and [Child and Family Services at Alaska Behavioral Health](#).

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## 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

[Transition Planning: Navigating Your Future](#)

Tuesday, December 15, 4pm – 5pm

[Introducción al Curso del IEP](#)

Wednesday, December 16, 4pm – 5pm

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### Elmo Loves 123s App

Elmo teaches your child the fundamentals of numbers and counting. This is a premium app, but it comes with puzzles, games, and clips from Sesame Street.

-Happy Apping



Elmo Loves 123s App, By: Sesame Street

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## Attendance Information for Parents

The Nevada Department of Education (NDE) created this [Guidance Document](#) for all school districts. Parents, if your student is incorrectly being marked absent or if you have attendance concerns, you can reference page 1 and 2 of this guidance and talk to your child's school principal. Please also refer to this NDE [Guidance Memo](#) for additional details on the minimum requirements for student contact and attendance.

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## 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](#).

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## 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.

December 11th Workshop: [101: Building Cooperative Behaviors \(English\)](#)

\*101 is Nevada Registry Approved

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## Statewide Family News

Lend your voice to improve children's mental health across the state by sharing your lived experience. Your personal story accessing children's mental health services and supports can inform community leaders and policymakers about how their decisions effect Nevada families. Nevada PEP offers resources and advocacy tips so that parents feel empowered as they go from [experience to influence](#) with the power of their personal story. Contact PEP if you would like to know more about how you can share your voice and make a difference.

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



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