
TSEPAC OVERVIEW

The Tewksbury Special Education Parent Advisory Council (TSEPAC) is a group for all Tewksbury residents who have children on an IEP or 504 Plan who attend a Tewksbury public school or who have an out-of-district placement. The TSEPAC is a volunteer group of elected parents who hold meetings periodically, keep parents informed of special education activities, serve as an advisory committee to the Tewksbury School Committee and meet with Rick Pelletier (Director of Student Services) to discuss special education policies, procedures and programming.

WHAT IS A PARENT ADVISORY COUNCIL?

In addition to parents participating in the special education process on behalf of their child, they may also participate in their local Parent Advisory Council (PAC). The PAC helps to guide the special education services provided to all eligible students in a school system. In Massachusetts, each school system is required by state law to have a PAC. The purpose of the PAC is to allow parents of students with disabilities the opportunity to talk about common areas of interest and to advise the school committee about the education and well-being of students with disabilities. (Taken from "A Parent's Guide To Special Education")

KEEP INFORMED

Email us directly at TSEPAC@tewksbury.k12.ma.us

Facebook

<https://www.facebook.com/TewksburySpecialEdPAC>
<https://www.facebook.com/groups/TSEPAC/>

Chair: Bianka Kolb

Co-Chair: OPEN

Parent Liaisons:

June Fullerton, Dewing (includes Integrated Preschool)

OPEN, Heath Brook

June Fullerton, North Street

OPEN, Trahan

OPEN, Ryan

OPEN, Wynn

OPEN, TMHS

OPEN, Out-Of-District Placements

TSEPAC NEWSLETTER

Upcoming Presentations/Webinars:

EVENTS HELD IN TEWKSBURY:

Speed of Information Processing and Teaching Students HOW to Study. Presented By Sarah Ward, M.S., CCC-SLP.

Monday, October 5, 2015 7:00 – 9:00 p.m.

TMHS Auditorium

Registration Required. Email PAC to register

EVENTS HELD OUTSIDE OF TEWKSBURY:

Two events by Dr. Moldover. One presentation and one webinar.

First, on Wednesday October 7 from 7:15 to 8:45 Dr. Moldover will be speaking on the topic of Nonverbal Learning Disability, Asperger's Syndrome, and High Functioning Autism: Why the Confusion? This will be hosted at the Academy Metrowest in Natick. It is free of charge. RSVP to the Academy at 508 655 9200 or info@academymetrowest.com.

Then, on Tuesday October 27 from 7-9 PM Dr. Moldover is excited to be joined by Attorney Dan Heffernan and Dr. Scott McLeod for a free online webinar: Educating the Whole Child: Advocating and Caring for Students with Social/Emotional Disabilities. They had two very successful webinars last year; if you missed them they are posted online at www.drmoldover.com. One of the nice aspects of these events is that they are held live, and you will be able to submit questions and comments for Dan, Scott and Dr. Moldover from the comfort of your home!

Registration Link for Webinar will be provided in the near future. Keep checking Dr. Moldover's website (www.drmoldover.com)

About the Presenters

Joseph Moldover, PsyD, ABPP is a board certified neuropsychologist specializing in developmental

neuropsychology. He practices independently in Wellesley, MA. He is online at www.drmoldover.com.

Daniel Heffernan, Esq., is a partner in the law firm of Kotin, Crabtree and Strong. He specializes in special education law and advocacy. He is online at www.kcslegal.com.

D. Scott McLeod, Ph.D. is the Executive Director of the Aspire Program at Massachusetts General Hospital. He specializes in school and community support for students with autism spectrum disorder and related diagnoses. He is online at www.massgeneral.org/children/aspire.

Cognitive Connections "How to....." Parent Coaching Workshop Series!

Thursday October 8, 2015

How do I Engage my Child?

Nancy Cotton, Ph.D.

What do I do when my child won't listen? Won't talk? Won't go to tutoring? Won't attend a group? Won't go for mental health treatment? Won't do any of the things recommended in the evaluation I just paid for? Turning around this process requires learning the parent coaching skills of engagement. What we do to and for our children begins with engaging the child in the process. Engagement involves effective listening, talking, and doing with the child. How this is done successfully is not always obvious for even the most caring and resourceful parent. We will discuss the process of reflective/active listening (How to Talk So Kids Will Listen & Listen So Kids Will Talk) and how that is the foundation for parent-child, collaborative problem-solving (Blending Ross Greene's Collaborative Problem-Solving approach with Michelle Garcia Winner's Social Behavior Mapping). Specific strategies will be presented with some selected resources for further refinement of these parenting skills..

Thursday October 22, 2015

How to help my child manage emotions and stress.

Learn and acquire the skills needed to manage yours and your child's emotions effectively.

Theresa Garvin, LICSW

- Do you ever feel badly about your response to your child's behaviors as you realize that you are out of patience and strategies yourself?
- Does your child sometimes seem moody, overly sensitive, explosive, or impulsive?
- Are they easily bored, frustrated, irritated, or agitated?
- Does your child over react to certain situations such as transitions, or hearing the answer "no"?
- Does your child ever have "big" reactions to what others might view as mildly annoying or a minor obstacle?

If you answered "yes" to any of these, then come and learn the skills needed to manage you and your child's emotions effectively. In this training, you will learn specific strategies for identifying emotions, and the tools that can help to regulate them.

More Information and Registration:

<http://events.r20.constantcontact.com/register/event?oeidk=a07ebfsw8ss2a1b5d05&llr=v9trqqcab>

Articles

When Homework Stresses Parents as Well as Students

From The New York Times Parenting Blog
"Motherlode"

By K.J. Dell'Antonia
September 10, 2015

To Read the Article and For More Information:

http://www.nesca-news.com/2015/09/when-homework-stresses-parents-as-well.html?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+blogspot%2FiMfkT+%28NESCA+News+%26amp%3B+Notes%29

Additional Information:

Dean Paolillo – PQA Supervisor at DESE.

Joel Krakow – PQA Liaison for Tewksbury at DESE

Rebecca Stone – BSEA, Tewksbury Mediator

DESE Program Quality Assurance Services website:

<http://www.doe.mass.edu/pqa/prs/>

Additional information about mediation is available by calling (617) 626-7250, or on the BSEA's website

<http://www.mass.gov/anf/hearings-and-appeals/oversight-agencies/dala/>

*DESE address and phone number:
Program Quality Assurance Services
Massachusetts Department of Elementary and Secondary Education
75 Pleasant Street
Malden, MA 02148-4906
Telephone: 781-338-3700
TTY: N.E.T. Relay: 1-800-439-2370
FAX: 781-338-3710*

Athletics:

<http://liamnation.org/>

October

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|--|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 Sarah Ward Presentation 7 – 9 pm TMHS | 6 | 7 Dr. Moldove 7:15 – 8:45 pm Academy Metrowestr | 8 How do I Engage my Child? Nancy Cotton, Ph.D. | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 How to help my child manage emotions and stress Theresa Garvin, LICSW | 23 | 24 |
| 25 | 26 | 27 Dr. Moldover, et al Webinar | 28 | 29 | 30 | 31 |