

Subscribe

Past Issues

Translate ▾

RSS 

[View this email in your browser](#)



Nevada PEP celebrates 25 years of helping Nevada families!

August 10, 2021

Special Education in a Pandemic

As we think about the upcoming school year, it is important to remember that special education is designed to meet the unique needs of the individual student. Schools will need to be flexible and sensitive to family circumstances. Being creative and working collaboratively with families will help to ensure student success.

For more information [Click Here English](#) | [Spanish](#)

Students struggling with Long COVID

The Department of Education Office of Civil Rights (OCR) and Office of Special Education and Rehabilitative Services (OSERS) has issued a new resource [Long COVID under Section 504 and IDEA- A Resource to Support Children, Students, Educators, Schools, Service Providers and Families](#). Many students have contracted COVID-19 and are still suffering from the effects that has been called “long COVID”. This resource builds on the guidance issued by the [Department of Justice Health and Human Services](#), and clarifies that, long COVID can be a disability that gives rise to Individuals with Disabilities Education Act (IDEA) eligibility and may also be a disability under Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Also read more on the Departments [new blog post](#).

Back in the Classroom

Getting ready for this school year looks different than every other year, here are

[5 top tips for getting school ready](#). Most children had a year of remote learning which has taken an emotional, and mental toll on them, many children missed out on big milestones and suffered from a lack of person-to-person interaction with their friends which can impact their social skills. These are important components in helping all children to be successful in school. [Preparing a school ready child](#), [The Ready Family](#), and [The Ready Child](#).

Wearing a Mask to School

Back to school will not be “back to normal”. The new mask mandate for students, teachers, and staff will be difficult for everyone, especially for younger students. Here are some great [resources](#) to teach young children about wearing a face mask. Also, some simple [tips](#) for teachers on helping students to wear their mask in the classroom. The CDC has [additional considerations](#) that schools might encounter for K-12 students. Children will have a difficult time identifying emotions when wearing a mask. This is a great [tip sheet](#) to let children know that behind the mask, a kind and warm expression is there. It is also important to remind young children to wash their hands often. Check out this healthy hand washing for children [Infographic](#).



Return to School Roadmap

The U.S. Department of Education released the [Return to School Roadmap](#) a resource to support students, schools, educators, and communities as they prepare to return to safe, healthy in-person learning this fall and emerge from the pandemic stronger than before. The roadmap will lay out actionable strategies to implement the Centers for Disease Control and Prevention’s (CDC) [updated guidance to K-12 schools](#) to minimize transmission and sustain in-person learning all school-year long. Additionally, the Department released the following information: A [fact sheet](#) on the Return to School Roadmap, reviewing the three “Landmark” priorities, and elevating schools and districts that are addressing each in effective ways. A [guide](#) for schools and districts on what schools can do to protect the health and safety of students. A [checklist](#) that parents can use to prepare themselves and their children for a safe return to in-person learning.



Be an Upstander

An Upstander is someone who takes action against bullying behavior. When an Upstander sees someone being bullied, they do something about it. They help to stop the bullying from happening, or they support the person who's being bullied. Take a look at the options below and find out how you can be an [Upstander](#) to bullying. Also check out the [#Safe Allies program](#) for information about bullying prevention and the [podcast](#) on being a Bystander and becoming an Upstander.

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 FREE trainings. For a complete list of our on demand webinars [click here](#).

- Presented by Nevada PEP

[Special Education in a Pandemic](#)

Tuesday, August 17, 2pm – 3pm

[Transition Planning: Navigating Your Future](#)

Thursday, August 19, 3:30pm – 4:30pm

[Bullies, Acosados y Espectadores: Respuestas que Funcionan](#)

Monday, August 23, 3pm – 4pm

[How Is My Child Reading?](#)

Tuesday, August 24, 10am – 11pm



Sweet Dreams

With school starting soon, bedtime might be a challenge for young children who are just starting school for the first time. If children don't get enough sleep challenging behaviors may occur. Your child might be moody, short-tempered, or not able to interact with other children, and learning may also be challenging. A consistent bedtime is an important routine for young children, these informative tips in [English](#) and [Spanish](#) can help your child have a successful

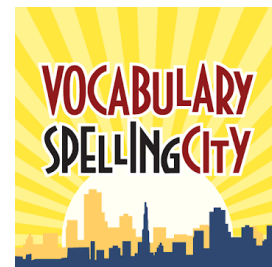
bedtime.

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.

VocabularySpellingCity App

VocabularySpellingCity is a research-proven tool that helps teachers and parents meet the challenge of providing meaningful, intentional, and extended vocabulary practice for students while improving fluency and retention.



-Happy Apping



VocabularySpellingCity App By: SpellingCity

Are You Passionate About Helping Families? [Apply Here](#)



Youth MOVE Nevada

School is back in session and Youth MOVE Nevada is here to support you. Our

weekly meetings throughout this month will have a focus on how to prepare for going back to school along with mindfulness and ways to maintain positive relationships. We'll also be recording a special episode of our podcast discussing the ways school and mental health influence each other. 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](#), and don't forget to follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

Transition Corner

Transition Planning

As school begins this may be the year to begin transition planning. A transition plan is a process to help students decide what they want to do after high school. The purpose is to help teens prepare to be independent young adults. Transition is defined in the Nevada Administrative Code under section [388.133](#). In [Nevada](#) transition planning needs to begin at the age of 14 and it needs to be updated annually. Nevada PEP offers a transition planning workshop [register](#) for the next one. For more information check out this [transition guide](#) and [A Student's Guide to Transition Planning](#).

Statewide Family News

August marks the beginning of the school year for children and youth throughout Nevada. The COVID-19 pandemic has disrupted the way children have been educated for the past year, and for some students and families, the return to school may bring about feelings of [anxiety](#). Parents of children with behavioral and mental health challenges may need [back-to-school strategies](#) for a smoother transition. [The Statewide Family Network](#) is here to provide support to families of children and youth with mental and behavioral health care need, give us a call.

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](#).



You shop. Amazon gives.



AmazonSmile Program

When you use your existing Amazon.com account to shop through AmazonSmile, 0.5% of your eligible purchases will be donated to Nevada PEP. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Learn more or get started today!

Go to: [AmazonSmile for Nevada PEP](#)



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](#)



Copyright © 2021 Nevada PEP, Inc., All rights reserved.

p: 702-388-8899

f: 702-388-2966

Satellite Office:

4600 Kietzke Lane, Suite I-202

Reno, NV 89502

p: 775-448-9950

f: 775-448-9603

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

Nevada PEP provides links and references to information and applications for your own use and is not able to offer any warranty regarding their use or application. Visitors that download information from this site do so at their own risk.