



## Upcoming Webinars

This section will be used to share information about upcoming or archived webinars of interest.

### Minimizing Holiday Chaos: Routine Management for Children with Special Needs

December 11 at 11:00-12:00

[militaryfamilieslearningnetwork.org/event/52247/](https://militaryfamilieslearningnetwork.org/event/52247/)

### Basic Rights in Special

**Education** - Whether you're new to special education or involved for a while, this workshop is for you. This presentation provides families with an introduction to their rights and responsibilities as parents of children with special needs under the Individuals with Disabilities Education Act (IDEA).  
January 13, 11:00 am - 12:00 pm  
<https://tinyurl.com/y4q247pr>

**THRIVE** is designed to empower parents as they nurture their children from birth until their children reach 18 years of age. The Initiative includes four age-specific program areas:

Take Root! (0 to 3 years)

Sprout! (3 to 5 years)

Grow! (5 to 10 years), and

Branch Out! (10 to 18 years)

<https://thrive.psu.edu>

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Check these sections each issue to learn more about learning opportunities, events, and resources for your family!

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## Community Events

This section will showcase upcoming events in various locations in Virginia.

VA Hearing Journey is a family networking group for families with children with hearing loss. One Saturday each month they have a wonderful opportunity for the parents to converse with one another and for the children to be around other

children with hearing loss. Join them on Dec 21 from 10:00-12:00 at the Richmond SPCA. For more information and to RSVP, check out their Facebook page: [www.facebook.com/VaHearingJourney/](http://www.facebook.com/VaHearingJourney/)

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The Washington Blind Hockey Club provides visually impaired

people of all ages and abilities the opportunity to enjoy hockey. The program is completely free, and meets every Sunday morning at the Capitals Medstar Iceplex in Arlington. This group will play at the Maryland Black Bears in Odenton, MD. Find more information <https://www.dcblindhockey.org/event/>

## Resource Spotlight of the Month - Described and Captioned Media Program

DCMP provides services at no cost to family members, educators, and other professionals with early learner through Grade 12 students who are deaf, hard of hearing, blind, visually impaired, and deaf-blind. There are no fees for any of DCMP's services.

Begin registration by filling in your name and email address and creating a username and password. If you wish to have full-member access to over 8,000 accessible videos, click the "I qualify" button, agree to DCMP's Terms of Service, and provide the requested registration information.

You'll receive an email to validate your email address. You must validate your email address before you can be approved for regular membership. DCMP staff will then review your application, usually within 24 hours. Register at <https://dcmp.org/signup>

## VSDB Events

This section will list upcoming VSDB events (such as sports, science fair, etc).

Winter break is coming! Students will return home on December 19 and enjoy winter break until they return to VSDB on January 5. Check out the local parks and recreation departments in your home community for fun winter programs.



## Conversation Corner

This month, talk with your student about their favorite things about winter. Your family could create a “winter bucket list” of memories to make this winter season and see how many you can check off. One of my annual winter bucket list items is to sit on the

porch, bundled up nice and warm, and drinking hot chocolate while I feel snowflakes land on my face.

We would love to hear from you about your favorite things and your winter bucket lists, so I invite you to send messages and/or pictures to me!

Whatever you decide to do this winter, I hope you have a wonderful time and create lasting memories with your child(ren).

Take care!

### Winter Bucket List:

- \* build a snowman
- \* drink hot cocoa
- \* read a book
- \* wear slippers all day
- \* have an indoor “campout”
- \* have family game night
- \* cook/bake something new
- \* give a surprise gift
- \* make a winter craft
- \* **MAKE MEMORIES**

## In the News: Social-Emotional Learning



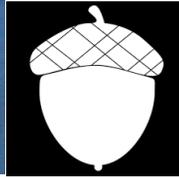
There have been many articles recently about the effect of life experiences on learning—the general summary is that “adverse childhood experiences” (ACEs) can

impact school experiences and long-term health outcomes...but school approaches to teaching can help.

VSDB supports the social-emotional health of its students through regular classroom sessions with guidance counselors, daily character counts topics in homeroom, and

positive behavioral interventions and supports. We also recently began using “Reset Rooms” to provide structured support to students who need a break from a stressful moment during the school day. These reset rooms are equipped with age-appropriate activities for all

students and are facilitated by our school counselors—Rebecca white and Beth Fletcher. If you would like to know more about how VSDB supports the social-emotional health of all students, please contact your student's counselor.



## Virginia School for the Deaf and the Blind

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**The Virginia School for the Deaf and the Blind provides superior education for students who are deaf/hard of hearing, blind/vision impaired, deafblind, and deaf or blind with other disabilities. Our welcoming, fully-accessible learning environment fosters self-confident students who are contributing citizens and life-long learners. At VSDB, students share equal experiences and challenges and, often for the first time, feel equal to their peers, make friends, and become leaders.**

### Promoting Independence for ALL Students

Connect with us!

Web: [vsdb.k12.va.us](http://vsdb.k12.va.us)

Facebook:

[www.facebook.com/vsdb](http://www.facebook.com/vsdb)

Twitter:

[twitter.com/vsdb](http://twitter.com/vsdb)

### Words from the Wise!

Check out this section of each issue for a short article written by various VSDB staff—administrators, department heads, faculty, staff, etc.!

