

SPECIAL EDUCATION PARENT RESOURCE CENTER MONTHLY NEWSLETTER

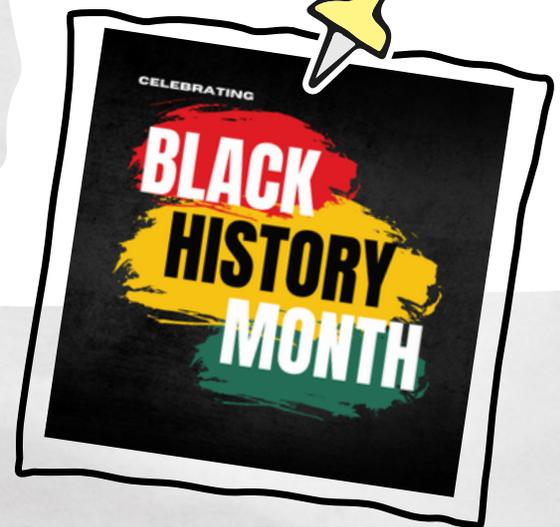


PULSE POINTS: NEWS & UPDATES

EMPOWERMENT AND LEGACY: CELEBRATING THE CONTRIBUTIONS OF AFRICAN AMERICANS WITH DISABILITIES

Black History Month celebrates the profound impact of African Americans, including those with disabilities who've made remarkable contributions despite facing challenges.

Figures like Harriet Tubman and Stevie Wonder exemplify resilience and creativity, enriching our history and highlighting the importance of inclusivity. This month, let's honor these inspiring stories and strive for a more equitable future, recognizing the indelible mark left by African Americans with disabilities on our society.



PARENT RESOURCE CENTER CONTACT INFORMATION

Located in Room 305:

Booker T. Washington Elementary
204 Walnut Street
Suffolk, VA 23434

Hours:

Monday 10-2 Tuesday 9-1

Wednesday 1-5 Thursday 10-2

Friday 9-1 (Other times by APPT)

Phone: 757-925-5785

Email: velvetsmith@spsk12.net

Click link for [Parent Contact Form](#)
or scan QR Code



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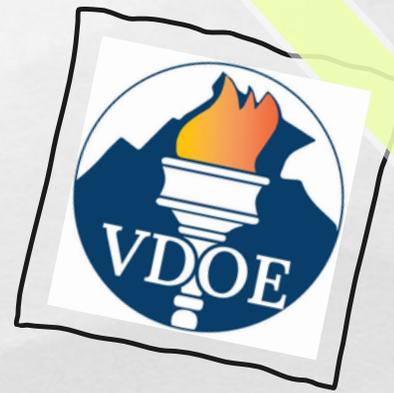
PARENT RESOURCE CENTER

- **Vision:** Creating a future where every child's unique abilities are recognized and nurtured, facilitated by informed parents and a supportive educational community.
- **Mission:** To equip and guide parents through the special education journey by providing essential resources, expert advice, and a supportive community, ensuring each student's academic and personal success.
- **Values:**
Empowerment * Collaboration * Inclusivity

PULSE POINTS: RESOURCES & TOOLS

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SUPPORT FOR OUR STUDENTS: INTRODUCING THE VDOE'S BEHAVIORAL HEALTH OFFICE



The Virginia Department of Education is excited to announce the Office of Behavioral Health and Wellness, a new resource aimed at supporting students facing mental and behavioral health challenges in the post-pandemic era. Led by Superintendent Lisa Coons, this office is dedicated to providing timely and effective "Right Help, Right Now" resources. Focused on mental health, school wellness, and removing barriers to success, the office is here to support educators, parents, and students alike. Together, we can ensure our children receive the care and support they need to thrive in today's world. For more information click [Integrated Student Services](#).

PULSE POINTS: EQUIP & ENGAGE

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UPCOMING CONNECTIONS

UNIQUELY PREPARED STUDENTS (UPS) COLLEGE PREP SESSION:

Saturday, February 10, 2024 at Nansemond River HS: Session 2 of this series will focus on preparing parents and students for the available support services at colleges and universities.

Register at [UPS Series](#).

EMPOWER WEDNESDAYS

February 14th: Love of Reading: Fostering Literacy and Enjoyment at Home: February's 'Love of Reading' webinar will guide you in nurturing a passion for literacy at home with strategies for choosing captivating books and interactive reading.

Register at [Empower Wednesdays](#) or scan the QR code:



BUILDING STRONG PARENT ADVOCATES

February 5th-26th: PEATC, in collaboration with the Virginia Department of Education, invites families to join us for our online self-paced training course, Building Strong Parent Advocates. Families of children receiving special education services find themselves in a world filled with complicated policies, confusing acronyms and terms, and piles of paperwork. Often families find themselves looking for information and background knowledge to help them better support their children through the Individualized Education Program (IEP). The Building Strong Parent Advocates training provides information to help families build a solid foundation to understand the special education process while empowering them to be their child's best advocate. This training will be presented virtually and will include webinars, discussion boards, resources, and supplementary materials.

Register at [PEATC Event](#) or scan QR code:



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