In This Issue

New Prevention Task Force

#iamawitness

PCANV Statewide Meeting

Fun Ideas for Families

Winter Tree Watercolor Craft

CDC Healthy Schools

Join Our Groups!

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December 2015 Newsletter

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PCANV News

Nevada Biannual Statewide Meeting

December 9, 2015

Prevent Child Abuse Nevada is hosting our Biannual Statewide Meeting on December 9, 2015 from 9AM-10AM

The presentation will include an introduction to ACE's and how they can impact our children and families.
It's Okay to Say No to Hugs!

This holiday season practice body safety with your children by giving them the choice to hug and kiss someone—or not.

*Always respect their decision.*

You can offer alternatives ways to say hello without touching such as "Can you wave hello to your Uncle?"

Explain to friends and family these body safe practices so they can learn as well and respect your child's body autonomy.

*Adapted from The Mama Bear Effect*

Introduction of Adverse Childhood Experiences

"A term used to describe a wide range of factors which may occur in the home under the age of 18—such as emotional, physical, or sexual abuse;" or other traumatic experiences.

*Adapted from Prevent Child Abuse America*

There will also be a Community Sharing Session! Please bring any program updates or stories that you would like to share with the state!

How to join the meeting:

1. Click the following link to view the presentation https://global.gotomeeting.com/join/899674149

2. Use the following call in information to participate in the call:
   Dial-in Number: (641)715-3273;
   Access Code: 141093#

Please join us!

Go BLUE! T-Shirt Design Contest

**Deadline Extended - December 4th**

Go BLUE! for Child Abuse Prevention Month!

*One Winner Will Receive:*

~ Their design printed on t-shirts worn throughout the state on Go BLUE weekend April 10-12, 2015 and throughout the entire month
~ A t-shirt of their own, a prize valued at $50.00 and statewide recognition!

View the flyer for rules and submission details!

Flyer (English/Spanish)

Fun Ideas for Families

Cheerful Family Activities in Nevada

It's time for some holiday fun!
Northern Nevada Operation Stocking Stuffer

Catholic Charities of Northern Nevada will be holding Operation Stocking Stuffer to help families and children in need. Click here to see the flyer with information on how to donate a stocking or sign up a child to receive one.

#iamawitness Campaign

Take Action ~ Show Some Love ~ Spread The Word

The campaign aims to stop bullying by activating the "silent majority" of kids who witness it each day transform them from passive bystanders into a united, empowered and active collective that will speak up against bullying.

If someone's trashing a peer, you can simply respond with the emoji instead of using words. You can post the Witness Emoji when you see hurtful comments, or send GIFs and stickers to show support for someone in need.

Find some festive activities to do with the whole family below!

Clark County Activities:
- Free Town Square Events
- Lake Mead Parade of Lights
- Magical Forest: Experience the Magic! at Opportunity Village
- Springs Preserve Train Rides to Santa's Cottage
- Glittering Lights at the Las Vegas Motor Speedway
- 14th Annual Boulder City Santa Train
- Cosmopolitan Outdoor Ice Skating
- Free Bellagio Winter Garden Display
- And MANY MORE....

Northern Nevada Activities:
- Sparks Annual Hometowne Christmas Celebration
- 39 North Pole Village at Victorian Square
- Virginia & Truckee Railroad Polar Express to the North Pole
- Lake Tahoe Festival of Trees and Lights
- Northern Nevada Railway Polar Express in Ely
- Arlington Square Ice Rink in Carson City
- Virginia City Christmas on the Comstock

Winter Tree Watercolor

Winter is here!
Learn how to make this beautiful winter tree below!

You will need:
- Paper
- Masking Tape
- Watercolor Paint

First, tear the tape to make the tree design as seen above. Parents may need to help with the design and also help to make sure the tape is pressed firmly on the paper so paint...
Witness emoji here.

The emoji can already be found on iOS 9.1 keyboards or can be downloaded here.

*Information adapted from iwitnessbulling.org

PCA America Highlights

PCA America Voted a Top-Rated Nonprofit

Congratulations to Prevent Child Abuse America for being voted a Top-rated Nonprofit again in 2015!!

PCANV supports their missions as they will continue to work toward ensuring great childhoods for all children because our children are our future! Read the reviews here!

Second, we paint! Encourage your children to design a beautiful winter environment for the tree.

Third, the project must dry completely! Peel off the masking tape and their winter tree project is complete! Enjoy!

CDC Introduces "Healthy Schools"
A Resource for Parents

Parents have a powerful role in supporting children's health and learning. Parents for Healthy Schools is a set of resources, developed by CDC Healthy Schools and partners, that school groups (e.g., PTA/PTO, school wellness committee) can use to motivate and educate parents to create a healthy school environment for their children.

Health topics include:

- School Nutrition Environment and Services
- Physical Education and Physical Activity in Schools
- Managing Chronic Health Conditions in Schools

CDC Healthy Schools
Healthy Students, Ready to Learn

Policy Updates

National and Local Policy

Capital View on Kids:
Prevent Child Abuse Nevada has resources available to parents, educators and our partners. These resources are available digitally via our website at www.preventchildabuse-nevada.org. For more information or to request hard copies (subject to availability) you may contact us at 702-895-5053 or by emailing us at preventchildabuse-nevada@unlv.edu.

ESEA Update: "Congress held a conference committee on Elementary and Secondary Education Act (ESEA) reauthorization. The House and Senate conference committee met to review a bipartisan "framework" that was negotiated over the past several months by the staffs of the Senate HELP and House Education and the Workforce Committees. The bicameral, bipartisan compromise measure would replace the last reauthorization more popularly known as the No Child Left Behind Act and it reduces the federal role in education through the ESEA."

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