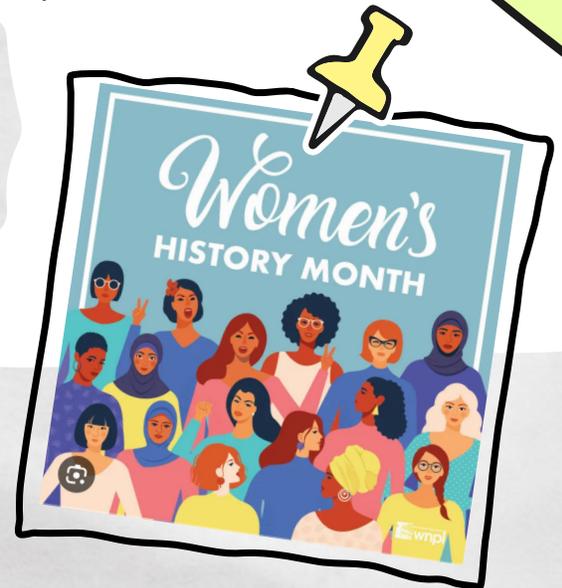


## SPECIAL EDUCATION PARENT RESOURCE CENTER MONTHLY NEWSLETTER

### PULSE POINTS: NEWS & UPDATES

#### CELEBRATING STRENGTH AND INCLUSION: HONORING WOMEN WITH DISABILITIES IN MARCH

March is Women's History Month, a time to celebrate all women, including those with disabilities. These strong women have worked hard to make things better for everyone, even when they face their own challenges. They show us that everyone has something important to offer. Their efforts have made schools, workplaces, and communities more welcoming for everyone. This month, we honor these women and their achievements. They inspire us all to work together for a better world.



#### 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](mailto:velvetsmith@spsk12.net)

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



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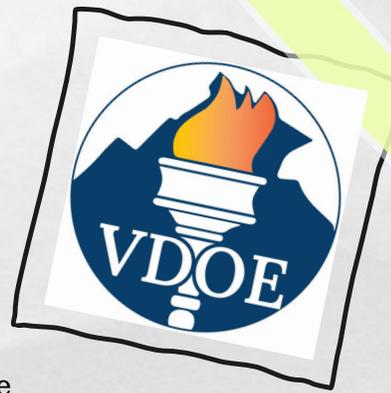
## PARENT RESOURCE CENTER

- **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

2

### VIDEO GUIDE TO THE SPECIAL EDUCATION EVALUATION PROCESS FOR FAMILIES



The Virginia Department of Education (VDOE) has launched a new video series to help families understand the special education process. These short videos cover topics like how kids are identified for support, how they're evaluated, what an Individualized Education Program (IEP) involves, and more. You can watch them one by one or all in order. They're made to make things clearer for parents and caregivers. Check them out to learn how special education works and how it can help your child.

Videos can be viewed on the VDOE's Youtube Channel by clicking [here](#).

## PULSE POINTS: EQUIP & ENGAGE

3

### UPCOMING CONNECTIONS

#### EMPOWER WEDNESDAYS

March 13th: **March into Math: Fun and Effective Math Strategies for Home:** Join 'March into Math' to discover engaging and enjoyable math activities that turn everyday moments into opportunities for learning.

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



#### UNIQUELY PREPARED STUDENTS (UPS) COLLEGE PREP SESSION:

Saturday, March 16, 2024 at Nansemond River HS: Session 3 of this series will focus on preparing parents and students for the financial aid process including assistance with completing the FAFSA onsite. Register at [UPS Series](#).

#### IEP UNIVERSITY (IEPU)

March 4th-25th: Join us for IEP University (IEPU), a FREE self-paced online course designed to help provide families and professionals with accurate and useful information around IEP development and meetings. IEPU provides easy-to-understand guidance on the special education process, the IEP document, and ways to develop collaborative relationships among schools and families. IEPU targets practical strategies aimed at helping future IEP meetings be more positive, productive, and collaborative for everyone involved. Register [here](#) or scan the QR code.



[WWW.SPSK12.NET/SPECIALEDUCATIONHELPCENTER](http://WWW.SPSK12.NET/SPECIALEDUCATIONHELPCENTER)