

Lincoln SEPAC



Parents as Partners

# Lincoln SEPAC Goals

- Survey Lincoln and Hanscom Parent Community
- Survey teachers in the district
- Design and maintain SEPAC website for parents and teachers
- Meet regularly with school officials to understand the educational needs of children and to participate in the planning, development and evaluation of special education programs
- Promote a network of parents of children with disabilities and provide a forum to share information and offer support
- Encourage better understanding and communication between parents/guardians and school officials
- Raise awareness between Lincoln SEPAC members, local, state, and national organizations, councils, school faculty
- Provide information forums for parents and educators
- School Committee Year End Report

## Sample of Parent Workshop Offerings

### **Making School Work for Your Child**

Workshop series based on the new book *No Parent Left Behind: Navigating the Special Education Universe*. Workshops will provide parents a toolbox for ensuring that their child makes effective progress.

### **Behavior and Anxiety (Presented by Jessica Minihan):**

Workshop participants will be able to easily implement preventive tools, strategies, and interventions for reducing anxiety, increasing self-regulation, executive functioning, and self-monitoring.

### **Executive Functioning (Presented by Sarah Ward)**

Workshop participants will learn the importance of developing a student's organization and planning skills.

### **Basic Rights in Special Education (Presented by The Federation for Children with Special Needs)**

Provides families with an introduction to their rights and responsibilities.

## Outreach

### **Meetings with Sepac's in our area:**

- Sudbury-*Completed*
- Weston- *Completed*
- Concord
- Lexington
- Wayland
- Bedford

### **Meeting with the Federation for Children with Special Needs:**

- On going
- Leadership Training for SEPACs and Administrators of Special Education
  - SEPAC chairs & special education school administrators will create an action plan to bring back to their districts.

### **Attend Conferences**

## **Lincoln SEPAC Role**

### **Provide Parent Support**

- We provide a networking hub in which parents have access to relevant information, training, and emotional support.

### **Advisors to the District**

- Meet regularly with school administrators
- Participate in the planning, development and evaluation of the district's special education programs
- Establish bylaws regarding officers and operational procedures
- Conduct one workshop annually within the school district on the rights of students and their parents under the state and federal special education laws.