



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

**Welcome back!** The end of summer and beginning of the school year is always met with such mixed feelings. As always, it is sad to say good-bye to sandy beaches, outdoor picnics, and spontaneous trips to the ice cream store. But this sadness is dampened by the excitement of new beginnings: fresh notebooks, new shoes, and the anticipation of good things to come.

We are so excited to begin another fun and productive year! Last year, our first year with a new SEPAC board headed by Co-Presidents Rebecca Robichaud and Mary Tambor, the SEPAC was proud to have hosted many speakers and coffee events where parents and caregivers of children with special needs were able to connect with other parents, and learn valuable information. We also launched a brand new website ([www.concordsepac.org](http://www.concordsepac.org)), Twitter account (@concordsepac), and Facebook page (find us at Concord and Concord-Carlisle Regional Public Schools SEPAC).



**We need your help!** This year, we have even more exciting events planned! But we can't support these events without help from wonderful and dedicated

volunteers. We are currently seeking people to assist with the following committees:

*Event Planning Committee  
Publicity and Social Media Committee  
Membership/Networking Committee*

In addition, we are looking for people to fill the following roles:

*Secretary  
Technology Coordinator*

If you are interested in volunteering, please contact us at [concordsepac@gmail.com](mailto:concordsepac@gmail.com).

**Back-to-school tips.** The beginning of the school year can be challenging for all kids but this big transition can be even harder for children with sensory and/or language processing impairments. There are several tips you can try to help your child during this time.



- Slow down the pace. When children (or adults) are feeling overwhelmed and anxious, it can help to slow down the amount of information they need to process. You can do this by speaking slowly and softly, and decreasing other sensory information (e.g., loud sounds, bright lights).
- Determine if there is something that helps ease your child's anxiety that they might be allowed to do in school, such as chewing gum or using headphones.
- Stay calm! The calmer you feel (or at least appear), the more relaxed your child will be.

For more ideas, always touch base with your child's teacher or the school's occupational therapist (OT), who may be able to provide more specific tips to ease your child's anxieties around this transition.

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

All SEPAC business meetings typically take place once a 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
	<a href="mailto:concordsepac@gmail.com">concordsepac@gmail.com</a>
	<a href="http://www.concordsepac.org">www.concordsepac.org</a>
	@concordsepac

### UPCOMING EVENTS

SEPTEMBER							September 15: SEPAC Business Meeting 9:30-11 A.M. Concord Main Library Conference Room.
Mo	Tu	We	Th	Fr	Sa	Su	
	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					
OCTOBER							October 5: Coffee with Jessica Murphy 9:30-11 A.M. TBD
Mo	Tu	We	Th	Fr	Sa	Su	
			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		



**We hope to see you soon!**