Note to our readers: After a long winter, it’s exciting to finally welcome warmer weather and think about the approaching summer! If you are looking into summer camp options for your child, you might want to consider the inclusive programs offered by Concord Recreation. For more information about these programs and whether they would be appropriate for your child, contact Anna McKeown, Assistant Recreation Director, at AMcKeown@concordma.gov.

On April 24th, we honored our 2018 SEPAC Appreciation Award recipients at the Joint School Committee meeting. Thank you to the School Committee for giving us this opportunity to honor our wonderful recipients! Thank you also to our nominating families for taking the time to share their appreciation!
As always, please feel free to contact us with any comments or questions at concordsepac@gmail.com. We look forward to seeing you at our upcoming events.

**Science Alert: Physical Activity Participation and Adolescents with Autism Spectrum Disorder (ASD)**

With warmer weather comes an increase in outdoor sports. However, participating in sports can be challenging for some children with disabilities for a variety of reasons. A recent study* examined impediments to physical activity participation in a group of adolescents with autism spectrum disorder (ASD).

Despite the health benefits of physical activity, children with ASD tend to be less active than their peers. Through interviews with the adolescents, researchers found that the teens were more resistant to participating in a physical activity if they did not feel competent/had low confidence about their ability. In addition, physical activity such as team sports were described as anxiety-provoking regarding the social demands of the game as well as social interactions mid-game. The teens were more willing to participate when games were predictable and when there was freedom to choose between activities. Perhaps not surprisingly, the adolescents perceived PE to be especially stressful.

These insights are important to keep in mind when encouraging children with ASD to participate in physical activities, both in and outside the school environment.


**Did you know?**

The Federation for Children with Special Needs (FCSN) has a free Call Center for parents and professional who have questions about the special education process. To contact the Call Center, please visit https://fcsn.org/ptic/call-center/ or call 617-236-7210.

**UPCOMING EVENTS**

**May 14**  
**My Child Has Trouble with Friendships**  
When: 7-9 PM  
Where: Willard Elementary School, 185 Powder Mill Rd, Concord  
*Are you wondering if your child is struggling socially?  
*Do you know when you should step in and what you can do?  
*Would you like to help your child make and keep friends?  
Many children struggle with friendships and caregivers are left on the front line without a guide book. Please join us for a free presentation by Caroline Maguire, from New England Coaching Services, which will introduce the roadmap to help you become a social skills coach for your child. This talk can help anyone caring for preK-8 students and students of any age with any social struggle, large or small. The coaching process will be demonstrated so participants can apply the techniques at home.

To register for this event (not required, but helpful for planning purposes), please visit concordsepac.org.

**June 7**  
**SEPAC Board Meeting**  
When: 7-8:30 PM  
Where: TBD  
All 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.

If you are interested in helping to make a difference in the lives of children with disabilities, please email us at concordsepac@gmail.com or come to our next meeting on June 7th.
We are excited to present the recipients of our 2nd Annual SEPAC Appreciation Awards (with much thanks to the families who shared their experiences). We are so grateful for our SEPAC Award recipients for the amazing work that they do! Thank you for the positive impact you have on the lives of families in our community.

**Concord Integrated Preschool**  
Ann Bailey  
Donna Balmuth  
Christine Brown

**Alcott Elementary School**  
Nancy Boutin  
Carrie Delaney  
Noelle Johnson

**Thoreau Elementary School**  
Angel Charles  
Megan Jensen  
Wendy Marotta

**Willard Elementary School**  
Stephanie Burns  
Elise LaCroix  
Nancy Lankford  
Barbara Magee  
Mary-Kate Reid  
Nancy Tracy  
Julee Vitello

**Concord Middle School**  
Julie Beyer  
Kim Cyr

**CCHS**  
Kari-Ann DeCapua  
Lisa Koski  
James McKenna  
Erin Pineau  
Matthew Rudmann  
Mary Ann Strang

**SEPAC Awards**  
Laurie Hunter  
Rebecca Robichaud  
Mary Tambor