

Upcoming Workshops

Student's Rights & Responsibilities

Friday, Feb. 3, 10 – noon
Dunn Loring Center

Let's Teen Talk – Red Flag Behaviors

Tuesday, Feb. 7, 7:00 – 8:30 p.m.
Dunn Loring Center

Fitting In and Having Fun in Middle School

Thursday, Feb. 9, 10 – noon
Dunn Loring Center

Transition Boot Camp

Saturday, Feb. 11 (registration required)
Woodson HS

Sibshops

Monday, Feb. 13, 2:00 – 5:00 p.m.
Kilmer Center

Stressed Out Teens

Thursday, Feb. 16, 7:00 – 8:30 p.m.
Woodson HS

Visit the PRC web site for a list of workshops and activities,

<http://www.fcps.edu/ccp/prc/resources/events/index.shtml>

Making the Move to Middle School

Do you remember preparing your child for kindergarten? The move to middle school is the biggest transition since kindergarten. If your child has special needs, the transition to middle school may present additional challenges. Your child will be leaving the familiar school where he or she has spent the last six or seven years for the wide-open spaces and new faces of middle school. It can be daunting for both of you, so start your preparations now.

Whether your child will start middle school in 6th or 7th grade, chances are there is something about it that may have you and your child a little nervous at the prospect. Parents can help ease the transition to a new school by tuning into what worries their child most. An informal survey of parents, students, and experts who work with adolescents turned up the following concerns:

1. Combination locks
2. Getting to class on time
3. Not having friends
4. Being too different
5. Tough classes

Join us on Thursday, February 9, for "Fitting In and Having Fun in Middle School" to learn what you can do to help your child with special needs make the transition to middle school

<http://www.fcps.edu/ccp/prc/resources/events/documents/FittingInandHavingFuninMiddleSchoolflyer.pdf>.

NEWS YOU CAN USE

7th Annual Special Education Conference with Rick Lavoie

MARCH 24, 2012

8:00 a.m.-1:45 p.m. at Lake Braddock SS

<http://www.fcps.edu/dss/conference/>

After School Programs for Middle Schools

Activities, opportunities and contact information.

<http://www.fcps.edu/supt/activities/afterschool.shtml>



T/TAC of George Mason University



T/TAC of George Mason University has an extensive web site that provides information for the parents and educators of children with special needs at:

http://ttaconline.org/staff/s_home.asp.

The T/TAC web site offers resources, including information about SOLs, literacy, college for students with learning disabilities, and other topics.

You can also subscribe to the quarterly T/TAC newsletter, offered online (only) by e-mailing ttagmu@gmu.edu, and entering in the subject line: e-newsletter subscription.

NEW! In the PRC Library

<http://www.fcps.edu/cco/prc/resources/library.shtml>

1. *Motivating Readers in the Middle Grades* by Joan Collins
2. *Middle School: The Stuff Nobody Tells You About: A Teenage Girl with High-Functioning Autism Shares her Experiences* by Haley Moss
3. *The Worst-Case Scenario Survival Handbook, Middle School* by David Borgenicht
4. *The RollerCoaster Years: Raising Your Child Through the Maddening Yet Magical Middle School Years* by Charlene Giannetti
5. *Social Skill Strategies: A Social Emotional Curriculum for Adolescents* by Nancy Gajewski
6. *The Bipolar Teen: What You Can Do to Help Your Child and Your Family* by David Jan Miklowitz
7. *Too Old for This, Too Young for That! Your Survival Guide for the Middle School Years* by Harriet Mosatche
8. *Moving on to Middle School* (DVD) by TD Social Skills
9. *A Parent's Guide to the Middle School Years* by Joe Bruzzese



ASK THE PRC

We are here to help!

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

Do you need a tutor?

Take a look at the PRC Tutor and Speech Pathologist list at <http://www.fcps.edu/cco/prc/resources/tutors.shtml>.

Do you need books, DVDs, CDs, or videos? *Visit the library online or stop by:*

<http://www.fcps.edu/cco/prc/resources/library.shtml>.



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?



Subscribe now!

STAY INFORMED! Sign up for [Keep in Touch Plus](http://www.fcps.edu/kit/) e-mails <http://www.fcps.edu/kit/> and get all PRC and Department of Special Services news directly. Fill out the required information and check **Special Education Services**.