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August 25, 2021

## Five Ways to Talk to Student's Returning After Pandemic Closures

This pandemic will cause lasting effects on our children's mental health. As schools' re-open this informational guide will point out [five common situations](#) teachers may see most often due to the stresses of the pandemic and tips are included on a "better approach" for teachers to use to help understand what's underlying a student's behavior.



## What is Head Start and Early Head Start

Head Start and Early Head Start programs promote school readiness for children by enhancing their social and cognitive development through the provision of educational, health, nutritional, social and other services. Head Start programs serve children ages 3-5 and their families. Early Head Start programs serve pregnant women and children birth to 3 and their families. The federal Office of Head Start (OHS) provides grants to operate both Head Start and Early Head Start programs directly to public and private agencies in Nevada. Programs engage parents in their children's learning and help them in making progress toward their educational, literacy and employment goals. Significant emphasis is placed on the involvement of parents in local Head Start

programs. Click here to find a [Head Start](#) near you. Learn how children with [disabilities](#) are included in Head Start programs. Each Head Start program is responsible for establishing selection criteria and may include children with disabilities from families that have incomes above the Poverty Guidelines. Head Start programs help all participating children succeed.

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## What is Social Anxiety Disorder

Social anxiety disorder sometimes referred as social phobia is a mental health condition. It is an intense, persistent fear of being watched and judged by others. This fear can affect school, and other day-to-day activities. It can even make it hard to make and keep friends. But social anxiety disorder doesn't have to stop you from reaching your potential. Treatment can help overcome [symptom's](#). In this infographic it shows different situations that can cause [social anxiety](#).

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## The Importance of Trusting your Teen

Teenagers are often more interested in and influenced by what their peers think rather than what adults think. We can balance how much independence we give teens with enough knowledge and skills to navigate the teenage years. Read [The Importance of Trusting your Teen](#). Watch this short video with tips and suggestions on [how to help your teen find purpose](#). For teens and young adults who may be struggling with their mental health, access this guide, [what to do if your concerned about you teen's mental health](#). It is also important to remember to take care of yourself during your teen's adolescent years.

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## Immunize Nevada

Do you have questions about the vaccine? This flyer provides answers to questions- Know your rights- Why is it free? And What to expect. Check out Every Nevadan has the right to free COVID-19 Care in [English](#) and [Spanish](#).

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## PEP Webinars

Great opportunities to learn information to improve education opportunities for your child. Click the links below to get a description and register for these amazing webinars. For a complete list of our on demand webinars [click here](#). Download our latest workshop schedule [here](#).

- Presented by Nevada PEP

### [Procedural Safeguards](#)

Thursday, August 26, 4pm – 5pm

[Introduction to IEP - Virtual Style](#)

Wednesday, September 1, 5pm – 6pm

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

Thursday, September 2, 4pm – 5pm

[Six Advocacy Tips that Turn No's Into Yes's!](#)

Friday, September 10, 3pm – 4pm



## Tips for Parents

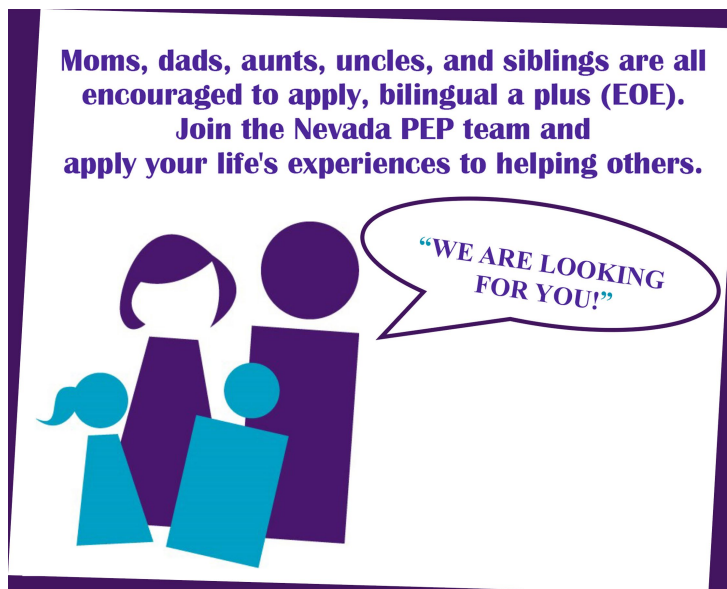
Now that schools are open and in person learning is taking place the chances of bullying have greatly increased. This is a challenging time for all children, going back to school for some children may be scary. Children may have heightened anxiety about facing the bully in person. Here are some tips for parents on [How to Deal with Bullies: A Guide for Parents](#). It is important for parents to remember to always keep the lines of communication open. #Safe Allies offers a [Know your Rights](#) Podcast, discussions about the federal law, Nevada law and the process for reporting and investigating a bullying incident.

## 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.

## Are You Passionate About Helping Families?

[Apply Here](#) for opportunities in Las Vegas and Reno, NV.



## Word Search : Brain Training App

Word Search is a Classical crossword scrabble game! The game is easy to play, slide the letter up, down, left, right, diagonal in any of the eight directions. Search and find all hidden words in the grid. Increase your vocabulary and exercise your brain!



-Happy Apping



Word Search : Brain Training By: Shenzhen Technology

## Statewide Family News

The Statewide Family Network is assisting families with [how to get through COVID transitions](#) and help youth that have been out of a normal school routine for a while. The return to in-person instruction can be a challenge for children and youth with behavioral, social, and mental healthcare needs. Some youth may experience [social anxiety](#) while others struggle with [social skills](#) needed to connect with others. Reach out to the [Statewide Family Network](#) for additional support and resources.

# Transition Corner



## Assistive Technology

Assistive Technology can help your child prepare for high school, post-secondary education, and becoming more independent as they approach life

after graduation. Assistive Technology can help to organize ideas, minimize distractions, and help maintain focus, as the expectations become more challenging. Follow these [seven simple steps](#) to help prepare your child for the right assistive technology. See [eight examples](#) of assistive technology and adaptive tools.

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## Military-Connected Children News

### Do you know about the Military Interstate Children's Compact?

The goal of the [Military Interstate Children's Compact](#) is to be sure military students are enrolled in their new school after a move and placed in the appropriate academic program to be able to graduate on time. Frequent moves that military students endure may cause them to miss out on extracurricular activities and to face challenges in meeting graduation requirements. The Compact ensures that military children are afforded the same opportunities for educational success as other children. For more information visit the [Frequently Asked Question](#). A [Parent's Guide](#) has been developed to learn more about the Compact.

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

Youth MOVE Nevada had a busy back to school month as we hosted weekly meetings on returning to school and practicing mindfulness. We are closing out the month with a focus group intended to get feedback on how youth feel about the 2021-22 school year and what system improvements they'd like to see. Take time to engage and learn more about Youth MOVE Nevada by [participating in our weekly meetings](#), [visiting our webpage](#), and connect with us on [Facebook](#), [Twitter](#), and [Instagram](#).

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### Smith's Inspiring Donations

Helping Nevada PEP is easy!

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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