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October 13, 2025

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## I Care We Care ~ Join the Quest for Kindness



Join Alexander the Adventurer as he travels throughout the land on his journey to end bullying. Send in your Care Messages of kindness and hope to help Alexander and his friends in their quest. October is National Bullying Prevention month send in your messages to be entered in our weekly raffle. Go to the [I Care We Care ~ Join the Quest for Kindness](#) webpage to get your templates and submit your message.

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## Building Family Resilience

Resilient families are better able to face life's stresses and adjust in healthy ways to the challenges. Building a resilient family is a process that requires the input of all family members. Check out this [Infographic](#) with steps parents can practice at home.

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## WEAR AND SHARE ORANGE

### Unity Day - Wednesday, October 22nd

Unity Day, started by PACER's National Bullying Prevention Center in October 2011, is the signature event of [National Bullying Prevention Month](#). This is a day when we can come together to send a visible message of building commUNITY through kindness and acceptance.



The call to action is simple: **wear and share the color orange**. This vibrant statement becomes a conversation starter, showing support for students who have been bullied and for bullying prevention. Wear **orange** and share your picture on social media on **Wednesday, October 22nd** and tag us @NevadaPEP and @YouthMOVEnv and use the hashtags #UnityDay2025 or #Unityeveryday.

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## UPCOMING WEBINARS



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

## Student-Led IEP

Monday, October 13

5:00pm-6:00pm

Join Youth MOVE Nevada to learn how youth can participate in their own IEP meetings. Both youth and parents will learn ways that youth can strengthen their advocacy skills as they work with their IEP team in creating an Individualized Education Program.

REGISTER NOW



## Help Your Child Focus on Learning

Thursday, October 16

5:00pm-6:00pm

Does your child struggle with focus and attention? Do they have trouble staying on task at home and at school? This workshop will provide tips to improve your child's focus, learning and positive behavior.

REGISTER NOW



## Tomar Medidas para Detener el Acoso

martes, 14 de octubre

5:00pm-6:00pm

Si le preocupa el tema de bullying, este taller es para usted! Únase a nosotros para conversar sobre que es el acoso. Qué hacer si su hijo/a está siendo acosado y qué esperar después de que se realiza un informe de acoso.

REGISTER NOW



## Positive Supports for Challenging Behaviors

Monday, October 20

5:30pm-6:30pm

Do you need new ideas to support your child's behavior? This webinar will help parents understand their child's challenging behaviors and learn evidence-based practices to teach your child new positive behavior skills.

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](#).



**NEVADA DEPARTMENT OF EDUCATION:  
OFFICE OF COMPREHENSIVE STUDENT SERVICES**



## What is the Office of Comprehensive Student Services?

The Office of Comprehensive Student Services (OCSS), formerly the Office of Inclusive Education (OIE) is part of the Nevada Department of Education. OCSS is dedicated to ensuring that ALL Nevada students are college- and career- ready upon exit from the public school system. The office oversees and

supports programs in Special Education, Indian Education, and Gifted and Talented Education. [Click here](#) for more information.

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## Celebrating IDEA – Happy 50th Anniversary!

The Office of Special Education Programs (OSEP) is excited to celebrate the anniversary of the Individuals with Disabilities Education Act (IDEA) in November. OSEP will commemorate this incredible milestone with a special video, and they would love for you to be a part of it. They are inviting you to record a short video clip of yourself, your child, or your classroom saying: “Happy 50th Anniversary, IDEA!” and “We love IDEA.” These clips will be featured in a celebratory video that highlights the impact and legacy of IDEA over the past five decades. Here’s how you can participate: Record a short video (5–10 seconds) in a well-lit, quiet space; Refer to the [Best Filming Practices pdf](#); [Submit your video](#) by **October 20, 2025**.



## Options for Parents

Parents have different options if they disagree with their child’s special education program. The [Nevada Department of Education](#) page titled [IDEA Dispute Resolution](#) has options for resolving those differences. Parents can request an IEP Facilitation in [English](#) or [Spanish](#). An IEP Facilitation is a process where a neutral facilitator helps improve communication during the meeting to create an effective IEP. Another option is to request a Mediation in [English](#) or [Spanish](#). Mediation is a meeting where an independent mediator helps parents and the school district reach an agreement. Parents also have the option to file a State Complaint in [English](#) or [Spanish](#). A State Complaint is an IDEA process used when parents believe the school has violated special education laws. Another option is to file a Due Process hearing in [English](#) or [Spanish](#). A Due Process hearing is a formal meeting where both sides present their case, and a hearing officer decides the outcome. In addition to IDEA related resolution options, the Nevada Department of Education offers a [Constituent Concern Inspection](#) process for individuals or organizations to report suspected noncompliance with special education laws. This [resource](#) provided by [CADRE](#) gives a quick overview on the above options or visit our [Special Education Dispute Resolution](#) page for informative videos explaining

the different options. Be sure to check out our [Training Calendar](#) to register for the many trainings that we present on Special Education topics.

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## Help Your Child Fall in Love with Reading

Reading can be a great way for children to [relax](#) and escape to a different world. Books provide rich language experiences and expose kids to vocabulary not used as often in everyday spoken conversation. When children hear new words and phrases, it helps them expand their “word bank” and learn how to use language effectively. Here are [10 ways parents can help build and support](#) a child's love of reading.



## Learn about the Signs of Cyberbullying

Cyberbullying is when someone uses technology to harass, threaten, embarrass, or target another person. Kids have almost constant access to their devices, so cyberbullying is hard to escape. Cyberbullying that is severe, long-lasting, or happens a lot can cause [anxiety](#), [depression](#), and other stress-related disorders in victims and bullies. In rare cases, some kids have attempted or died from [suicide](#). Learn [the signs of Cyberbullying](#).

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## Do You Have a Medicaid Story to Tell?

The Nevada Governor's Council on Developmental Disabilities (NGCDD) wants to hear from you! Medicaid plays a vital role in the lives of thousands of Nevadans with disabilities and their families. Your story will help show local, state, and federal policymakers the real impact Medicaid has on people's health, independence, and quality of life. By [submitting the form](#), you authorize NGCDD us to share your information with policymakers and decision-makers who are working on these critical issues, and you also authorize them to share your story with other policymakers and key officials.



Early Childhood



Teaching Kindness

Research shows that teaching kindness in schools can help reduce bullying and promote a positive and inclusive environment. Engaging in acts of kindness can lead to increased levels of happiness. When children experience positive feelings associated with helping others, it can boost their own mood. Children can learn to be kind through a combination of teaching the concept of kindness and engaging in kindness activities for kids. Here are [Ten Kindness Acts to Consider](#).

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## Lunch Ideas for Sensory Seekers and Avoiders

[Packing lunch for your child](#) can be a trying experience even in the best circumstances. If you're parenting a child who is sensory seeking or sensory avoidant, here are some [tips](#) from a registered dietician, an occupational therapist, and a child feeding specialist to make packing lunch easier than ever.

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## Monster Math: Games For Kids

Monster Math turns math practice into an exciting adventure for 1st to 3rd graders. Children explore fun planets, complete math missions, and earn rewards while practicing key skills like addition, subtraction, multiplication, and division. Designed by educators, Monster Math focuses on building number sense through engaging, visual, and interactive gameplay.



App by: [Monster Math](#)

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## What is an Accommodation?

A child with a disability who has an Individualized Education Program (IEP) or Section 504 Accommodation Plan may need extra help and support to participate in school. An accommodation gives the student equal access and opportunity to benefit from the educational program. Here are some [ideas for accommodations](#) that can be added in the students' IEP or 504 plan.

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## Youth MOVE Nevada News

October is Bullying Prevention Month, a reminder that kindness is what's most important. One important resource available to youth experiencing bullying is [Safe Voice](#), an anonymous reporting system students and parents can use to report any threats to the safety or well-being of students. Safe Voice is accessible on the [web](#), in the [Appstore](#), or by calling 1-833-216-SAFE (7233).



Additionally, in an effort to promote kindness and prevent bullying, Youth MOVE Nevada presents our "Kindness Looks Good on You" Poster Contest! We encourage anyone ages 14-24 to [submit a poster](#) and earn the chance to win prizes! To learn more about the contest or to see what Youth MOVE Nevada is all about, visit our [website](#) and give us a follow on [Instagram](#), [X](#), [Spotify](#), and [Facebook](#)! And don't forget to [register](#) for our weekly virtual meetings, every Tuesday from 5-6 pm, open to youth in Nevada aged 14-24.

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## What are PEP Talks?

Nevada PEP is proud to present [PEP Talks](#), a series of podcasts on topics of interest for families. Listen to [Parent Voice in the IEP](#) podcast. This episode discusses how parents can collaborate with their child's school to create an individualized education program (IEP) that meets the specific needs of their child. Learn how you can use your expertise as a parent to plan for and participate in the IEP meeting.

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## PLANNING FOR THE FUTURE

Thinking about life after high school? [Nevada TRIP](#) (The Roadmap Through Innovative Partnerships) has a free, interactive website designed to help youth with disabilities, their families, and professionals plan for what comes next. Through engaging activities, users explore options for education, employment, independent living, and more to build confidence and skills to prepare for adulthood. Anyone can access the roadmap and resources, and high school students in Carson, Humbolt, and White Pine can access personalized avatars and individualized services through their school. Watch for expanded access in more counties coming soon!

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## IEP's and 504 - What's the Difference

IEPs and 504 plans are both designed to support students with disabilities. But they work in different ways. This [comparison chart](#) shows the differences. Watch a [short video](#) that explains the difference.

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## Hand in Hand

Nominate someone special who has made a positive difference in your child's life. Your special individual will receive a beautiful certificate, and a Hand in Hand lapel pin. Your story will be in our Hand in Hand Annual yearbook. Click [HERE](#) to make a nomination.



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## Different Ways to Support Nevada PEP

**SUPPORT  
NEVADA  
PEP**

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### Support Nevada PEP at Smith's

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!)

## Support Nevada PEP with a recurring donation!

Help our organization by donating today! All donations go directly to making a difference for our cause.



[Donate Now >](#)



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