



Concord Public and Concord-Carlisle Regional Schools Special Education Parent Advisory Council (SEPAC) January 2016 Newsletter



Happy 2016! Wishing you and your family a healthy and happy 2016! We hope to see you this year at one of our exciting events!

Science Alert: In-School Neurofeedback Training for ADHD.



Attention-deficit/hyperactivity deficit disorder is a disorder that affects approximately 9.5% of children. Given the potential side effects of

medications, researchers have been evaluating non-medication interventions such as neuro-feedback. Neurofeedback involves monitoring brainwaves associated with attention during an activity and providing feedback to the individual when attention is wavering. A recent study* by researchers at Tufts Medical School and Harvard School of Public Health examined the effectiveness of neurofeedback relative to cognitive training (computer games designed with the goal of improving attention) for helping treat the symptoms of ADHD. Forty in-school sessions of neurofeedback or cognitive training were administered to elementary school children diagnosed with ADHD. These groups were also compared to a control group who did not receive any

intervention. Immediately following the 40-session intervention, participants in the neurofeedback showed greater improvements in ADHD symptoms such as executive functioning and attention relative to the other two groups. In addition, 6 months post-intervention, children in the neurofeedback group continued to show improvements and these benefits were greater than those made in the cognitive training and control groups. These findings show promise for non-medication interventions for ADHD symptoms.

**Steiner et al. (2014). In-school neurofeedback training for ADHD. Go to: <http://pediatrics.aappublications.org/content/133/3/483>*

Did you know? Effective progress is defined by MA law as "...to make documented growth in the acquisition of knowledge and skills, including social/emotional development, within the general education program, with or without accommodations, according to chronological age and developmental expectations, the individual educational potential of the student, and the learning standards set forth in the Massachusetts Curriculum Frameworks and the curriculum of the district." *For more information about what this really means and how to make sure your child is making effective progress, please join us at our Basic Rights workshop on January 14th.*

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



Having a child with special needs means never settling for "good enough" when it comes to your child's care. Know your rights and empower yourself with the knowledge to be a strong part of your child's team! Join us on January 14th from 7-9PM, for a **Basic Rights in Special Education workshop**, presented by the Federation for Children with Special Needs. This workshop will provide families with an introduction to their rights and responsibilities under: Individuals with Disabilities Education Act (IDEA), Massachusetts Special Education Law, and No Child Left Behind (NCLB). It is highly recommended for parents just starting the special education process or parents that have a

child on an IEP. Come at 6:30pm for light refreshments and fun conversation.



The next **SEPAC business meeting** will be held on Thursday, January 7th, from 7-8:30PM in the Hunt Recreation Center. All SEPAC meetings are open to the public. We encourage parents and caregivers of children on IEPs, receiving accommodations (e.g., 504 plan), or with any medical or special need to attend.

Please visit our website (www.concordsepac.org) for a list of our upcoming meetings and agendas, previous meeting minutes, and helpful resources.

CONNECT WITH US

 Concord and Concord-Carlisle Regional Public Schools SEPAC
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UPCOMING EVENTS

January						
S	M	T	W	T	F	S
					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						

January 7: SEPAC Business Meeting
7-8:30 P.M.
Hunt Recreation Center,
90 Stow St

January 14: Basic Rights Workshop
6:30 light refreshments
7-9 P.M.
Learning Commons, CCHS



We hope to see you soon!

For questions, comments, or ideas for future newsletters, please email concordsepac@gmail.com.