

Name of meeting	SEPAC meeting at Strategies for reducing academic stress and strengthening executive function skills at home								
Date/Time of Meeting	November 2, 2017 at 7pm Natick High School – Dining Hall								
2017-2018 Board Member attendees	<table border="1" data-bbox="293 447 824 485"> <tr> <td data-bbox="293 447 561 485">Cathy Corcoran</td> <td data-bbox="561 447 824 485">Linda Tardif</td> </tr> </table> <p data-bbox="293 489 649 527">All Board Members present</p>			Cathy Corcoran	Linda Tardif				
Cathy Corcoran	Linda Tardif								
SEPAC Attendees	<table border="1" data-bbox="293 604 1468 684"> <tr> <td data-bbox="293 604 597 642">Lilian Barbadora</td> <td data-bbox="597 604 1084 642">Leah Parker-Moldover</td> <td data-bbox="1084 604 1468 642">Jennifer French</td> </tr> <tr> <td data-bbox="293 646 597 684">Renee Vekariades</td> <td data-bbox="597 646 1084 684"></td> <td data-bbox="1084 646 1468 684"></td> </tr> </table> <p data-bbox="293 726 997 764">Over 75 people attended, but most declined to sign in.</p>			Lilian Barbadora	Leah Parker-Moldover	Jennifer French	Renee Vekariades		
Lilian Barbadora	Leah Parker-Moldover	Jennifer French							
Renee Vekariades									
Meeting Minutes	<p data-bbox="293 810 643 848">1) SEPAC Board business:</p> <ul data-bbox="386 852 1539 1461" style="list-style-type: none"> • Approved of 100317 SEPAC Meeting Minutes • Appointment of additional 2017 – 2018 School Liaisons <ul style="list-style-type: none"> ○ Lilian Barbadora and Adelle Bonavaire as SEPAC School Liaison’s. Lilian will be the Johnson SEPAC liaisons and Adelle will be a Kennedy School Liaisons. • Formally announced the formation of Natick Parent Connections: A Parent Network Navigating Special education. This has been organized by Natick SEPAC members and is designed for parents/caregivers of children with developmental, learning, social/ emotional disabilities and other special education needs. This group is committed to providing a welcoming space for parents and caregivers to share resources and experiences, ask questions, network with other families as they work to ensure the best possible special education program for their child. Natick parents/caregivers are welcome to attend whether or not their child has an IEP or 504 through Natick Public Schools. The first coffee will be on Wednesday Nov 29 at 10 at the Natick Morse Library. There are plans to hold an evening event as well. <p data-bbox="293 1507 1455 1577">2) Strategies for reducing academic stress and strengthening executive function skills at home</p> <p data-bbox="293 1602 1539 1713">Please join Dan Levine and Melissa Wilson of Engaging Minds who will present strategies for reducing academic stress and strengthening executive function skills at home. For parents with children in grades 4-12. In this workshop parents will learn:</p> <ul data-bbox="337 1734 1539 1957" style="list-style-type: none"> • Strategies to help your child get “unstuck” when he/she has trouble initiating tasks • Organizational strategies to help your child keep track of his/her belongings and schoolwork • Strategies to promote flexible thinking, enhance working memory, and sustain attention • Self-monitoring strategies to help your child set goals, stay on track, and follow-through 								

Compiled by	Cathy Corcoran, SEPAC Communications Coordinator
Minutes approved	20180123
Posted Agenda	http://www.natickma.gov/Calendar.aspx?EID=4832&month=10&year=2017&day=3&calType=0