

Dear Parents and Caregivers,

Happy first days of fall! In a Minute or Less....The goal of this issue is to provide an overview of Norfolk's SEPAC: Special Education Parent Advisory Council. [Click here](#) to visit their website.



Norfolk Special Education
Parents Advisory Council

What/Who is SEPAC?

The Norfolk Special Education Advisory Parent Council (SEPAC) is an organization run by Norfolk volunteers who have children that participate in special education services.

This parent run organization provides a support system for families who have children with all types of abilities and needs. SEPAC offers:


- Free educational presentations/trainings for parents;
- Access to local resources;
- Provides information on the IEP process and;
- Opportunities for parents and students to connect in a supportive and inclusive environment.

In the past, SEPAC has funded parent trainings such as Navigating the IEP Process, Understanding Executive Function, Sensory Processing & Regulation, ADHD Workshops, and Parent Workshops on Social Skills. Their largest fundraiser is the upcoming annual *Trunk or Treat on October 27*, whereby they use funds to support programs for students both in school (like a disability awareness puppet show) and after school (like an art or music therapy program).

Norfolk's SEPAC co chairpersons for the 2023/2024 are Mrs. Kayla Costa and Mr. Mike McCarthy.

When/Where does SEPAC meet?

SEPAC meets once a month, on the second Thursday of each month at 7:00 p.m. in the Freeman Kennedy Library. Meetings typically involve a 30 minute guest speaker and an open discussion forum followed by a regular Board Agenda. Parents are welcome to join any or all of the meetings listed below. You can come intermittently, or on a regular basis. The meeting schedule for this school year is as follows:

| | | | | |
|------------|------------|-------------|------------|---|
| October 12 | November 9 | December 14 | January 11 | February 8 |
| March 14 | April 11 | May 9 | June 13 |  |

NORFOLK SEPAC CONTACT INFORMATION

- www.norfolksepac.org
- facebook.com/norfolksepac
- twitter.com/NSepac
- instagram.com/norfolksepac
- Email: norfolksepac@gmail.com

GET INVOLVED

SEPAC strives to be accessible to all parents who are interested.

Please take a minute to provide some feedback to The Norfolk SEPAC through participation in this short survey as they strive to meet the needs of our community: www.norfolksepac.org/survey

UPCOMING EVENTS

- Parents' Rights Presentation: Wednesday, October 25th
 - 6:30 p.m. in person at the FK Library.
- 🎃 Trunk or Treat: Friday, October 27th 🎃
 - 5:30 - 6:00 p.m./Special Education Families
 - 6:00 - 7:30 p.m./General Public
 - Links:
 - [CLICK HERE TO VOLUNTEER](#)
 - [CLICK HERE TO PURCHASE TICKETS](#)