

**SEPAC Meeting Minutes March 28,
2019** Location: Chelmsford High School

Board Ali Barnes, Co-Chair - Present Kristen Eriksen,
Co-Chair - Present Laurie McCarron, Secretary -
Present Jane Zhao, Treasurer - Present **District** Amy
Reese, Director of Special Education - Present Donna
Newcomb, School Committee Liaison - Present
Members Attendees Present: 23

**Handouts: Agenda with CSEPAC Board Elections
on reverse SEL Handout SEL Slideshow**

Meeting called to order by Ali Barnes at 7:06 p.m. Ali announced the Reversing of Liaison Reports (Agenda item 2) and Special Guest (Agenda item1) to give presenter more time to set up.

Agenda Item: listed in accordance to posted agenda sheet format

2. Liaison Reports: CHIPS: Mary Ellen Forty updated the SEPAC members with news about another new classroom opened, there are now over 200 students. They are taking new bids and hoping to break ground by the end of April on the *project, they are receiving lots of bids. Parent Q. "will there be construction during the school year? A. "yes, that's the plan", they may have summerfest there too, but not sure as of yet. They will have a plan put in place utilizing the extra field space in the back. Byam: No updates Center: Liaison not present, Laurie McCarron volunteered to work with Tina for updates Harrington: No updates South Row: Donna - PTO trying to get more volunteers on board McCarthy: Volunteer Liaison position open - Laurie updated that the Health Dept. teacher working on Project "Cause Day" and mentioned that the SEPAC may be interested more details. 2nd Year. Parker: Volunteer Liaison position open High School: No updates

1. Special Guest: Mental Heath Supports in CPS: K-12 Coordinator of Social Emotional Learning and Counseling, Laraine Wilson (Presentation).

Amy Reese introduced Laraine as having joined the district in December. Laraine sent packets around to PAC members. Laraine shared her current title in Chelmsford (Coordinator for Social Emotional Learning and Counseling) and gave a brief history of her background including previous positions working at the Cutting School in Lexington and a Student Support Services position in Boston. Laraine has been working with Katie Simms (Coordinator of Health) consulting with the district to build up social emotional supports. The Multi-Tiered (MTSS) and PBIS (Positive Behavior Interventions and Supports) was highlighted and how Chelmsford is working to integrate them on a school wide level and in classrooms. A slide show was presented to the SEPAC members. (Ali Barnes asked if SEPAC could have and post a link to the slideshow for the SEPAC Website).

Points of the Slideshow included:

- Helping children to improve academically and social-emotionally
- Building Tier 1 and Tier 2 supports
- MTSS
- PRIDE taught to students and modeled by staff
- Elementary level problem solving skills, conflict w/friends, color coded system, zones of regulation
- Middle school level signs of suicide - behavior, anxiety and depression surveys and screenings
- HS level free from depression (surveys and screenings)
- SST meetings, guidance and psychologist working w/classroom teachers and students unique needs
- Tiers 2 and 3 boosted instructional support
- Curriculum "Check-Ins", "Red Flags", students needing counseling support

A 3 minute Video was shown to SEPAC members "Social Emotional Learning: What is SEL and Why it Matters" - You Tube. Another Video was mentioned as a suggested video.

<https://www.youtube.com/watch?v=ikehX9o1Jbl> <https://www.youtube.com/watch?v=DqNn9qWoO1M>

The SEPAC members were asked to spend a few minutes discussing with their table Social Emotional components in their households. What you see at home can be the same or very different than what is seen at school. District supports were highlighted in the schools and districtwide. Larainne's contact info is WilsonL@chelmsford.k12.ma.us

3. Workshop Coordinator Update: Ali highlighted the two upcoming Workshops being hosted by the SEPAC. April 4, Executive Functioning at the Byam School Cafe from 7-8:30pm and May 1, 504 Plans at the Chelmsford Public Library, McCarthy Room from 6:45 - 8:45pm. Kristen reminded members that free babysitting is offered for all SEPAC meetings and possibly for the SEPAC workshops. Interested members can contact SEPAC or Murphyj@chelmsford.k12.ma.us Ali mentioned that Principal Fulreader from Center School reached out to the SEPAC to consider a popular and highly recommended speaker and potential future Workshop regarding anxiety

4. Special Education Report: Waiting to hear about APPLE training. No new updates

5. School Committee Report: Donna updated the SEPAC that the SC is working on budgets and contract negotiations

6. Public Input: Ali asked the members if they had any specific questions regarding the agenda items or Extended School Year (ESY). A parent wanted to know why qualifying for ESY is becoming more strict this year than it has in past years. Parent felt that this is something for the SEPAC to be aware of. Amy answered the question stating that the district is not doing anything different than "we" did before and that the district is continuing to respond to data and progress reports. Q. was asked about new forms. Amy answered that the criteria hasn't changed. This was conflicting with what parent was told. Ali stated the SEPAC will have to look into this matter more before having a response. No further public input.

7. Parent Support Group Update: The update will be given at the April SEPAC

meeting

8. Old Business: Volunteers are needed for the Zen Den on 5.4 at BSA Walk-a-Thon and 6/9 Parker Pride Run. The CSEPAC has a brochure draft for members to review and add input. Ali was inspired by Donna's comments last SEPAC meeting that included the SEPAC should be like a life-raft for parents. If members want to see the brochure proof, have any feedback and/or are interested in helping contact SEPAC through email. Q. asked by parent "Where will these brochures be displayed or offered?" A. "We" hope to
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have them available before next school year's Open House and for IEP meetings. Mary Ellen mentioned that the brochures can be added to the CHIPS "Welcome Pack" and at the Brochure Rack at CHIPS.

Subcommittee Duties: These subcommittees are focused on how to move forward Communication Subcommittee - work on the answered survey "communication concerns". Subcommittee should be made up of group of parents and admin or school committee member. What the communication issues are. Interested parties should email SEPAC if interested in being on or chairing the committee by 4/4/19. Recess Subcommittee - Recess as a punishment has been a SEPAC Topic and parent concern. This committee would have 2+ meetings focusing on reviewing current behavior policies, removing recess as a punishment and recommendations. This committee would be made up of parents and school Principals ideally. A volunteer to Chair the Subcommittee and keep the time line should email SEPAC by 4/4/19. Q. asked by member "What are you going to do with that information?" "Do you present to school committee?" A. Kristen stated that this came up as a Topic from parents that the SEPAC has been addressing how to reach out to parents for more information. Q. "Are Subcommittee's subject to Open Meeting Law?" A. Ali stated that all SEPAC Subcommittee's are subject and must follow Open Meeting Law and a Board member would go over that information with Subcommittee volunteers at meetings. CSEPAC 3 year planning - Ali will ask Leslie Leslie (MassPAC/APPLE Training facilitator) about this being incorporated in the APPLE training.

9. New Business: Laura Miller volunteered and has been appointed without any oppositions as the SEPAC Nomination Coordinator for the 2019-20 Board Elections. (April 25th next SEPAC meeting highlighted). Thank you Laura! A review of board positions (listed on the reverse side of the agenda) were announced, email nominations to Laura lauramiller1019@yahoo.com. Voting is open to parents of children receiving special ed services through the Chelmsford School system. Members must have attended at least one previous business meeting during the current school year to vote in elections. For any questions regarding membership or voting, reach out to SEPAC email. Teacher Award Program - discussion. Laurie McCarron volunteered to over-see this, has reached out to other SEPACs for advise/suggestions and asked for any and all ideas from members. Laurie wants to potentially open awards up to all staff positions (bus drivers, custodians, para's etc...) and feels this would add great momentum to the SEPAC. A template for a nomination page can be put together for April SEPAC meeting for voting. Q's One award? Awards at each level (elementary, middle, hs)? Volunteers were asked to meet up with Laurie after the end of tonight's meeting or email the SEPAC with suggestions and ideas by April 24th.

10. New Items Expected for April: Nomination

Announcements - PTO info - ALEC Training update.

Ali called the meeting to a close at 8:18 p.m.