The Passing of Judy Heumann - "the mother" of the Disability Rights Movement

On March 4, our country lost a great disability rights leader with the passing of Judith (Judy) Heumann. As Assistant Secretary for the Office of Special Education and Rehabilitative Services during the Clinton Administration, Judy helped ensure that students with disabilities not only had the right to physically attend public school, but that such students had the right to learn the same curriculum as their non-disabled peers. Read more here.

OSEP Director Highlights Discipline Policies

The OSEP director recently released the second blog in a blog series on discipline and behavior. The newest blog addresses OSEP’s priorities of calling on “state and local leaders to double down on their efforts to reduce their reliance on exclusionary discipline practice,” and “creating safe, predictable
In addition to sharing how OSEP’s discipline policies reflect the office’s priorities, the director asked two OSEP-funded technical assistance centers about preventative models that schools and families can use to address the behavior of young and school-aged children with disabilities. The National Center on Pyramid Model Innovations answered questions through an early childhood lens while the Center on Positive Interventions & Supports addressed questions about school-aged children. Want to connect with OSEP? Newsletters, Twitter, the OSERS Blog, and YouTube

New Resource on Identification of Usher Syndrome

National Center on Deaf-Blindness (NCDB) created new materials on Usher syndrome, a leading genetic cause of deaf-blindness, is now available on the NCDB website. Authored by Nancy O’Donnell, Outreach Director at the Usher Syndrome Coalition, Identification of Usher Syndrome: Information and Resources offers a wealth of information on the types and characteristics of Usher, how it is diagnosed, and the importance of timely referral. It also includes fact sheets with information specifically designed for educators, healthcare professionals, and families.

Fun Activities to Relax

Let’s face it, life is stressful. Parents are often harried and overworked, and kids face more stressors these days than ever before. Here are some activities that parents and children can do together to relax, zone out, and unwind. Thirty-Five fun activities to do with your children. For more tips on reducing stress, staying hopeful, and building resilience go to Families SHARE.
Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

**Take Steps to Stop Bullying**
Friday, March 10
3:30 - 4:30 PM
If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

REGISTER NOW

**Options to Resolve Special Education Concerns**
Tuesday, March 21
5:00 - 6:00 PM
Do you know that parents have rights in the Special Education law? Join us to learn options that parents can take when they and the school are not in agreement about their child’s education or services.

REGISTER NOW

**My Child is Struggling at School: What is My Next Step?**
Thursday, March 16
4:00 - 5:00 PM
In this workshop we will discuss what to do if your child is struggling at school or if you suspect they may need special education. You will learn what schools can do to help and about the special education evaluation process.

REGISTER NOW

**Making the Most of Early Intervention Services**
Thursday, March 23
3:00 - 4:00 PM
Concerned about your baby meeting their developmental milestones? Join us to learn what parents can do if they have concerns about their child’s development and how Nevada’s Early Intervention services can help.

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 is Extended School Year?

Summer will be here before we know it, early spring is when parents should be talking to their child’s IEP team about ESY for their child. **Sec. 300.106 Extended School Year (ESY)** is for students with disabilities who are on an Individualized Educational Program (IEP) and may need an extended school year to help retain their knowledge and skill levels and prevent unnecessary regression when school is not in session. All school districts, including charter schools are required to provide ESY services to receive a **Free and Appropriate Public Education (FAPE)**. Parents need to remember that they are key members of their child’s IEP team, and their voice and concerns are important. If the IEP team determines that the student is eligible for ESY, then it’s provided at no cost to the parents. ESY is not the same as summer school. Talk to your child’s school for additional information on ESY or other summer school programs. Here is more information on **Extended School Year**. Learn more about the IEP process join our **On-demand** trainings, and learn strategies to be more active participants in your child’s IEP meetings.

Welcome to the Treeborhood

PBS Kids has created a new television show that premiered in February 2023 called **“Work It Out Wombats!”** The show introduces computational thinking concepts and problem solving to children ages 3–6 and features a trio of marsupial siblings that interact with a community of animal friends from their “Treeborhood”.

Using Stories to Support Mathematical Thinking in Young Students

Many students and teachers view math as a subject for numbers and computation, instead of one that benefits from discussion and interpretation. Children’s books often contain valuable lessons that can help young students begin to think like mathematicians. Click here to read more.
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 and LGBT Youth

While trying to deal with all the challenges of being a teenager, lesbian/gay/bisexual/transgender (LGBT) teens also must deal with harassment, threats and violence directed at them on a daily basis. LGBT youth are nearly twice as likely to be called names, verbally harassed or physically assaulted at school compared to their non-LGBT peers. Here is a factsheet on LGBTQ and Bullying. For more information on bullying go to our #SafeAllies page.

Financial Wellness

For individuals with disabilities, learning to navigate finances can include additional systems such as social security or ABLE accounts. Financial wellness is National Disability Institute (NDI) has put together a series of video stories about people with intellectual and developmental disabilities and their individual journeys towards financial health and wellbeing. These stories can help navigate basic money topics, housing, ABLE accounts, benefits planning, guardianship, credit and more.

Strategies to Help Parents Stay Calm
Toddlers experience big emotions as they learn to make meaning of their world and communicate their needs. Parents can use the strategies included in this [infographic](#) to help them build their problem-solving skills.

**Socratic by Google**

Need to get unstuck? Socratic can help! This learning app, powered by Google AI, helps you understand your schoolwork at a high school and university level. Ask Socratic a question and the app will find the best online resources for you to learn the concepts. Socratic supports most high school subjects, with more coming soon!

App by: [Google LLC](#)

**Are You Passionate About Helping Families?**

[Apply Here](#) for employment opportunities in Northern, Southern, and Rural Nevada.

Nevada PEP is a statewide nonprofit organization serving families of children and youth with disabilities and behavioral health needs by empowering them to be life-long advocates for their children.

[APPLY NOW!](nvpep.org/careers)
ADHD and Emotions

Many people know about the main symptoms of ADHD. Trouble with focus and impulsivity are the most common. But one challenge that isn’t mentioned as much is trouble managing emotions. Read more on how to manage emotions.

How to Talk to Children About Tragedies

After any disaster or crisis, families struggle with what they should say to children and how to help them cope. The American Academy of Pediatrics (AAP) encourages parents, teachers, childcare providers, and others who work closely with children to filter information about the event and present it in a way that their child can understand, adjust to and handle in a healthy way. Watch this video for tips on how to talk to children about tragedies.

Supporting Children with Disabilities Beyond the Pandemic

Last year, HHS’ Health Resources and Services Administration (HRSA) hosted a workshop with the National Academy of Sciences on the impact of the COVID-19 pandemic on children with disabilities and their families. A resource was created to capture the workshop proceedings. Information is also available on an interactive webpage.

Youth MOVE Nevada News

The end of the school year is near, and Youth MOVE Nevada wants to remind youth that they can play an active role in their own IEP. Our Student Led IEP training is available On Demand for anyone wanting to learn more about youth involvement in the IEP process. We continue to meet weekly on Tuesday evenings at 5 pm for youth ages 14-24 and youth can register here. And don’t forget to follow us on Facebook, Twitter and Instagram!
Dating and Disability

Dating, romance, and sexuality are important topics for parents to discuss with their youth. Having a child with a disability can add additional questions and uncertainty to this topic. Respect Ability has put together a list of resources to help parents prepare to have these conversations.

Statewide Family News

The Drug Enforcement Agency (DEA) released a proposed rule that would restrict providers from prescribing controlled substances via telehealth. This would restrict medications such as Adderall and Ritalin, commonly prescribed for ADHD. U.S. Senator Mark Warren issued a statement urging the DEA to reconsider this rule due to provider shortages nationwide. The time period to provide comments on this proposed rule ends on March 31, 2023. To provide comments, click here. Family voice is important to let policymakers know how their decisions will impact children and families.

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