



**Concord Public and Concord-Carlisle Regional Schools Special Education Parent Advisory Council (SEPAC) April 2015 Newsletter**

**Spring (and mindfulness) is in the air.**

Spring is finally here! And now that the snow is off the ground, we can finally focus on something other than shoveling. This month, we're focusing on mindfulness, the state of being fully present in the moment, paying attention to thoughts and feelings while being free of judgment. Research has demonstrated positive effects of mindfulness including: increasing focus on tasks, decreasing mind wandering, and decreasing impulsivity. For these reasons, research suggests that mindfulness training may be helpful in increasing concentration in those with attention deficit disorder (ADD/ADHD).

If you are interested in learning more about mindfulness, Concord houses two mindfulness studios: Stress Resources ([www.stressresources.com](http://www.stressresources.com)) and the Mindfulness Studio ([www.themindfulnessstudio.com](http://www.themindfulnessstudio.com)). \*

*\*The SEPAC does not endorse any studio or program.*



**Do you have ideas about how the Massachusetts IEP forms can be improved?**



The Massachusetts Department of Education is revising the Individualized Education Program (IEP) form and is seeking input from you! For more information about the IEP Form Improvement Project, please visit [www.doe.mass.edu/sped/improveIEP](http://www.doe.mass.edu/sped/improveIEP) or email [improveIEP@doe.mass.edu](mailto:improveIEP@doe.mass.edu).

**Concord Carlisle Youth Services**



Jennifer Clarke, Youth Services Coordinator, gave an informative overview of the services provided to residents in our community during April's open board meeting. If you are interested in learning more about help and opportunities for youth and families, please visit [http://www.concordma.gov/pages/ConcordMA\\_BComm/Youth%20Services](http://www.concordma.gov/pages/ConcordMA_BComm/Youth%20Services).

**Upcoming Events.** We hope to see you at our future events!



Please join us on May 6th from 9:30-11 (rain-date May 13th) in the Ripley Conference Room for a presentation about the Playscape at Ripley, a nature park designed to connect people of all ages and abilities with nature. The presentation will include a tour of this amazing space!



Are you interested in connecting with other SEPAC families while enjoying a fun day at the playground? Then come join us for our Fun-in-the-Sun Family Social Event on Saturday, June 13<sup>th</sup>, from 1-3PM! There will be bubbles, balls, refreshments, and more!

All SEPAC business meetings typically take place on the first Wednesday of each month and are open to the public! We encourage parents and caregivers of children with special needs to attend.

Please visit our website ([www.concordsepac.org](http://www.concordsepac.org)) for a list of all of our upcoming meetings.

CONNECT WITH US

- Concord and Concord-Carlisle Regional Public Schools SEPAC
- [concordsepac@gmail.com](mailto:concordsepac@gmail.com)
- [www.concordsepac.org](http://www.concordsepac.org)
- @concordsepac

May						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**May 4: SEPAC Business Meeting**  
9:30-11 A.M.  
Concord Main Library Conference Room.  
**May 6: The Playscape at Ripley Presentation**  
*rain-date May 13th*  
9:30-11 A.M.  
Ripley Conference Room.

June						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**June 3: SEPAC Business Meeting**  
9:30-11 A.M.  
Concord Main Library Conference Room.  
**June 13: Fun-in-the-Sun Family Social**  
1-3 P.M.  
Emerson Playground.

**We hope to see you soon!**