



SEPAC Board

Chairperson-Charlene Cabral
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Secretary-Vacant

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Lancaster- Christine Collins
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Stow-Alicia Frigon

High School-Michele Powell
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MGL 71B and 603 CMR 28 state that the duties of the SEPAC, "shall include but not be limited to: advising the school committee on matters that pertain to the education and safety of student with disabilities; meeting regularly with school officials to participate in the planning development, and evaluation of the school committee's special education programs."



Serving Bolton, Stow and Lancaster

Bolton

Florence-Sawyer Elementary School

Florence-Sawyer Middle School

Lancaster

Mary Rowlandson Elementary School

Luther Burbank Middle School

Stow

Center Elementary School

Hale Middle School

Nashoba Regional High School

Resources

Federation for Children with Special Needs
www.fcsn.org

Family Ties (Commonwealth of MA)
800.905.TIES (8437)

SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SEPAC)

*You are your child's best advocate.
Be informed.*



Nashoba SEPAC
Parents and Educators Partnering Together

SEPAC is a Special Education Parent Advisory Council. The SEPAC is charged with educating and advising the district & families on matters related to Special Education. SEPAC connects families and promote inclusion and equity in their home district

Contact us at nashobasepac@nrsd.net

Facebook: Nashoba SEPAC

www.nashobasepac.com

www.nrsd.net click on SEPAC button
or [Special Education Parent Advisory Council \(SEPAC\) - Nashoba Regional School District \(nrsd.net\)](#)

What is SEPAC?

SEPAC provides a forum for parents and caregivers to share experiences and exchange information. Together, we work for understanding, respect, support, and the appropriate **education** of all children with **special** needs in the community. Membership is free and open to all parents/guardians of children with disabilities or **special** learning needs.

Our mission is to advocate for the understanding of, the respect for, and the support of all children with special needs in the **Nashoba Regional School District**.

How Can SEPAC help?

When a child struggles in school, parents may feel overwhelmed. Nashoba SEPAC welcomes you into a network of supportive parents with similar experiences. SEPAC members provide information and support to help other parents feel empowered and optimistic about their child's education. We offer:

- Parent to Parent support & networking
- Educational Forums
- An avenue to bring questions and suggestions to administration.

Join Us!

Membership is open to all interested in supporting students in the Nashoba Regional School District (NRSD) who receive special education services. For the meeting **schedule** and supporting documents. Visit the SEPAC page at www.nrsd.org/departments/special_education

[Click here](#)

2020-2021 Schedule of Events

9/9/21	The Role of SEPAC	
9/15/21	Meet the Superintendent	Kirk Downing
10/5/21	Basic rights-Transitioning	Federation for Children with special needs
11/4/21	Reading Comprehension	Kerrigan Classroom
11/21/21	Rising Anxiety Among Children	Dr. Jacque Cutillo, Ph.D.,
12/1/21	Mediation & Appeals	BSEA
12/13/21	Q & A with the Superintendent	Kirk Downing
1/13/22	Navigating the College Search	Ferne Bork, Landmark School
1/27/22	Ask the Advocate	Cynthia Moore
2/3/22	Nashoba Student Prospective	Eliza Wachtel, student
2/10/22	Understanding Assessments	Dr. Joseph Moreover
2/15/22	Trauma 101	Molly Desloge
3/7/22	The Neurology of Reading	Dr. Nadine Gaab
3/28/22	Cognitive Connections/Executive	Sara Ward
4/5/22	Growing up as Women with Autism	Rachel Barcellona
4/25/22	A Male Voice of Autism	Kerry Magro

SEPAC also offers opportunities for parents to socialize with one another. Please refer to our website for dates.

If you would like to be included in our email list please email us at nashobasepac@nrsd.net

WHAT IS SPECIAL EDUCATION?

Special education means specially designed instruction, at no cost to the parents, to meet the unique needs of a student with disabilities. The services and supports one child receives may be very different from what another child receives. It is all about individualization. Special Education provides students the instruction and related services that they require to make effective progress in school.

Who Qualifies for Special Education?

The Individuals with Disabilities Act (IDEA) is a federal law that defines and regulates special education. The law requires public schools to provide special education services to children ages 3-21 who meet certain criteria (Children younger than 3 can get help through IDEA's early intervention services). Students determined eligible for special services must meet all 3 of the following criteria:

1. The student has a documented disability that is covered under IDEA
2. The student is not making effective progress
3. The student requires specifically designed instruction, or related services, to make effective progress.

