



# Special Education Parent Advisory Council

## Minutes

October 29, 2019 Meeting  
Barnstable Intermediate School

**Attendance Head Count:** 23 including officers, parents, and district personnel  
**Children in Daycare:** 9

### SEPAC Business Meeting

President Kathy Bent called the meeting to order at 6:00 p.m., welcomed everyone, and thanked Principal Anderson for hosting the meeting. She mentioned that the original speaker had cancelled and an all-call message made to inform parents of the change.

Kathy stated the purpose of the meeting is to gather input for improving special education to submit to the district administration. Your input can be shared by emailing [barnsepac@gmail.com](mailto:barnsepac@gmail.com), submitting a Comment Form on the SEPAC website ([BarnstableSEPAC.com](http://BarnstableSEPAC.com)), or mailing a printed Comment Form (or sending a note) to P.O. Box 623, Centerville, MA 02632.

### Comments/Suggestions from Parents Included

- Parent of child at BIS mentioned 6th grade year was really tough with puberty, but this year is better after consulting with ABA and other organizations that have coordinating with the school. Behaviors have improved with teamwork.
- Kathy Bent reported she sent out two all-call messages as an effort to reach more parents. She also sent the meeting information with a flyer attached to the principals of all the elementary school and requested they share the information. It was disappointing to find out today, that BUES sent an email with information about another presentation and neglected to include the SEPAC presentation. It would be helpful if the Co-Directors of Special Education could encourage principals to include information about SEPAC presentations when informed.
- Kennedy-Donovan Center sends out a paper notice – Julie Clymer will contact KDC to see if they will post our meetings.
- CORD – Understanding How to Prepare Adolescents Preventing Pre
- MassHealth was requested – Gretchen A may have some contacts.
- Program Suggestions: DDS Presentation on how to get services
- **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.**

### Homework Strategies that Work!

Nicole Gambino of Executive Function Coaching presented excellent strategies for helping students not only get their homework completed each night, but also turn homework time into a stress-free habit that will benefit them throughout their education. Some of her tips included having a dedicated space free of distractions that is the student's own space, follow-up an established procedure developed by you and your child, and being consistent with your expectations for following this procedure. The time invested early on will produce benefits that may even exceed what you hoped homework time could be.

**REMINDERS** → Child care is available at every meeting. Meetings are always the last Tuesday of the month. Remember to check Facebook for the updated information or the SEPAC website-- [www.barnstablesepac.com](http://www.barnstablesepac.com).

### **Announcements**

The next meeting is Tuesday, November 26 at Barnstable Intermediate School (Falmouth Road (Rt. 28), Hyannis, MA). The SEPAC meeting begins at 6:00. The original presentation schedule for Basics Right: The IEP, was postponed to the January meeting by the Federation for Children with Special Needs. **This will be a business meeting only.**

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

Respectfully submitted,  
Kathleen Bent