

Exceptional Children Information for Parents

December 16, 2020



Public Schools of North Carolina
State Board of Education
Department of Public Instruction

<https://ec.ncpublicschools.gov>



Let's ring in the new year with a celebration. We know that this year has not been normal and a struggle for many so let's look on the bright side of things. I'd like to celebrate and send a shout out to all those parents, grandparents, aunts, uncles, siblings, and so many others that have stepped into the role of teacher over the last several months. Without you, we could not have done this. From all of us in the education field and from your child, even though they may not say it,



You deserve so much more than these two little words can portray but I hope you feel the big meaning behind them.

Please take a minute to share something positive about someone helping your child. This will be shared in the first edition of the newsletter in 2021 to start the new year off on a positive note!

<https://tinyurl.com/SpreadPositivity2021>



Important Links

- [Centers for Disease Control and Prevention](#)
- [U.S. Department of Education](#)
- [N.C. Department of Health & Human Services](#)
 - [Strong Schools NC Public Health Toolkit \(K-12\)](#)
- [N.C. Department of Public Instruction](#)
 - [Lighting Our Way Forward \(Summary\)](#)
- [No Kid Hungry](#)
- [NCDPI-COVID-19 Responses & Resources](#)

[Recharging Over Winter Break](#)

- Recharge physically
 - Take a warm bath
 - Use exfoliating scrub
 - Change your diet
 - Stretch
 - Exercise
 - Aromatherapy
 - Get more sleep
- Recharge mentally
 - List your accomplishments
 - Let go of mistakes
 - Do something fun
 - Take breaks
 - Meditate or pray
 - Avoid multitasking
 - Take a break from technology
 - Write in a journal

Check out previous newsletters for other resources.

<https://ec.ncpublicschools.gov/parent-resources/parent-newsletter-2020>

Contact: Alexis Utz, Parent Liaison
Exceptional Children Division, NC DPI
Email: alexis.utz@dpi.nc.gov