



## January Workshops

The Lincoln SEPAC wishes to express our appreciation and thanks to Anique Lebel, Brian Garside and Ilene Shapiro for all their work in putting together an informative and helpful presentation about anxiety and how it impacts learning. The workshop was wonderfully successful. Parents who attended felt the workshop provided them with useful and beneficial information. For families who were unable to attend, please visit the Lincoln SEPAC website for books about Anxiety and for the presentation which is located under "About Us- Meeting Minutes."

The Lincoln SEPAC also wishes to acknowledge and express our gratitude to the Federation for Children with Special Needs for presenting our annual Basic Rights Workshop. This workshop is designed to help parents become effective and positive advocates for their children. For parents who were unable to attend, another presentation is being planned on the Hanscom campus. Please stay tuned for the date.

Please email the Lincoln SEPAC on future workshop topics of interest.

## Featured Topic of the Month

Bullying is an ongoing and serious issue in schools for all children but can be especially so for children who have learning differences. According to the American Academy of Child and Adolescent Psychiatry, close to half of all children will experience school bullying at some point while they are in school. At least 10 percent of these children are bullied on a regular basis. Child bullying can be very harmful to children and their self-esteem and self-image in ways that can shape their self-worth for life. Children who are bullied can be repressed emotionally and socially, their schoolwork can fall off and suffer as a result.

### **What is bullying?**

Bullying is a form of harassment and intimidation towards individuals who are viewed as being weaker. There are several different forms of bullying. They are; physical domination, verbal and emotional. Children can be bullied through emails, on Facebook and text messaging. Boys are more likely to use physical dominance while girls are more likely to use verbal and emotional types of bullying.

### **What are the signs of a child who is being bullied?**

Some of the signs include:

- Becoming withdrawn and depressed
- Not wanting to go to school
- A sudden drop off in school performance
- Deteriorating self-esteem
- Loss of appetite
- Sleep disturbance

On the flip side, and of equal importance, parents and teachers should also watch out for the indicators that their child/student is a bully.

## **Strategies for helping your child respond to a school bully.**

Let your child know that you are on his or her side, and that the bullying is not their fault. Here are some ways to help child:

1. Go together to school authorities to see what can be done in terms of mediation, and in terms of increased attention paid on the school grounds.
2. Encourage the child to avoid the child bully, and seek help from a teacher or trusted adult when necessary.
3. Practice being assertive and asking the bully to leave the child alone.
4. Encourage your child to play with true friends - bullies are less apt to pick on children who are in a group.

The above information was taken from the website *Bullying Statistics*. For more helpful information, please visit the website at <http://www.bullyingstatistics.org>

The state of Massachusetts has set forth stringent, zero tolerance guidelines for schools to follow in cases of bullying. View their policies in detail at:

<http://www.doe.mass.edu/bullying/>

Documents available at the Lincoln School's Website pertaining to the school's bullying policy:

[http://www.lincnet.org/cms/lib05/MA01001239/Centricity/Domain/9/Bullying/LPS\\_SCHOOL\\_COMMITTEE\\_BULLYING.pdf](http://www.lincnet.org/cms/lib05/MA01001239/Centricity/Domain/9/Bullying/LPS_SCHOOL_COMMITTEE_BULLYING.pdf)

## Upcoming Events

Future SEPAC Monthly Meeting Dates:

March 3<sup>rd</sup>

April 7<sup>th</sup>

May 5<sup>th</sup>

The Lincoln SEPAC board members will also be attending the upcoming Federation for Children with Special Needs annual statewide conference "Visions of Community, a Conference for Parents of Children with Special Needs and the Professionals Who Serve Them" on Saturday, March 7, 2015 at the Seaport World Trade Center in Boston. We are looking forward to sharing relative and helpful information with families.

## Open Board Positions

There are many ways to get involved. Join us to work for all of our children to make our schools a better place for special education! Together we can accomplish much. Participation can be big or small, long-term initiatives or one-hit volunteer opportunities that make a big impact!

### We would like to add to our Executive Board:

Program Coordinator  
Membership Coordinator  
Lincoln Pre-school Liaison  
Lincoln School Liaison  
Hanscom Liaison  
Metco Liaison

Anyone interested in a board position should send an email to:

[lincolnsepac@gmail.com](mailto:lincolnsepac@gmail.com).