

Disability History and Awareness Month

The Virginia Department of Education announces that October is Disability History and Awareness Month. This recognition was promoted by a group of youth with disabilities more than a decade ago. These dedicated youth also developed a credo:

“Disability history education and awareness will promote positive attitudes in schools creating a culture of mutual respect, understanding, and equal opportunities for all.”

This month, Virginians across the Commonwealth will join with others nationwide to increase awareness, respect, and acceptance for students with disabilities. To facilitate this important effort, youth with disabilities, their parents, and teachers, as well as staff members from the Virginia Department of Education (VDOE), and other partnering agencies and organizations continue to collaborate and develop a variety of resources that can be used to help school divisions highlight Disability History and Awareness Month across the state.

Special Education

Disability Resources and Awareness Fair



October 25th
4:00 p.m. - 7:00 p.m.
King's Fork High School

Free Disability Resources & Information
Fun Disability Awareness Activities
Disability-Friendly Trick-or-Treating
Costume Contests
Free and Open to the Public

Please join the SPS Special Education Department at our **Disability Resources and Awareness Fair!** Families will make connections with state and local disability resource service agencies and learn about resources available to families with disabilities. Come join in the fun as we promote disability awareness through engaging activities. Enjoy disability-friendly trick-or-treating from our presenters. For more information, contact the Special Education Parent Resource Center at (757) 925-5785 or visit the Special Education Parent Resource Center website at https://www.spsk12.net/departments/special-education/parent_resource_center_-_special_education.

Participating Disability Resource Partners Include:

Autism Society of Tidewater	Social Security Administration
Eggleston Services	Suffolk Special Education Advisory Committee
Independence Center	Suffolk Therapeutic Recreation
Parent Educational Advocacy Training Center	Wilson Workforce & Rehabilitation Center
Smart-One, Inc.	Western Tidewater Community Services Board

Attendees are welcome to wear family-friendly costumes; however, costumes are not required.

Our trick-or-treating knows no age limit.

You don't even have to say "trick or treat!"

October 2022

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Special Points of Interest

- Next **SEAC Meeting: November 16th from 6:30 p.m. - 8:30 p.m.** at **KFMS** (also available virtually).
- **Special Education Parent Resource Center** available by appointment. **Regular hours: Monday - Friday, 1:00 p.m. - 5:00 p.m.** Additional hours available. Please call **925-5785** for an **appointment**.



Big Feet Meet Event

October 27th, 10:30 a.m. - 12:45 p.m.

The Special Education Department is excited to announce that on Thursday, October 27th, select students within Suffolk Public Schools will participate in the first Big Feet Meet at King's Fork High School, in partnership with Special Olympics VA. Come out and cheer our athletes as they display their talents in a competitive forum and participate in several lifetime activities. All activities will take place at King's Fork High School's track and field, located at 351 King's Fork Road in Suffolk.

Opening ceremonies are scheduled for 10:30 a.m., depending on bus transportation. Students will participate in various fun activities including the 50-yard dash, softball throw, ladder ball, disc throw, hurdle race, bocce ball, turbojav, cornhole, and long jump. This event will culminate in a ceremony and a unified lap around the track. All athletes, peer partners, volunteers, and spectators will be invited to participate in the unified lap. All activities will close by 12:45 p.m. and students will return to their respective schools.

Transition University - Fall 2022

October 10th - November 29th

PEATC, in collaboration with the Virginia Department of Education, presents Transition University - Fall 2022. This is a **free 5-week, self-paced, online course** that focuses on providing parent-friendly transition information to help make transition planning easier. This course is designed for parents/caregivers of elementary, middle, or high school students that receive special education services. The goal is to share factual information on transition services and to help make the transition from school services to the adult services world less confusing. For more information on this online course, please visit their website at <https://bit.ly/3e5y51e>.

Free American Sign Language Classes

October 24th, In-person at Nansemond River High School

SPS offers free in-person American Sign Language (ASL) classes with Kim Werner, SPS Educational Interpreter at Nansemond River High School. These classes are hosted monthly. All classes are scheduled for **5:00 p.m.**, typically on the fourth Monday of each month. The **next meeting is scheduled for October 24th**. The classes will be tailored to the attendees' needs, as much as possible. Attendees are encouraged to provide specific information on what they would like to learn in ASL. For more information or to register for classes, please contact Kim Werner at kimwerner@spsk12.net.



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Step Up for Down Syndrome Awareness Walk

October 22nd



The Down Syndrome Association of Hampton Roads (DSAHR) presents the Step Up for Down Syndrome "SUDS" Walk at Mount Trashmore Park, 310 Edwin Drive in Virginia Beach on Saturday, October 22, from 10:00 a.m. to 2:00 p.m. Funds raised during this event will go towards advocacy, education, support groups and special events for individuals with Down syndrome. To donate or to register for this event, please visit <https://www.sudswalk.com/> or call 757-785-8092.

Therapeutic Recreation Early Start Program

October 20th - November 10th, 9:00 a.m. - 10:00 a.m.

Suffolk Parks and Recreation's Therapeutic Recreation Department invites parents and guardians of children with disabilities ages 5 and under to join their new Early Start Program. Participants will experience arts and crafts, sensory activities, and more with their children! These activities are designed to get kids started early in recreation and leisure. This program is held on Thursdays from October 20th until November 10th, 9:00 a.m. until 10:00 a.m., at the East Suffolk Recreation Center, 138 S. 6th Street in Suffolk. The registration fee for this program is \$25. For more information, please contact Jaimie Belch at (757) 514-7264 or jbelch@suffolkva.us.





Understanding Autism Spectrum

October 24th, 7:00 p.m. - 8:30 p.m.

Meridian Psychotherapy Services LLC will present a seminar to “explore the world” of the autism spectrum through their “Real People, Real Talk” series. This free, in-person seminar is also available virtually and open to the public. The seminar will include discussions on tools available to manage limitations and the impact of autism on “overall mental health and substance use for the individual and the caregiver.” The in-person event will be held at 4509 Whitechapel Drive in Virginia Beach. The virtual event will be accessible through YouTube at <https://www.youtube.com/channel/UCnNKYdRDqPu69g06lyCXjnw>. For more information regarding this event, please contact Meridian Psychotherapy Services LLC at (757) 460-4655.

IEP University

October 30th - November 20th

PEATC, in collaboration with VDOE, has developed IEP University (IEPU) to help provide families and professionals with accurate and useful information around IEP development and meetings. IEPU is a free, self-paced online training with easy-to-understand guidance on the special education process, the IEP document, and ways to develop collaborative relationships among schools and families. IEPU will target practical strategies aimed at helping future IEP meetings be more positive, productive, and collaborative for everyone involved. For more information or to register, please visit <https://IEPU-Fall2022.eventbrite.com>.



Inclusive College/University Resource

Think College is a national coordinating center for inclusive postsecondary education options and has developed a resource to assist middle and high school students with intellectual disabilities in preparing for college. Their chart, Prepare for the Expectations of College in High School, covers three areas of postsecondary expectations: personal independence, academic engagement, and civic and social engagement. This resource may provide teams with suggestions for transition services and annual goals that support students with disabilities in attending college. For more information, visit their website at <https://thinkcollege.net/>.

Disability-Friendly Halloween Events

Families to Families

October 22nd, 10:00 a.m. - 12:00 noon

Families to Families invites families with deaf and hard of hearing children to a morning outside together at Church of the Good Shepherd’s “Shirland Forest” and playground on Saturday, October 22nd, from 10:00 a.m. until noon. This event is located at 7400 Hampton Blvd. in Norfolk. For more information, please email Families to Families at lizzyad@msn.com or visit their website at www.families2families.weebly.com.

Children’s Assistive Technology Service

October 29th, 2:00 p.m. - 4:00 p.m.

The Children’s Assistive Technology Service (CATS) invites families with disabilities to join them for a fun-filled disability-friendly trunk-or-treating at their CEO building located at 5215 Colley Avenue in Norfolk. Children of all abilities are welcome to come show off their costumes and get treats from 2:00 p.m. until 4:00 p.m. This free event will take place outside but access to toileting facilities will be available. For more information, please email Missy Rose at melissa@atdevicesforkids.org.

Chuck E. Cheese

October 30th, 9:00 a.m. - 11:00 a.m.

The Chuck E. Cheese at 4400 Peek Trail in Chesapeake will open two hours early on October 30th (9:00 a.m. - 11:00 a.m.) for a Halloween Sensory Sensitive Sunday. They offer a “sensory-friendly dining and entertainment experience including sugar-free treats available upon entry.” The Chuck E. Cheese website states that they have a “trained, caring staff who work to ensure everyone has a fun-filled visit.” For more information, please visit Chuck E. Cheese at <https://www.chuckecheese.com/sensory-sensitive-sundays/>.



Special Education Parent Resource Center

Located in:
Booker T. Washington Elementary School
204 Walnut Street, Room 305
Suffolk, VA 23434

Special Education Parent Resource Liaison:
Vivian Evett
Email: VivianEvett@spsk12.net
Phone: (757) 925-5785
Fax: (757) 925-5558



Have questions about the Special Education process, advocating for your child, and/or availability of resources and supports?

Contact Vivian Evett at the Special Education Parent Resource Center.



Special Education Parent Resource Center



The Special Education Parent Resource Center provides resources, supports, and private consultation to families of students receiving special education services in Suffolk Public Schools. For more information about the Special Education Parent Resource Center, please contact Vivian Evett - Special Education Parent Resource Liaison at (757) 925-5785 or send an email to VivianEvett@spsk12.net.

Check us out online at:

https://www.spsk12.net/departments/special-education/parent_resource_center_-_special_education.

Endeppendence Center, Inc.

The Endeppendence Center, Inc. (ECI) is the Center for Independent Living for South Hampton Roads. Their offices will be open under Covid-19 precautions during October for scheduled appointments only; however, ECI staff continue to be available by telephone and email, Monday through Friday, 9 a.m.—5:00 p.m.

The Endeppendence Center provides advocacy services for individuals with disabilities to “resolve discrimination complaints in all areas of life such as housing, education, employment, transportation, public accommodation, and community programs.” The Center also hosts an advocacy group that meets each month to identify advocacy goals and work together to advance civil rights for people with disabilities.

Through a grant from the Virginia Board for People with Disabilities, ECI administers the Virginia Medicaid Waiver Technical Assistance Center (TAC). ECI provides “workshops, materials, information, and technical assistance regarding Medicaid Waivers.”

ECI will host several in-person group activities in their facility including:

- | | |
|---------------------|---|
| October 25th | Advocacy Group Meeting: Americans with Disabilities Act - Employment |
| October 25th | Hampton Roads Career Fair (at Norfolk SCOPE) |
| October 31st | Consumer Advocacy Committee Meeting |

For more information concerning these and other events provided by ECI, please contact the Endeppendence Center at 757-461-8007, or email them at ecinorlf@endeppendence.org. Please visit the ECI website at <https://endeppendence.org>.

PORTCO Employment

Do you know a person with a disability who would benefit from transitional, supported employment and vocational services? PORTCO is a “Virginia-based non-profit organization committed to helping individuals with disabilities achieve their highest potential through employment opportunities and the development of individualized goals and support. Their organization focuses on “providing employment opportunities to the full spectrum of people of all abilities.” PORTCO, Inc is a non-stock, non-profit, 501(C) (3) corporation located in Portsmouth. For more information on PORTCO’s services, please visit their website at <https://portco.org>.

Bridging B.L.O.C.K.S. Game Night for Teens with Autism

Bridging B.L.O.C.K.S. presents Game Night for Teens with Autism. Game night is held every Thursday from 6:00 p.m. until 7:30 p.m. at 3105 American Legion Road, Suite A, Chesapeake, VA 23321. These game nights provide an opportunity for teens with Autism to socialize and have fun playing cards, board games, and more. For more information, please contact Bridging B.L.O.C.K.S. at bridgingblocks@gmail.com or call 757-575-1482.