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Nevada PEP celebrates 25 years of helping Nevada families!

February 11, 2021

Attendance Problems?

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 refer to question #7 of this [NDE Guidance Memo](#) for more information on absenteeism.



Fun Math and Science Activities

We all know that kids learn best when we make learning fun. This article has some great math and science [activities for learning at home](#). Learn about different strategies that can help your child learn to love math. These activities can help to make your child be successful in school.

How to Handle Emotions

We have all experienced disappointments during the pandemic. Many young children may be experiencing disappointment and feeling those emotions for the first time. This tip sheet offers great examples and suggestions to help you help your child to [recognize and understand disappointment](#).



Know the Signs of Cyberbullying

Many children today are learning virtually, cellphones and social media is replacing face-to-face interactions there are more opportunities for cyberbullying to occur. Parents can learn about the [signs](#) of cyberbullying and what to do. It is always a good idea to encourage your child to keep an open dialogue about their presence on social media. Check out our [Youth MOVE Podcast #5](#) on Bullying or PEP's [#Safe Allies](#) for more information about Bullying.

Resources to Support Mental Well-being

Coronavirus disease (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, many young people's social, emotional, and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage can continue to affect them across their lifespan. Explore different types of [resources](#) available to help you support young people's social, emotional, and mental well-being.

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.



Going Back in the Classroom

Many children have spent most of the school year outside of the classroom, receiving their education through distance learning. Schools are introducing their reopening plans. Parents of children with disabilities have a difficult

decision to make when it comes to having their child return to the classroom. Each family has unique circumstances to consider. This article offers tips for parents when they are deciding about their child [returning to the classroom](#). Another resource to help families comes from the [CDC](#) with new relevant information about COVID-19 and children attending in-person school.

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

[Procedural Safeguards](#)

Wednesday, February 17, 10am – 11am

[Introducción al Curso del IEP](#)

Tuesday, February 23, 12pm – 1pm

[Behavior and Discipline in Schools](#)

Thursday, February 25, 3pm – 4pm

Hidden Pictures Puzzle Play App

Enjoy the timeless and award-winning fun of Highlights' world-famous Hidden Pictures puzzles! Drawing on years of research, puzzle experts have strategically crafted these find-it puzzles to provide meaningful benefits – and maximum fun for everyone.

-Happy Apping



Hidden Pictures, By: Highlights for Children, Inc.

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.

February 17th: [Addressing Challenging Behavior Workshop](#)

Time: 10:00am-12:00pm *Online 4-class series designed to help you

February 19th: [Potty Pros Workshop](#)

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

22 de Febrero: [Construyendo Comportamientos Cooperativos](#)

Time: 5:00pm-6:30pm Lugar *Online

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](#).



Planning for College

If your child is considering going to college this can be a very exciting time. In this short [video](#) from PACER Center it points out some important things to prepare for. Also, don't forget to check out Nevada PEP's website, the [transition](#) section offers many great tips for teens who want to go to college. Register for our [Considering College? Learn What's Available and How to Get it](#) webinar to learn more.

Youth MOVE Nevada

With the Nevada Legislature underway and [Children's Week](#) a month away, Youth MOVE Nevada is focused on empowering youth across the state to get involved in systems advocacy. Our goal is to provide information and resources on the legislative process through our weekly meetings and monthly podcasts. Stayed tuned for our latest podcast episodes and visit [Anchor](#) to listen to our previous episodes. [Register](#) to participate in our meetings, visit our [website](#), and connect with us on [Facebook](#), [Twitter](#), and [Instagram](#).

Statewide Family News

Throughout the COVID-19 Pandemic, many children have experienced challenges with technology, a loss of social interaction, keeping up with school assignments, and a persistent sense of uncertainty. For some children, these challenges have led to a higher need for mental health services. As time goes on, parents may want to help their [children build resiliency](#) skills, watch for [warning signs](#), and reach out to the [Statewide Family Network](#) for support. Parents also can call their pediatrician or, if there is a crisis, contact the [Mobile Crisis Response Team](#).

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



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