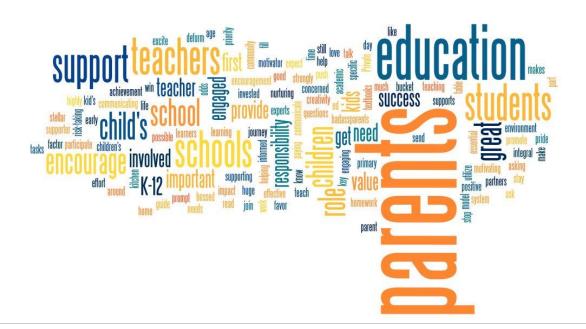


## Parent Mentor eNews DECEMBER 2022



### 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) for December:
  - Since December is such a hectic month, we are working on a PowerPoint to help remind parents of the importance of selfcare. We will share that with you soon.
- Special Needs Parent Virtual Coffee
   Chat: Wednesday, December 7th, 10:30 AM -11:30 AM & 6:30 PM - 7:30 PM
- Follow the Olentangy Parent Mentors on Twitter (@OLSD\_ParentMntr) for event reminders and

# UPCOMING EVENTS

December 6th, 6:30 PM

Preschool to Kindergarten Transition Meeting for special needs students

December 7th, 10:30 AM & 6:30 PM

Special Needs Parent
Virtual Coffee Chat

quick community event updates (the page will not be closely monitored, so please continue communicating with us via email or phone).

## **Preschool Update**

For families of special needs students transitioning to kindergarten for next school year, there will be an informational meeting about the transition process on December 6th from 6:30 - 7:30 PM at the Olentangy Administrative Offices in the Berlin Room (enter at the main entrance). You should have received an email with details for this meeting. If you have not, please contact Charlotte davis@olsd.us for more information.

## **Olentangy Parent Mentors**

Fran Gardner, Middle & High School <u>fran gardner@olsd.us</u>; (614) 332-6868

Anne Pistone, Preschool & Elementary School anne pistone@olsd.us; (614) 332-5269 December 8th & 15th, 6:30 PM - 8:00 PM

#### **Procedural Safeguards**

Forum: The Ohio Coalition for the Education of Children with Disabilities (OCECD) is collaborating with the Ohio Department of Education, Office for Exceptional Children to revise The Guide to Parents Rights: (parent notice). We are looking for parent participation; we would like to invite any families who have children with disabilities to participate in an open forum discussion to give feedback on the revisions to the parent notice. The forum will take place via Zoom. If you are not a parent of a child with a disability, Forum feedback opportunities will be available to professionals throughout Ohio soon. Register Here.



#### Holiday Tips and ADHD

The holidays are hectic. And if your child has ADHD, it can create extra challenges. Here are some tips from **Understood.org** to make the season easier to manage.



#### **OCECD Newsletter**

Check out the latest edition of the OCECD **Newsletter** for information on a medical diagnosis versus educational eligibility. Also included is information on ChildFind, Response to Intervention (RTI), and Special Education eligibility.



#### Holiday Tips and Autism

While many happily anticipate the coming holiday season, families of people on the autism spectrum also understand the special challenges that may occur when schedules are disrupted and routines broken. Check out these tips from the Autism Society to hopefully lessen the stress of the holiday season for your family.



#### Sensory Friendly Santa Options

The Columbus Zoo and Aquarium is hosting a Sensory Friendly Santa event on December 11. 2022. Check out this link for more information.



#### Is your child lonely?

Kids who learn and think differently aren't the only ones who can feel lonely or "apart" from other kids. Most people feel that way



#### Children and the Holidays

The holidays are an exciting time for children, and we often work overtime to make them live up to our kids' expectations. But they can be challenging for kids,

Sensitive Santa is coming to Polaris Fashion
Place on Dec. 4 and Dec.
11. Join us for a sensory-friendly Santa experience!
There will be a variety of sensory friendly activities for everyone to enjoy while meeting Santa before the hustle and bustle of regular mall hours.
Reserve your time slot here.

The Autism Society of Central Ohio is offering a 5-minute Zoom with Santa from the North Pole! Enjoy a magical holiday experience from the comfort of your home on Wednesday, December 14th from 6:00 - 8:00 PM. Appointments are limited, so please be sure you can attend or, if you must cancel, do so as far in advance as possible so we can schedule another family in your place. Click **here** for registration.

at some point. But research shoes that kids who learn and think differently are more likely than their peers to struggle with loneliness. And they often have a harder time dealing with those feelings when they have them.

Check out this resource from Understood.org for

more information.

too, when all those things they look forward to — free time, sweets, presents, cousins! — can get overwhelming. Check out these articles from the ChildMind Institute to help the holidays be rewarding for all.

- How to Take the Stress Out of Family Gatherings
- How to Make
   Holidays Kid Friendly
- How to Handle
   Holidays After a
   Death in the
   Family
- Helping Children
   With Selective
   Mutism During
   the Holiday
- Divorce and Holidays: How to Help Kids
- Enjoy the Holidays With Mindfulness
- 10 Tips for Raising Grateful Kids