



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

**Special needs or special rights? The words we use matter.** One of the aims of the Concord Public and Concord-Carlisle Regional Schools SEPAC is to foster greater acceptance, understanding, and awareness of our children. We realize that the words we use can have a great impact on the perception of our community. We recently heard of nearby schools using the term special rights as opposed to special needs and thought this was such a positive way of capturing our children's visible and invisible differences. How much do you think the words we use makes a difference? We'd love to hear your thoughts. Contact us at [concordsepac@gmail.com](mailto:concordsepac@gmail.com).

**May is Mental Health Awareness month.** If you have questions about mental health and wellness referrals and resources, Concord and Carlisle contracts the MSPP Interface to assist residents. You can find out more information about the MSPP Interface at <http://www.msppinterface.org>.

**Catching some Zzz's: School times and sleep.**



The American Academy of Pediatrics (AAP) has recently issued a policy urging states to push middle and high school start times later in order to allow teenagers to get at least 8.5-9.5 hours of sleep per night. Perhaps not surprisingly, there are many well-documented benefits to getting enough sleep: reduced risk of being overweight, reduced risk of depression, decreased automobile accidents, higher standardized test scores, and an overall better quality of life. To read the AAP policy, go to <http://pediatrics.aappublications.org/content/early/2014/08/19/peds.2014-1697>.

**The Playscape at Ripley**

The Playscape at Ripley is a nature park designed to connect people of all ages and abilities with nature. A big thank you to Jennifer Saxe and Jennifer Brooke for presenting the background research behind the design of this amazing space! If you were not able to attend the presentation but are interested in reading about the research and thoughts behind the design of this space, please visit our website for a copy of the presentation ([www.concordsepac.org](http://www.concordsepac.org)) and <http://www.ripleyplayscape.org/> for more information and ways to donate to this project.



**Upcoming Events.**



Are you interested in connecting with other SEPAC families while enjoying a fun day outdoors? We are excited to be collaborating with the Playscape at Ripley team to co-host a Discovery Day for the Special Needs Community on Sunday, June 14<sup>th</sup>, from 2-4PM! Join in a nature-based art activity, see live animals, and have fun with a movement and music presentation! Come meet other families, have some refreshments, and enjoy nature and this beautiful space!

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)  
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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 14: Discovery Day for the Special Needs Community**  
2-4 P.M.  
The Playscape at Ripley.

**We hope to see you soon!**



*For questions, comments, or ideas for future newsletters, please email [concordsepac@gmail.com](mailto:concordsepac@gmail.com).*