

November is SEPAC Awareness Month

From your friends at
GEORGETOWN SEPAC
(Special Education Parent Advisory Council)



What is SEPAC?

Special Education Parent Advisory Council, or SEPAC, is a volunteer group of parents, guardians, and caretakers working together to better the lives of students with learning or behavioral challenges. Our mission is to work for the understanding of, respect for, and support of all children with academic, as well as physical, social, or emotional challenges in our community. We meet monthly to provide support, information, and educational resources as well as advise the school committee, special education administration, and other school officials, in order to be a collaborative member of the special education team as well as promote and encourage understanding, acceptance, and inclusion of children that are neurodiverse.

Who should be involved in SEPAC?

- Parents/Guardians of a child who receive special education services through an IEP or 504
- Who think their child(ren) may have learning, behavioral, or social/emotional challenges
- Who want to learn the about special education process (IEP/504 plans)
- Who would like to expand advocacy skills
- And any other community members who want to learn about special education procedures and resources

What happens at a SEPAC meeting?

Meetings may include a special topic of interest in which guest speakers and/or community members will present to the group and hold discussion. The group will also hold a business session during part of the meeting. These meetings are public and are organized by the parent volunteers of the SEPAC.

Topics of interest are welcomed for future workshops. Here are some examples of what kinds of topics may be presented:

Basic Special Education Rights

Meet and Greet with Special Education Admin

Effective Team Meetings

Neuro Science of Reading Understanding the impact on Anxiety Executive Functioning Management

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NOVEMBER
AWARENESS



We celebrate National Adoption Month to shine a spotlight on adoption. More specifically, we celebrate to:

- * Honor families that have grown through adoption
- * Recognize the hundreds of thousands of children waiting for permanent families
- * Advocate for the well-being and future of children in foster care
- * Encourage our neighbors, communities, cities and states to take a stand
- * Ask our businesses and companies to support adoption
- * Provide everyone with the opportunity to get involved

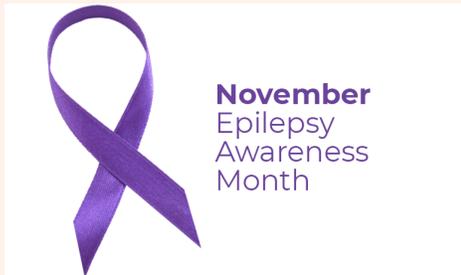
Diabetes is a group of diseases that result in too much sugar in the blood (high blood glucose).

There are many types Diabetes.

Type 2 Diabetes is a chronic condition that affects the way the body processes sugar (glucose).

Type 1 Diabetes is a chronic condition in which the pancreas produces little to no insulin.

Prediabetes is a condition in which blood sugar is high, but not high enough to be Type 2 Diabetes.



A disorder in which nerve cell activity in the brain is disturbed, causing seizures. Epilepsy may occur as a result of a genetic disorder or an acquired brain injury, such as a trauma or stroke. During a seizure, a person experiences abnormal behavior, symptoms, and sensations, sometimes including loss of consciousness. Epilepsy is usually treated by medications and in some cases by surgery, devices, or dietary changes.

22q11.2 Deletion syndrome or 22q (also referred to as Velocardiofacial syndrome (VCFS), and/or DiGeorge syndrome) is a disorder caused by a small missing piece of the 22nd chromosome. This tiny missing portion of chromosome 22 can affect every system in the human body. 22q can be the cause of nearly 200 mild to serious health and developmental issues in children. It is often times not diagnosed or recognized as the cause of a child's health and/or developmental issues for years.



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