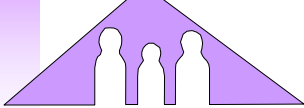


Spring 2012



The Parent's Partner

Message from the PRC

Can you believe that we are entering the 2nd half of the school year? How are things going? Teachers; have you designed your room for learning? Check out this link for tips to design your classroom for learning.
<http://behavioradvisor.com/ClassroomDesign.html>

Parents, does your child need reinforcement in reading, math or any other subject? You will be amazed at what the PRC has to offer. All of our services are FREE! Be on the lookout for the Family Fair flyer! It will be March 17th.

Jessie and Susan can help you get organized, prepare for meetings, academic skills, problem-solving, learning and study strategies. All information discussed remains **confidential**. The PRC hours are 8:00 a.m. to 4:00 p.m. Monday through Friday. Other hours by appointment. When schools are closed, the PRC is closed. Call or email us with your concerns and/or questions.

Susan Gayle sgayle@ccps.us
Jessie Rollins jrollins@ccps.us 804-633-7083
 Visit the our website: www.caroline.k12.va.us/prc

How to Talk and Listen to Your Child



Get your child to open up Nothing is more important in your relationship than effective, open communication. To be able to talk and listen, and have your child know that you are there is really the most important aspect of parenting. By communicating effectively, you will alleviate much stress. A big part of being a strong communicator is being a good listener. When your child knows that you will listen to her when she talks, she will be more likely to listen to what you have to say.

Verbal and nonverbal ways to be a good listener

Respond to nonverbal communication. We want children to express emotions verbally. Example: if child rolls her eyes, you might say, "The way you are rolling your eyes suggests you don't agree. Am I right?"

Find a time and place to talk. When your child approaches to talk but you can't at that moment, let your child know "it's not the right time, but it's important to talk". Set a time and place to talk later, when you can give full attention.

Give your child your full attention. When you sit down to talk, make sure there are not any interruptions. Don't answer the phone, check your cell phone, or be watching TV, etc .

Avoid interrupting. Letting your child finish talking shows that you care.

Give nonverbal encouragement. Lean forward, make eye contact, nod occasionally, say "uh-huh", "mmm", and smile to show interest. *More information available in our PRC lending library.*

Inside this issue:

| | |
|-------------------------|---|
| Message from PRC | 1 |
| How to Talk/Listen | 1 |
| Tips for Managing Time- | 1 |
| PRC Calendar | 2 |
| What is SEAC? | 2 |
| Child Find | 2 |
| Family Fair—3-17-2012 | 2 |



February is Children's Dental Health Month

Call 804-633-5465, ext.214

Tips For Managing Time!



Managing time is something many parents struggle with to get kids out of the door in the morning without forgetting something. The following timely tips may help get your kids organized.

- 1. Body Beautiful**—Create a chart with pictures of what tasks need to be completed. (brush teeth, deodorant, etc)
- 2. Leaner Screen Time**—Decide how many hours of TV you want your child to watch, then plan together the programs and stick to it. If it's too much time, cut back the first week. Make adjustments as needed to ensure your child gets enough sleep.
- 3. Excuses Don't Count**—Have your child create a chart of after school chores/responsibilities along with the time it will take. As each is completed, they can check it off. Include homework time. This teaches time management and makes the child responsible for getting the tasks done.
- 4. Homework helper:** Have your child make a homework chart and list assignments for Monday through Friday. After she's finished each assignment, she can put a satisfying check mark next to it. This teaches children how to keep track of deadlines and duties.
- 5. Pack it Up**—Have backpack together before bedtime. Check for any papers that need to be signed/completed.
- 6. What to Wear**—Set out clothes the night before. No thinking in the morning. **DON'T GIVE UP! BE CONSISTANT!**

For more information, check out our lending library or contact the Parent Resource Center.

PRC Calendar

If schools close due to weather, events will be cancelled.

Walk-ins are welcome, but registering will assist with planning!

Teachers- Please check with principals to see if you can earn activity/re-cert points by attending our sessions.

Thursday, February 9, 2012

Parent—Teacher Conferences - Check schools for information

Wednesday, February 15, 2012

Make It/Take It Activity Day—Activities to support reading, math & other subject areas. Take home activities to use immediately with your child. 10 a.m.—3 p.m. Come anytime during this time frame or any day that is convenient. PRC

Monday, February 27, 2012

SEAC-Special Education Advisory Committee Meeting- 5:30pm.Caroline Middle School

Saturday, March 10, 2012

Oh, The Places You Will Go -9am-2pm-Chancellor High School. Regional event for students with disabilities & their families preparing for Transition. Breakout sessions/ vendors . Call 540-373-2559 or online:

<http://www.surveymonkey.com/s/Oh-PlacesYouWillGo-REG-3-10-12>

Saturday, March 17, 2012

Family Fair - 8am-1:30pm—CMS—Pre-Registration preferred. See ad on this page for more information.

Monday, April 23, 2012

SEAC Special Meeting to Review the Annual Plan. Come to review how money will be spent next year in Special Education. Time TBD at CMS

Tuesday, April 24, 2012

SOS Help For Parents Workshop—Part 1—10am-12noon-PRC—DVD Discussion and handouts for managing behavior.

Tuesday, May 1, 2012

SOS Help For Parents Workshop—Part 2—10am-12noon-PRC. DVD Discussion and handouts for managing behavior.

Thursday, May 17, 2012

SEAC Picnic Time/Location TBD

Wednesday, May 23, 2012

Get Ready for Kindergarten -10 am—PRC -Find out what you & your child needs to know to be prepared for Kindergarten.



PRC



Parent Resource Center
16221 Richmond Turnpike
Bowling Green, VA 22427
804-633-7083

"Everyone has the right to be treated with dignity and respect!" Mandt

Promoting a partnership between families and Caroline County Public Schools

WHAT IS SEAC??

SEAC is the Special Education Advisory Committee. Every school division is required to have a SEAC as detailed in Regulations Governing Special Education Programs for Children with Disabilities in Virginia, effective January 25, 2010 (special education regulations).

The major purpose of SEACs is to provide an opportunity for parents and other school board appointees to have a voice in the way school divisions provide services to students with disabilities. SEACs are extensions of local school boards since members are appointed by them, and SEACs provide reports and recommendations to their school boards.

We are actively recruiting parents, teachers and community members to be a part of SEAC.

We value your comments/questions concerning special education in Caroline County. Email ccpsseac@gmail.com

CHILD FIND

The Caroline County Public School System participates in an ongoing process of locating, identifying, and evaluating children between the ages of two and twenty-one who are suspected of having a disability. Special education programs are available for children with disabilities in Caroline County. Target 2 - 5 years old.

Contact below to set up your screening:

Parent Resource Center

804-633-7083

Special Ed. Office

804-633-5088

Bowling Green Primary

804-633-6401

Madison Elementary

804-448-2171



Pre-Register by March 9, 2012

Mark your calendar

Don't miss our 8th annual

"FAMILY FAIR"

**SATURDAY, MARCH 17, 2012
CAROLINE MIDDLE SCHOOL**

ATTEND A VARIETY OF EDUCATIONAL SESSIONS

VENDOR FAIR

Check the PRC website for details www.ccps.us/prc

Free Child Supervision—Free Lunch

Sponsored by SEAC, PRC, CCPS

To register online

<http://www.surveymonkey.com/s/ff2012REGISTRATION>

(804) 633-7083, Email sgayle@ccps.us,

www.ccps.us/prc