Special Education Parent Advisory Council
Meeting Minutes- December 15, 2015

Attendees

Priscilla France, Valerie Lanfair, Brooke Kaminski, Ellen Farris

Scribe

Ellen Farris

Agenda

- **Old Business**
  - Election of officers
  - Mission Statement
  - By-laws
- **New Business**
  - Parent education/support
  - Resources
  - Guest speakers
  - PTO collaboration
  - Meeting structure

Old Business

- A decision was made to elect officers, write mission statement and create by-laws at the January meeting as four of five members previously in attendance were unable to attend.

New Business

- **Parent education/support**: There was discussion around creation of a parents' guide to special education that could be given at the referral stage. Also discussed were: Having a list of people willing to be contacted as support during the IEP/504/evaluation process; creating a parent satisfaction survey; creating a “book share” list and/or location in one of the libraries, i.e. the Fantastic Elastic Brain. Of concern is how to help kids with learning challenges and disabilities feel connected and accepted and how to lessen the stigma.
- **Resources**: A number of apps were discussed. They can be useful to children with
anxiety and ADHD in particular. They include: Mindshift, Go Noodle, and the CD/book Sitting Like a Frog.

- **Guest speakers/workshops:** Suggestions included having Thomas Miller and/or Isabel Foster do an evening workshop for parents on the topic of anxiety in children. Another possible topic was having Lisa Nelson talk about food and its impact on behavior in children. One possibility is to have a yoga workshop for kids while parents are at the adult workshop. Perhaps Jeanne Teasdale could lead that and NHS students in need of volunteer hours could assist. Future workshop possibilities include helping kids understand their learning styles and abilities/disabilities.

- **PTO collaboration:** Priscilla has spoken to the PTO about the existence of the SEPAC and possible collaboration, shared funds, etc. Priscilla will speak with them about collaborating on a spring workshop.

- **Meeting Structure:** It was suggested that future meetings include the following:
  1. review of minutes
  2. logistics, i.e. election of officers, etc.
  3. socializing/parent support/sharing of experiences

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**Next Meeting**

The next meeting will be Tuesday, January 19th from 6 to 7. Please note this reflects a time change. We are hoping to coordinate meetings with Morris PTO nights in the future so folks are only out one evening.

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**Next Meeting Agenda Items**

- Review of minutes
- Election of officers, creation of mission statement and by-laws
- Follow up on spring workshop planning

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**Adjournment**

The meeting was adjourned at 7:30 p.m.