

December 2020

## Talbot County Public Schools Family Support Resource Center

*The Family Support & Resource Center is designed to offer support to families of children that receive special services in Talbot County. We offer parent trainings, presentations, access to our Lending Library where we have multiple learning games for children, books for children and adults, IEP support and don't forget about our family fun activities! Our next school age activity will be on Thursday, December 17<sup>th</sup> at 6:30 PM zoom style! We will have a special visit from some Party Animal friends!*

**Join us and meet some  
PARTY ANIMALS!!**

**We will meet & greet some of the farm animals and learn special facts about them. Children will have the opportunity to comment or ask any questions during the session! Siblings are welcome!**

**Please RSVP by December 15th if you plan to attend!**

**You will be sent a Zoom invite via email in order to join. Contact Stacey Behrens, Family Coordinator to RSVP at 410-822-0330 Ext. 179 or [sbehrens@talbotschools.org](mailto:sbehrens@talbotschools.org)**





**Save the date!**

## **Talbot and Queen Anne's County Virtual Sibshop**

**What: Virtual Sibshop**

**When: Saturday, December 12<sup>th</sup> from 10 - 10:45 am**

**Where: Zoom**

### **What are Sibshops?**

For the adults who plan them and the agencies that sponsor them, Sibshops are best described as opportunities for brothers and sisters of children with special health and developmental needs to obtain peer support and education within a recreational context. They reflect an agency's commitment to the well-being of the family member most likely to have the longest-lasting relationship with the person with special needs.

Sibshops seek to provide siblings with opportunities for peer support. Because Sibshops are designed (primarily) for school-age children, peer support is provided within a lively, recreational context that emphasizes a kids'-eye-view. Sibshops are not therapy, group or otherwise, although their effect may be therapeutic for some children. Sibshops acknowledge that most brothers and sisters of people with special needs, like their parents, are doing well, despite the challenges of an illness or disability. Consequently, while Sibshop facilitators always keep an eye open for participants who may need additional services, the Sibshop model takes a wellness approach.

During the virtual Sibshops, we will have staff and student introductions, meet other siblings, play fun interactive games and provide siblings with an opportunity to learn how others handle situations commonly experienced by siblings of children with special needs.

### **Who are Sibshops for?**

It is recommended that participating siblings be between the age of 8 and 14 years of age. This keeps it age appropriate and ensures that children are able to independently participate in the virtual activities.

### **Who will be hosting the Sibshops?**

Jennifer Doege, QACPS Parent Coordinator, Stacey Behrens, TCPS Parent Coordinator & Luisa Carlisle, CCPS Parent Coordinator will be hosting the virtual Sibshop. All participating staff members are certified Sibshop Facilitators.

***For any questions or if you are interested in having your child(ren) join the Sibshop via Zoom, please email Stacey Behrens at [sbehrens@talbotschools.org](mailto:sbehrens@talbotschools.org) or call (410)-822-0330, ext. 179.***

# SECAC members needed!

## Quarterly Special Education Citizen's Advisory (SECAC) Meetings

Members, TCPS families & community partners are always encouraged to attend our quarterly SECAC meetings. This is an opportunity to become a part of a committee that shapes the activities and events available to children with special needs. We plan fun social events, excellent seminars, webinars, training events and help find funding for special needs activities in Talbot County. Currently there are two additional planned meetings to be held on Tuesdays: **February 9<sup>th</sup>** and April 27<sup>th</sup> from 5:00 – 5:45. Our February meeting will be held virtually on Zoom. Please call with general questions or to let us know if you'll be attending.

Some upcoming events that SECAC will be providing are as follows: Parent Trainings: Zones of Regulations, Sibshops & Fun Family Events. More information will be sent out about these events closer to the dates.

**Please RSVP to Stacey Behrens at [sbehrens@talbotschools.org](mailto:sbehrens@talbotschools.org) in order to join us for the upcoming SECAC meeting on February 9<sup>th</sup> from 5:00-5:45!**

There will be an Understanding Special Education Training afterwards. This training will be presented by Kristin Mentges, Director of Special Education.

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## SECAC PRESENTS

### Virtual Learning Opportunity!

## UNDERSTANDING SPECIAL EDUCATION

KRISTIN MENTGES, DIRECTOR OF SPECIAL EDUCATION

Topics that will be discussed during this presentation:

- How are special education services individualized to meet the unique needs of each student, but follow the framework?
- What are Parental Rights in the Special Education Process?
- What resources are available to support families of children with disabilities?

**Tuesday, February 9<sup>th</sup> from 6:00-6:45 on Zoom**  
**If you plan to attend, please RSVP to Stacey Behrens by**  
**6<sup>th</sup> at [sbehrens@talbotschools.org](mailto:sbehrens@talbotschools.org).**

# Study Tips to Help Grade-Schoolers with Dyslexia

## 1. Find out what the test format is.

Different types of tests may require different degrees of reading and writing. Knowing in advance whether the test will be multiple choice, fill in the blank or short answer can help the child know how to approach studying.

## 2. Build in extra study time.

If your child struggles with decoding, it can really slow down her studying. Trouble with working memory can also create hurdles for kids with dyslexia. Your child may need lots of repetition, over time, to make information stick.

## 3. Create a study schedule that fits your child's pace.

Your child can only study as much and as fast as they are able. So, if their dyslexia is slowing them down, slow down the entire studying process. Reviewing the material in small batches, rather than in one long stretch, can help relieve frustration and anxiety. Taking breaks between study sessions can also reduce anxiety.

## 4. Ask for study materials well in advance.

Your child's teacher may already have notes on the information that will be covered on the test or an actual study guide.

## 5. Help them make flashcards.

Using flashcards is a quick way for your child to test themselves. It can also make it easier for them to access the information.

## 6. Take over some of the reading yourself.

Any chance your child gets to read can help boost their skills. But the point of studying isn't to work on reading, it's to help your child learn the material and then show what they know.

## 7. Help them understand and follow test directions.

The teacher may write directions for the quiz on the board or on the test itself. But that is just one more thing for them to read so they may race through it. Help them understand that the directions can be the most important thing to read and that if they skip that part, all their studying may not pay off.

[https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/7-study-tips-to-help-grade-schoolers-with-dyslexia?\\_ul=1\\*7emwh2\\*domain\\_userid\\*YW1wLWJMeV9TNy0xcnJiS09ub3pEX2tPTXc](https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/7-study-tips-to-help-grade-schoolers-with-dyslexia?_ul=1*7emwh2*domain_userid*YW1wLWJMeV9TNy0xcnJiS09ub3pEX2tPTXc)

## RESOURCE WEBSITES

**Most of these websites now offer free resources, literature and/or virtual trainings on many different topics.**

Parent's Place - <https://www.ppmd.org/resources/>

Pathfinders for Autism – <https://pathfindersforautism.org/>

The ARC – <https://www.thearccc.org/>

Talbot County Free Library - <http://www.tcfl.org/>

Kinera Foundation - <https://www.kinera.org/>

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## TALBOT COUNTY CARES PROGRAM

The Talbot County CARES Individual Assistance Program offers emergency financial assistance for Talbot County residents who are out of work or whose income has been reduced because of the COVID-19 public health emergency. CARES assistance can help with rent, mortgage or other housing costs, utilities, and other emergency needs, and payments are made directly to the landlord, mortgage company, utility company or other vendor.

Attached is some information on the program, in both English and Spanish, and an application for assistance. Applications may also be downloaded from the [Talbotcovid19.org](http://Talbotcovid19.org) website (click on Individual Assistance Grant under the Resources tab).

Additional information on the CARES Individual Assistance Program may be obtained by calling 410.820.4347.

[Application CARES Individual Assistance Application Final3 \(4\).pdf](#)

[Talbot Co CARES Individual Assistance \(4\).pdf](#)

[Talbot Co CARES Individual Assistance Spanish.pdf](#)