



Special Education Parent Advisory Council

Minutes

March 8, 2016 Meeting
Barnstable Intermediate School

Attendance Head Count: 46 including officers, parents, and district personnel; 7 children in Child Care.

SEPAC Business Meeting

President Jeannie Randall called the meeting to order at 5:45 p.m., welcomed everyone, and expressed appreciation to Principal Jim Anderson for hosting the meeting. Jeannie noted the purpose of the meeting is to gather input for improving special education to submit to the district administration.

Suggestions have been provided for next year's SEPAC presentations—Executive Function Disorder and Bullying. Parents are encouraged to suggest presentations they feel would be helpful.

The minutes of the February meeting were forwarded to Dr. Jezard, School Committee Chair Weber, and Interim Superintendent Butler. SEPAC will continue to keep track of various concerns to see whether or not it appears to be an isolated situation or if it is presenting as a concern for more than one parent/guardian.

Nominations for 2016-17 SEPAC Officers

The following nominations were made for the 2016-17 SEPAC Slate of Officers:

President – Jeannie Randall

Vice-President – Kathy Bent

Secretary – *no nominations*

Treasurer – *no nominations*

Members-at-Large (4) – Mary Brahms, Selissa Johnson, Dan Letourneau, Tracy Miller

Voting will be at the April 7 meeting (Barnstable Community Horace Mann Public Charter School).

Parents were encouraged to check the website often for updates and event announcements.

Comments/Suggestions from Parents Included:

- A parent expressed concern that her child has been diagnosed with dyscalculia and there are no math specialists in the District. There is not a lot of help for students who are struggling with math. This is a huge concern, especially with her child coming into BIS next year. Barnstable needs to get a math specialist(s) into the schools.
- A parent, who is new to the District, asked how information about SEPAC and other resources is communicated to families. Kathy Bent mentioned that she would get some information about SEPAC together for the schools to have on hand for when families arrive mid-year. She reminded parents that the best way to stay up-to-date is to check the website regularly.
- A parent was concerned that accommodations needed for a specific medical condition were not provided. A short discussion recommending that if a problem cannot be resolved at the Team-level, contacting Dr. Jezard would be the next step.

- **Comment forms are available at each meeting and on the SEPAC website for those parents who cannot make meetings or who prefer to submit comments anonymously.**

REMINDERS → Child care is available at every meeting. Again this year SEPAC has a rotating schedule (both days of the week and building sites—remember to check the schedule carefully or the SEPAC website--www.barnstablesepac.com).

Navigating the ADHD Brain

Tracey Bromley Goodwin, M.Ed. (ADHD and Life Coach), and Holly Oberacker, LMHC (Registered Art Therapist) of Navigating ADHD, Inc. presented *The Flip Side of ADHD*. They discussed what ADHD is and isn't and provided strategies for parents to learn how to pull out the many strengths your child or student possesses by understanding the opposing characteristics of ADHD. Strategies for communicating effectively, developing self-awareness and building self-esteem were also included.

Two parents were winners of a raffle provided by the presenters and received copies of their book, *Navigating ADHD*.

Announcements

The next meeting is 5:45 on Tuesday, April 7 at Barnstable Community Horace Mann Public Charter School (165 Bearses Way, Hyannis). **Voting for 2016-17 SEPAC Officers will occur.** The presentation, *Techniques for Supporting Your Child Through Anxiety*, begins at 6:30.

The meeting was adjourned at 8:00 p.m.

Respectfully submitted,
Kathleen Bent