

NASHOBA REGIONAL SCHOOL DISTRICT SEPAC MEETING

Florence Sawyer School 100 Mechanic Street, Bolton, Ma

Library/Media Center Conference Room Second Floor

April 26, 2018

CO-CHAIRS IN ATTENDANCE: Frances Morgan, Kim Karn

ABSENT: N/A

CALL TO ORDER: Kim Karn called the regular meeting to order at 7:11PM

REVIEW OF SOCIAL SKILLS WORKSHOP:

Social Skills workshop was a success. 16 in attendance at first workshop as new co-chairs. Delivered by 3 SLPs in district, covering the PreK – 12 Range across the district. Information presented, and handouts received were very valuable. Materials utilized in the presentation also available via the Lending Library at FSS. If there is a request for presentation materials for those that could not attend, please email SEPAC, and co-chairs will contact presenters accordingly.

DISCUSS UPCOMING EVENTS:

Children's Fest Saturday May 5. Held at Florence Sawyer School. Time: 10 – 1 (Set up to begin @ 9). Doing a balloon arch fundraiser (pay \$1 per balloon. Pop it. May be a prize inside. Need items to be donated for this event, as well as time. Please sign up for whatever you are able.

Stow SpringFest Saturday May 19. Held at Center School. Time: 10 – 3 (Set up to begin @ 9). Doing a balloon arch fundraiser (pay \$1 per balloon. Pop it. May be a prize inside. Need items to be donated for this event, as well as time. Please sign up for whatever you are able.

DISCUSS PREVIOUSLY COLLECTED WORKSHOP IDEAS/FORMAT:

Two formats presented for next year's offerings (standard workshop format and coffee talk/ small group format). Group approved new workshop structure/formatting, assuming budget availability.

Workshop Ideas received via email and Facebook recommendations. Triaged based on commonality and number of requests. Top requests were:

Workshop Format:

Kickoff Meeting/ Meet and Greet with Administration. Perhaps to be held in January as a follow-up meeting timed with the Budget Cycle to ask questions for next year's asks/ provide feedback. What has worked/what hasn't/ what's on radar, etc. Ask about needs assessments.

Basic Rights in Special Education

Understanding your IEP. Walk through of the IEP Process/ What is contained in the IEP and what should you look for/ understand.

How do you advocate for your child? Mediation versus advocate/ What is an Advocate, and when do you need one?

Occupational therapy - helping parents understand it better, and what this intervention looks like for younger

Transition Planning (Note Jacki Reinert mentioned that Kathleen from NESCA may be able to help with this one.)

Services Workshop Day - Connection to local services/community based workshop: Best Buddies, Unified Performance & Health and any other places there are locally that can offer support, services, friendships for our kids that need extra TLC. ABA, too (potential businesses were discussed)

TBD - Safety Workshop (Drills, Lockdowns, Police Data)/ Emergency Preparedness in Schools). TBD Utilize this with Touch a Truck.

Coffee Shop Format:

Sensory Integration - info about it, tips for supporting children around sensory sensitivities and sensory seeking, classroom friendly practices for these children, and how these practices help all children (Debbie Bauch)/ "Brain Gym"

Relationship between staff stress and coping styles and perceptions of problematic student behaviors, the use of exclusionary discipline, and the relationship with the school-to-prison pipeline

ADDITIONAL WORKSHOP RECOMMENDATIONS PRESENTED:

Understanding anxiety/ Jessica Minahan (Kaitlyn Smith), Mindfulness/Hosting weekly yoga meditation classes/ speaker about integrating mindfulness into the classroom and/or home (Kaitlyn Smith), Understanding your Neuropsych Evaluation (Jacki Reinert), Managing School Refusal (Jacki Reinert), Misconceptions around 504s/ Using GenEd curriculum to address 504 remediation, Support Groups/Social (Mindy Snow)

VOTE ON WORKSHOP IDEAS/ TIMING:

Top workshop ideas presented above. Verbal agreement. Request for a poll to be created via Facebook stating workshop ideas with recommended attendance times to increase attendance. Idea seconded.