

Parent Mentor Update

- Are you new to an IEP or 504 plan for your child? Parent Mentors are here to help you navigate the process. Click [here](#) for more information.
 - **Special Education Resource Series (SERS) for February:**
 - [**A Roadmap to Public Schools Serving Students with Dyslexia**](#): Thursday, February 10th, 6:30 PM
 - [**Special Needs Parent Virtual Coffee Chat**](#): Wednesday, February 16th, 10:30 AM - 11:30 AM & 6:30 PM - 7:30 PM

UPCOMING EVENTS

February 7th, 6:00 PM

SST 11 Family

Engagement Series: IEP Process/Overview

February 8th, 6:30 PM

DCBDD Discovery

Series: Where to Live &

How to Get Around

- Follow your Olentangy Parent Mentors on Twitter (@OLSD_ParentMntr) for event reminders and quick community event updates (the page will not be closely monitored, so please continue communicating with us via email or phone).

February 8th, 6:30 PM

[Estate Planning Webinar with Resch, Root, Phillips & Graham](#)

Odentangy Preschool Families

Preschool Intent Letters:

- Preschool Peer Model intent forms were sent to parents the week of January 24, 2022. (Families of students required to go to kindergarten received an email on January 24. Families of all other Peer Model students received an email on January 27.)
- Families of returning Preschool students with IEP services will receive their intent form on February 8, 2022.

February 9th, 4:00 PM

[Family ECHO Series: Family Support](#)

February 10th, 6:30 PM

[Special Education Resource Series: A Roadmap to Public Schools Serving Students with Dyslexia](#)

February 16th, 10:30 AM & 6:30 PM

[Special Needs Parent Virtual Coffee Chat](#)

February 23rd, 4:00 PM

[Family ECHO Series: Transition to Adulthood](#)

Snow Day Tips from Ohio's Parent Mentor Project

- Let your child know ahead of time. It's helpful to let a child know in advance that there may be a snow day if you know a large amount of snow is coming. This way they are not caught off guard if they have to stay home from school.
- Create a "snow day" schedule
Creating a schedule for when school is cancelled and going over it with your child ahead of time

could create a sense of control and lessen anxiety.

- Pair creative activities with a snow day. Plan multiple creative activities for your child so they stay entertained throughout the day when they are usually in school.

Transition Information for Parents

We recently sent information about the Transition Process for Students with IEP's or Section 504 Plans by e-mail to our 8th grade and 5th grade families. Check out our [Transition Team page on the Pupil Services website](#) for this information.



SST 11 Resource Directories

This is a [Link to Resource Directories](#) compiled by our State Support Team (SST 11). There is a College and University Directory, a Family Resource Directory, and a Summer Resource Directory. You can also go to the [SST 11 website](#) and get the Directories.



Empower Sports

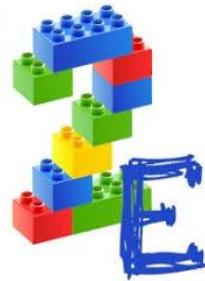
Empower Sports at The Ohio State University is a sports program for kids with autism from ages 5-18 offered and supported by OSU Students. Check out this [flyer](#) for more information.



Preparing Ohio's Students for their Future

Please join OCECD as we host Amy Szymanski and Travis Taylor from The Ohio Department of Education to present an overview of Ohio's graduation requirements for the class of 2023 and beyond on February 17th

from 11:00 - 12:30 PM. To register for this free webinar, please [click here](#).



Support for Stressed Parents

The ChildMind Institute sent out this collection of resources for parents under stress. We are all hard on ourselves as parents and need a reminder from time to time that taking care of our own mental health is an important part of caring for our children. Check out these resources: [Be Kind to Yourself, How Mindfulness Can Help Caregivers, Preventing Parent Burnout, When Parent and Child Both Have ADHD, How to Avoid Passing Anxiety on to Your Kids, and How Parent Support Groups Can Help](#).

Trouble Following a Routine?

There are lots of reasons kids don't stick to routines or schedules. It's harder than it seems - even for adults. [Understood.org shared these tips](#) to help you support your child as they navigate their daily routine, build their self-esteem, and encourage them to keep trying. To help work on confidence and self-esteem, consider creating an ["Accomplishment Box"](#) as a fun way to help your child see their accomplishments.

Families of 2e Students

We are sharing this [article](#) to help 2e families understand the definition and set of challenges faced by their kids as well as hoping to educate our schools and others on challenges associated with being a Twice Exceptional person.

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