

CHESAPEAKE PARENT RESOURCE CENTER UPCOMING WORKSHOPS

Unless otherwise stated, all workshops will be held at the Parent Resource Center. Please call the Parent Resource Center, 482-5923, to register for these sessions. Registration assists us in planning for materials and refreshments. A minimum of 10 participants is required for workshops to take place.

If schools are closed due to inclement weather, or if there is low registration for workshops, the workshop will be cancelled and every effort will be made to reschedule.

Brown Bag Video

You are invited to join us to watch videos each month. Bring your lunch or snack and join us for a video and discussion. Popcorn and drinks will be provided. The video viewing time is from 12:00 noon until 1:30 p.m. on the following listed dates.

Preparing Your Child to Succeed

Learn how to support your child's learning style and provide a "school-smart home." Understand how structure—both in home life and in homework—helps your child succeed, and discover positive ways to support your child's teacher.

- **September 29, 2016**

Encouraging Positive Behavior

Understand discouraging and encouraging influences, and how you can promote cooperative behavior at school. Learn effective and positive discipline methods, and ways you can support your school's discipline efforts.

(F.A.T.)

- **October 26, 2016**

Reinforcing Your Child's Academic Skills

Discover what it really means to help your children in school, and learn how to be an effective coach without having to be an expert—even in math and science.

- **November 16, 2016**

Sibshops

Brothers and sisters of students with special needs have some individual challenges. These recreational workshops provide an opportunity for these children to come together and share joys and challenges while playing games, cooking, eating and participating in enjoyable activities. All Sibshops will be held at the PRC from 4:30 – 6:30 p.m. unless otherwise stated.

- **September 29, 2016** • **October 27, 2016**
• **November 17, 2016**

Understanding Special Education (USE)

This workshop is designed to help clarify special education procedures with topics focusing on rights and responsibilities under IDEA and IEP development.

- **October 10, 2016**
9:00 a.m. – 11:00 a.m.
- **October 10, 2016**
6:00 p.m. – 8:00 p.m.

IEP Workshop

Planning the Individualized Education Plan (IEP) in partnership with your child's education is a very important part of meeting your child's educational needs. Please join us to prepare for this year's annual review of your child's IEP.

- **November 3, 2016 9:00 a.m. – 11:00 a.m.** • **November 3, 2016 6:00 p.m. – 8:00 p.m.**

Let's Get Organized!

Data Collection & Record Keeping

What do you do with all the paperwork involved in Special Education? How can you best communicate your needs with your child's school? Bring your paperwork with you as we talk about effective record keeping and communication and begin to organize your files.

- **October 4, 2016 9:00 a.m. – 11:00 a.m.**

Communities and Schools Workshop Series Choose My Plate

Let's help our children enjoy their food but eat less by avoiding oversized portions. Let's encourage them to try new foods and choose more fruits and vegetables. Let's talk about the ways to reduce the sodium in our meals and drink less sugary drinks.

Presenter: Rumel Johnson, Virginia Cooperative Extension

- **October 17, 2016 6:00 p.m. – 8:00 p.m.**

Learning-Related Vision Problems-Classroom Modifications

Many otherwise bright children struggle in school each year or require IEP's and 504 plans. The American Optometric Association reports that 60% of these problem learners have undiagnosed vision problems that significantly affect their classroom performance. Most startling, nearly all of these children have perfect eyesight. Dr. Westcott will discuss how vision impacts learning and how to work around these visual problems in the classroom.

Presenter: Dr. Kenneth R. Westcott, OD

- **October 24, 2016 6:00 p.m. – 8:00 p.m.**

