

## Parent Mentor Update

- Whether you are new to an IEP or a 504 plan for your child or a returning parent, your Olentangy Parent Mentors are here to help you navigate the process. Click [here](#) for more information.
- **Special Education Resource Series (SERS):**
  - [Questions and Answers from our Virtual Office Hours Session](#) in January
  - [Supporting Students with Mental Health and Developmental Disabilities](#), February 22nd at 6:30 PM at the Olentangy Administrative Offices, Liberty Room
- [Special Needs Parent Virtual Coffee Chat](#): Wednesday, February 15th, 10:30 AM - 11:30 AM & 6:30 PM - 7:30 PM

## UPCOMING EVENTS

February 7th, 6:30 PM

DCBDD Webinar: [The Future: Benefits, Payees, & Trusts](#)

February 15th, 10:30 AM & 6:30 PM

[Special Needs Parent Virtual Coffee Chat](#)

- Follow the 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).

## Olentangy Parent Mentors

**Fran Gardner**, Middle & High

School [fran\\_gardner@olsd.us](mailto:fran_gardner@olsd.us); (614) 332-6868

**Anne Pistone**, Preschool & Elementary

School [anne\\_pistone@olsd.us](mailto:anne_pistone@olsd.us); (614) 332-5269

February 22nd, 6:30 PM

Special Education  
Resource

Series: [Supporting  
Students with Mental  
Health and  
Developmental  
Disabilities](#)



### Tips for Parent/Teacher Conferences

PACER's Minnesota Statewide Family Engagement Center has developed a handy tip card for use at parent/teacher conferences. The tip card



### Aquatic Therapy Opportunity

There is a research study at The Ohio State University for children living with neuromotor diagnoses (cerebral palsy, spina bifida, and other neuromotor diagnoses) between ages 3-9 that want to learn to swim. Check out this [flier for more information](#).



### Sensory Sensitive Series at the Strand Theater

Each month, the Strand Theatre provides showings for children, families, and adults in the community who may benefit from an alternative movie experience, such as our patrons on the autism spectrum or those living with other special needs. We turn up the lights, turn down the sound and

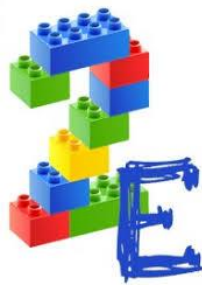
includes suggested topics and questions for parents to ask. [Download it here](#) and take it along to conferences.



## Understanding Seasonal Depression in Kids

The latest CAP4Kids newsletter from Nationwide Childrens Hospital has some excellent resources to help combat the winter blues in kids.

- [Understanding SAD in Kids \(from On Our Sleeves\)](#)
- [Resources to Stay Active in the Winter Time](#)
- [Balanced Mind Parent Network](#)
- [Families Anonymous Support Group \(for parents of](#)



## 2e Resources

Do you have a 2e child? Here are some resources that might help:

- [Neurodiversity and Gifted Education](#)
- [The Challenges of Twice Exceptional Kids](#)
- [Hyper Brain, Hyper Body: The Trouble with High IQ](#)
- [The Neurodiversity Podcast](#)

welcome singing, dancing, movement, and any creative expression! Join us on [February 25th at 10:00 AM for the next Sensory Sensitive Showing.](#)



## How to Help Kids Get Organized

Being disorganized can cause a great deal of grief for kids with executive functioning issues and ADHD. The ChildMind Institute has shared some great resources to help build the skills kids need to overcome organizational challenges, get better at managing their time, stop losing things, and start feeling more in control.

- [How to Help Yourself Get Organized](#)
- [School Success Kit for Kids with Executive](#)

[teens using alcohol or drugs\)](#)

- [Local Support Group for Suicide Loss Survivors \(LOSS\)](#)
- [The Link Between Social Media & Depression \(from On Our Sleeves\)](#)
- [Crisis & Suicide Prevention Resources](#)
- [Fun & Recreational Opportunities](#)

[Functioning Issues](#)

- [Why Your Child With ADHD Has Such a Messy Room](#)
  - [Strategies to Make Homework Go More Smoothly](#)
  - [What is Working Memory?](#)
  - [How to Help Kids with Working Memory Issues](#)
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