

Don't Miss This!

CAROL KRANOWITZ

will present

The Out-of-Sync Child: Sensory Processing Disorder

September 20, from 7:00 to 9:00 p.m.
Lee High School, Auditorium

To register for events/workshops and for more information, visit the PRC web site:
www.fcps.edu/ccp/prc/workshops.htm.

FCPS RESOURCES

Back to School Night Schedule 2011-12 School Year

<http://www.fcps.edu/news/backtoschool.htm>

Starting School in Fairfax

<http://www.fcps.edu/start/allgrades.htm>

Is Your Child Ready to go Back to School?

Back to School is just around the corner. School buses will soon welcome Tuesday, September 6. Parents and students generally look forward to back to school time and get excited about the end of summer and the start of the school year, while some parents and students may begin to feel anxious. The beginning of a new school year brings both opportunities and challenges for every student. For students with special needs there may be additional considerations. Parents can help support their child as they start a new school year with a few strategies:

1. Get organized now by locating important papers, medical records, school papers, and emergency contact information. Place papers in labeled folders or baskets for quick access.
2. Start talking to your child about going back to school and answer their questions. Use a calendar to count down the days (if they like this); make a social story about riding the bus or eating in the cafeteria; and watch a movie or read a book about going back to school. Keep a positive attitude!

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News You Can Use!

THE PARENT RESOURCE CENTER'S BACK-TO-SCHOOL PACKET:

Homework help, getting organized, PRC workshops and resources, and information for newcomers to FCPS!

<http://www.fcps.edu/ccp/prc/documents/BTSRESOURCEPACKET2011.pdf>

THE PARENT RESOURCE CENTER TUTOR LIST

http://www.fcps.edu/ccp/prc/tutors_spclinicians.htm

TUTOR.COM (for DoD military families only) is available 24/7. One-to-one online tutoring and standardized test prep are available year-round. For more information, visit: www.tutor.com/military



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3. Add and clearly mark important dates for you and your child on a calendar. Be sure to include school dates, half-days, holidays, events, doctor appointments, and family plans. Make it visible and interactive and check it daily. Use the school website to check dates.
4. Review your child's IEP to refresh your memory about their skills and needs and the services they will receive. If you have questions, make notes and contact your child's teacher.
5. Go to the open house and back to school night. Talk with your child's teachers and let them know you want to partner with them. Sign-up for a parent/teacher conference and mark it on your calendar. Volunteer at your child's school. Parental involvement is a key indicator for school success.
6. Start adjusting bedtimes two weeks prior to school starting. Use incremental changes to achieve the desired bed time. Consider an alarm clock and a "to do list" or a picture schedule for busy mornings – use it now to eliminate confusion and frustration.
7. Confirm before and after-school care. Develop a back-up plan for emergencies. This is critical if your child becomes anxious when the routine changes. A trusted neighbor who already meets the bus to pick-up their child may be a good option. Be sure to discuss and plan this ahead of time and make sure the school knows.
8. Check your child's school supply list early. Your child's school will have information posted on the website.
9. Don't make drastic changes to your child's schedule, activities, or routine just before school starts. This may cause anxiety and temper tantrums. Make changes gradually.
10. If you can, involve your child in this process. They will be more engaged if they understand the plan.

Back to School Night--Great Reasons to Go!

With almost 200 schools and centers opening on Tuesday, September 6, Fairfax County Public Schools will welcome over 177,600 students back to school! Back to School Night (BTSN) offers parents a great opportunity to become actively involved in their children's schools. Here are a few reasons to go:

- **You will have valuable time to see your child's primary teacher in the classroom.** Your child's teacher will give an overview of the curriculum, offer homework guidelines, and answer your questions. Make a connection; be sure he or she knows you are available to discuss your child's special needs.
- **You will see how your child moves in and around the school building.** You may be able to sit in your child's desk and see the classroom as your child sees it every day.
- **You can meet multiple teachers in one evening.** Usually, there is time at BTSN to visit music, PE, art, the special education, reading resource, OT/PT rooms and other specialists at your child's school. In middle and high schools, you may follow your child's class schedule and move from room to room.
- **You can sign up for community activities.** You can join the PTA/PTSA, and often you can register your child for Scouts, recreation, and other after-school activities.
- **You can check out the resource tables.** Counselors often have resources for you. School supplies, school T-shirts, gym clothes and PTA fund-raising items may be on display.
- **You will meet other parents.**
- **Sometimes, there are refreshments!**

Adapted from: TEN REASONS TO GO TO BACK-TO SCHOOL NIGHT

<http://specialchildren.about.com/od/schoolissues/tp/btsnight.htm>

Calendar of Upcoming Events!

LANGUAGE!

The Comprehensive Literacy Curriculum
August 30, from 6 – 8:30 p.m.
Gatehouse Administrative Center, Cafeteria

Are You Ready?

It is time to get organized for school!

September 22, from 10:00 a.m. to noon
Dunn Loring Center, Entrance 1, Room 105

KIRK MARTIN'S CELEBRATE CALM!

Courageous Parenting & Family Involvement
Replace Defiance & Disrespect with Motivated Kids
Woodson High School Auditorium
Saturday, September 24, from 10:00 to noon

ANN DOLIN will present

Homework Made Simple

Thursday, September 29, from 7 to 8:30 p.m.
Hayfield ES, Cafeteria

Let's Teen Talk

Communicating with Your Teen

Tuesday, October 4, from 7 – 8:30 p.m.
Dunn Loring Center, Entrance 1, Room 105

Dr. ERIN BERMAN, NIMH will present Anxiety in Children and Adolescents

Friday, October 7, from 10 a.m. to noon
Dunn Loring Center, Entrance 2, room 108

RICH WEINFELD will present

Smart Kids with Learning Difficulties

Tuesday, October 11, from 7 – 9 p.m.
Luther Jackson Middle School, Auditorium

To register for these workshops and for more
information, visit the PRC web site:
www.fcps.edu/cco/prc/workshops.htm.

Back to School Resources

Backpack Awareness

Strategies for Parents and Students

Aching back and shoulders, weakened muscles, tingling arms, and stooped posture are all symptoms of wearing a heavy school backpack. Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the right way to avoid health problems.

Need more information? Print a tip sheet to help lighten the load.

<http://www.promoteot.org/docs/BackpackStrategies.pdf>

Homework TIPS

Homework Center – Info Please

<http://www.infoplease.com/homework/>

Help organize your child's homework.

<http://homeworktips.about.com/od/homeworkhelp/a/organizecolor.htm>

Want tips to beat homework stress? Print a tip sheet.

<http://www.promoteot.org/documents/BKHomeworkTips2008.pdf>

MY CHILD'S ACADEMIC SUCCESS

Helping Your Child With Homework

<http://www.ed.gov/parents/academic/help/homework/homework.pdf>

Cómo ayudar a su hijo con la tarea escolar -- La serie de Ayudando a su niño

<http://www.ed.gov/espanol/parents/academic/tareaescolar/tareaescolar.pdf>

IN THE LIBRARY AT THE PRC:

<http://www.fcps.edu/cco/prc/prclibry.htm>

Check out the latest books, CDs, and DVDs in the library!



ASK THE PRC

PARENT RESOURCE CENTER BROCHURE

(also translated in Arabic, Chinese, Farsi, Korean, Spanish, Urdu, and Vietnamese)

<http://www.fcps.edu/cco/prc/about.html>.

Do you need information or have a question? Contact the PRC by e-mail at prc@fcps.edu or call 703-204-3941 (703-204-3955 Spanish). Visit the PRC web site at www.fcps.edu/cco/prc.

Do you need books, DVDs, CDs, or videos?
Visit the PRC library online:
<http://www.fcps.edu/cco/prc/prclibry.htm>.

Do you need a tutor or speech and language pathologist for your child? Visit the tutor and speech clinician list at http://www.fcps.edu/cco/prc/tutors_spclinicians.htm.

PARENT INVOLVEMENT—GREAT REASONS TO ATTEND EVENTS AT YOUR CHILD’S SCHOOL!

Why you should get involved at your child’s school

Harvard University, Johns Hopkins University, Vanderbilt University and more, all confirm research that family involvement –including attendance at Back to School Nights, parent-teacher conferences, sporting events, workshops and individual meetings with the teachers—not only supports, but also predicts a child’s achievement, academically and socially, throughout their school years. For links to research and programs supporting family involvement at every level, please check the resources found at:

<http://www.pacer.org/mpc/research.asp>

SCHOLASTIC’S PARENT GUIDE FOR SCHOOL INVOLVEMENT FOR ACADEMIC SUCCESS:

<http://www2.scholastic.com/browse/collection.jsp?id=70>



24-7 Book Return

PRC LENDING LIBRARY DROP BOX



Are you short on time but need to return resources to the PRC Lending Library? Did you know that the PRC has a **drop box** at **entrance 1** at Dunn Loring?



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