



Norfolk Special Education Parents Advisory Council (SE PAC)

Parent Newsletter

September 2018
Volume 2018/2019.1

Welcome Back from the Norfolk SEPAC! We are excited for the beginning of a new school year and hope you enjoy our new Newsletter format!

Join Us! Our board is growing and we will be meeting regularly each month; our meetings are open to the public. Come join us to help establish an agenda for the upcoming year, find out about volunteer opportunities, and meet our new Board members! Also, don't forget to follow us on Facebook! Our first meeting is **September 19, 2018 at 7pm** in the Freeman Kennedy Library.

Mark Your Calendars!

Upcoming SEPAC Sponsored Events:

Wednesday September 19, 2018 – General SEPAC Board Meeting and 2018/2019 Elections

7-8pm, Freeman Kennedy School Cafeteria, 70 Boardman Street, Norfolk

Board Positions Available:

- **Secretary/Treasurer**
- **Director of Communications**
- **Director of Events and Planning**
- **Parent Outreach Coordinator**

Thursday October 4, 2018 – ADHD Workshop

7pm, Freeman Kennedy School Cafeteria, 70 Boardman Street, Norfolk

Thursday, October 18, 2018 – Parent's Rights Workshop

7pm, King Philip High School Library, 201 Franklin St. Wrentham

Friday October 26, 2018 - Fourth Annual Trunk or Treat!

SEPAC Families Only – 5-6pm, All HOD Families – 6-7pm H. Olive Day School

Volunteers Needed! We are looking for 20 volunteers to decorate your trunk for Halloween and provide treats of your choice. Please volunteer at NorfolkSEPAC@gmail.com by no later than October 12th!

Tuesday November 6, 2018 – Parent's Night Out SEPAC Fundraiser at Craft Bar!

Event Details TBD, stay tuned for a flyer via Connect Ed!



Parent Education:

Navigating Special Education: *Who is on your TEAM?*

When you enter the Special Education system in a district, you and your child will be aligned with a Team of educators and administrators that will work through IEP development and management with you. This can happen as early as your child's transition from Early Intervention, in preschool, or during any grade where a child is identified as potentially having a need for Special Education services. Your IEP Team will include the following people:

- You, the parent
- At least one (1) general education teacher who works with your child
- At least one (1) special education teacher who supports your child
- A school district representative
- An Expert who can interpret evaluation results
- Your Child (at the age of 14*, children become team-members, and should begin to advocate for themselves through the Special Education process)
- A translator (if needed)

You, as parents, can either represent yourselves independently or bring along someone who understands your child's needs to support you in the discussion. There are contacts at school who can answer questions, as well. Mrs. Tara Oliveto, Team Chairperson for Grades K – 6 and Mrs. Alicia Whitehead, Team Chairperson for Preschool, can help to answer any questions about the special education process, prior to a team meeting.

The Norfolk Special Education team, led by Dr. Anna Eberwein-Tupper/Director of Student Support Services, makes every effort to build collaborative, warm relationships with all families of children receiving Special Education Services through the Norfolk Public Schools. Families are close partners in IEP and 504 Plan development and every effort is made to build an individualized education program (IEP) that meets the best interest of every student.

Some Norfolk families share their experience with NPS Special Education below:

"From the very start we felt like our son's TEAM had his best interest at heart. We immediately knew that moving him to the integrated preschool was going to change his life and improve the quality of our home life. It truly feels like a collaboration with his TEAM. Everyone is open to discussion and is willing to make themselves available if we have any questions or concerns. It has given us so much peace knowing the TEAM is there to create a plan that is best for him" ~ **Parents of current HOD Student**

"Our child has a diagnosis that was unfamiliar to the school when we joined the pre-school program. The school has made every effort to learn about the condition, listen to our concerns, and formulate a plan that to help make our transition into elementary school successful. We can't thank our TEAM enough!" ~ **Parents of current HOD student**

For more information on the IEP Team, see the following resources:

- <https://sites.ed.gov/idea/regs/b/d/300.321>
- <http://www.wrightslaw.com/idea/art/iep.team.members.htm>

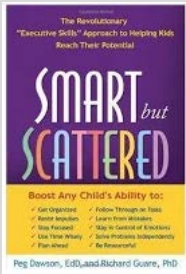
Have a Special Education topic you're interested in learning more about? Email us at NorfolkSEPAAC@gmail.com and we will try and include it in a future newsletter!



SEPAC Books of the Month

For Parents:

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential by Peg Dawson and Richard Guare

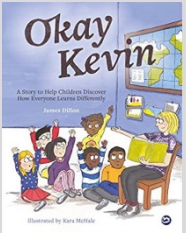


Book Overview: There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" 4- to 13-year-old might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Small changes can add up to big improvements—this empowering book shows how.

For Children:

Okay Kevin by James Dillon

A story to help Children Discover How Everyone Learns Differently



Book Overview: Through providing an insight into Kevin's thoughts, feelings and coping strategies, this picture book for ages 5-8 is a source of support for children who, like Kevin, find school difficult and feel that they are 'behind' their peers. The book, which draws on the author's experiences as the principal of an elementary school, is also the perfect springboard for discussion around difficulties at school, academic ability, self-esteem, confidence and recognizing strengths.

Norfolk Special Education Parents Advisory Council (SEPAC)

Our Mission: The Norfolk SEPAC strives to collaborate with and advise the school committee and administration to continually improve the educational opportunities for all children in and outside our school district. We promote improved education and success for students with disabilities, ensuring they receive equal access to educational opportunities within our school and community. The Norfolk SEPAC provides a network for parents of children with disabilities to access resources, gain support and share ideas. SEPAC encourages families to be involved in all district policy discussions.

Board Members:

President: Taiese Hickman

Vice President: Jo-Anne Gilbody

Remaining Board Members to be elected at September SEPAC General Meeting 9/19/18. Join us at the General Meeting if you are interested in supporting the SEPAC!

Contact Us:

Email: norfolksepac@gmail.com

Facebook: <https://www.facebook.com/norfolksepac>