December 12, 2022

Your Support Makes a Difference for 2023!
Nevada PEP continues to meet the needs of our families. We are hopeful that 2023 will be a better year for all. As we come to the close of 2022 and we approach this holiday season, Nevada PEP is asking for your support. If you are able, please consider making an end of year contribution.

Your contribution can help:

- 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. Click Here for Sponsorship Opportunities
- The Youth MOVE Nevada and PEP Support Groups helps individuals to connect with each other and provide supporting each other through shared experience and learning new information.
Be Supported, Seen, Heard & Understood

Youth Video Contest

The Clark County Children's Mental Health Consortium (CCCMHC) is hosting a youth video contest to promote Children’s Mental Health Acceptance Week: May 7-13, 2023. Open to all youth in Clark County, NV ages 24 and under. Click here for more information.

Exciting News - Nevada PEP is proud to partner with Las Vegas Mini Grand Prix

Nevada PEP is excited to be selected as Las Vegas Mini Grand Prix's Go Givers Charity of the Month. For the month of December, you can support PEP by visiting the Grand Prix on Tuesday’s, PEP is the recipient of a percentage of the proceeds. Calling all race fans, come out and have some fun on Tuesday’s while supporting Nevada PEP.

Ideas to Reduce Stress

The holidays are upon us. It’s a fun time, but it’s a busy time and can be a very stressful time for both adults and children. Here are 10 easy ways to relax, connect and bond with your child. For more ideas on reducing stress, staying hopeful, and building resilience go to our Families SHARE program.
Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

**Restorative Practices in School: What Parents Need to Know**
Monday, December 12, 3pm - 4pm
REGISTER NOW

**Considering College? Learn What’s Available and How to Get It!**
Tuesday, December 13, 3pm - 4pm
REGISTER NOW

**Help Your Child Focus on Learning**
Thursday, December 15, 2pm - 3pm
REGISTER NOW

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).

**What’s New in School?**

**Discipline Guidance for Schools**
The U.S. Department of Education announced the release of new guidance from its Office for Civil Rights (OCR) and Office of Special Education and Rehabilitative Services (OSERS) to help public elementary and secondary schools fulfill their responsibilities to meet the needs of students with disabilities and avoid the discriminatory use of student discipline. The new resources include a [Letter from Secretary Cardona](#) about the importance of supporting the needs of students with disabilities. A Dear Colleague letter on Implementation of IDEA Discipline Provisions in [English](#) or [Spanish](#). Questions and Answers addressing the needs of children with disabilities and IDEA’s Discipline...

A New App for Nevada Residents

The Nevada Mobile Communications Access project makes it possible for deaf people to apply and download ASL Anywhere app on their mobile phones or smart tablets. The app provides live interpreter service to communicate with hearing people in the same room. Click here for more information.

NGCDD 2022 Stakeholder Survey

The Nevada Council on Developmental Disabilities (NGCDD) engages in advocacy, system’s change and capacity building activities for people with developmental disabilities. To learn more about the DD Council, visit the website at nevadaddcouncil.org. Please assist the NGCDD in reporting the impact and satisfaction outcomes by completing this survey. The survey will close on December 15, 2022.

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.

Bullying on the Playground

#SAFE ALLIES

Bullying on the Playground
Recess is supposed to be a fun time of the day, but it's not fun when bullying is occurring. Some playground bullies might go after one or a group of children. It might make children want to just skip recess and stay inside. Here are some tips parents can share with their child, so recess can be fun again. Don’t forget to check out our #SafeAllies program offering training workshops on the laws and processes for reporting a bullying incident and navigating the education system.

Ignored, Punished, and Underserved

At every point in their educational journeys, children of color with disabilities and their families experience discrimination. This report uses insights from interviews with families, qualitative research, quantitative data, and interviews with scholars, education advocates, and school leaders to better understand the experiences of children of color with disabilities, with a particular focus on Black children. Read the full report here.

Helping Children with Transitions

Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. Here are some ideas that parents can use to help make transitions easier for young children—English and Spanish.

Moose Math by Duck Duck Moose

Moose Math engages kids in a mathematical adventure and teaches counting, addition, subtraction, sorting, geometry and more. While playing 5 multi-level activities in the Moose Juice Store, Puck’s Pet Shop and Lost & Found, kids can earn rewards to help build their own city and decorate buildings.

App by: Duck Duck Moose LLC
Are You Passionate About Helping Families?

Apply Here for employment opportunities in Northern, Southern, and Rural Nevada.

Holidays Can Be Stressful

The holidays can be hard for some kids. Things that are supposed to be fun — special holiday meals, visiting friends or relatives can be stressful. One way to avoid any behavior is by planning for holiday challenges ahead of time. This worksheet can be a good tool to use. You and your child can fill out the worksheet together. You may need to help your child come up with strategies ahead of time that help your child feel more in control when faced with holiday challenges.

Your Voice Matters

The Nevada Department of Education is calling for help from educators, parents, students and the community to design a "portrait of a learner." This community-wide vision statement of the attributes a learner must possess to succeed in learning and life will be used as a guide to design the future of education in Nevada. You can find out more on the NV Future of Learning webpage. We invite all parents to complete survey in English or Spanish.
The Only Way to Have a Friend is to Be One

Children, youth and young adults with disabilities sometimes struggle to make friends due to a variety of reasons. Friendship Circle of Las Vegas has teen and young adult volunteers that support youth with disabilities in reducing isolation and loneliness by connecting with them one-on-one and joining them for activities in the community. For more information visit the Friendship Circle of Las Vegas website.

Youth MOVE Nevada News

Youth MOVE Nevada would like to wish everyone a happy holiday season! Holidays can be fun for many, but for others they may bring additional stressors. For those who find the holidays more difficult than festive, we want to remind you of our "Holidays Aren't Always Happy" episode of our YMNV Podcast. 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.

Tips for Your Job Search

People with disabilities are participating in competitive integrated employment at historically high rates, yet there are many things that need to be considered when planning for work. This Career Guide for Students with Disabilities includes helpful resources to plan for your future from understanding barriers and building networks.

Statewide Family News

The Statewide Family Network would like to remind parents and caregivers about the importance of taking care of yourself especially during the holidays! Parents can feel it selfish to take care of themselves, actually recharging your
batteries is critical to caring for your youth. Here are some ideas for self-care that may help during the holidays.

**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

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