

SELPA 1 CAC Newsletter 2021-2022

Dear parents of students with special needs,

We recognize that you may be going through a time of struggle. The CAC is a community for you, and we want to hear your concerns, help communicate them to school districts, offer support and resources, and create connection.

YOU ARE NOT ALONE.



Who We Are

SELPA 1 CAC consists of parent volunteers, staff, and community members, and advises school districts on matters pertaining to special education and inclusion. We are a neutral bridge between parents and districts to improve communication and cooperation.

We provide parent support, mental health resources, and legislative advocacy. We partner with the Palo Alto CAC (cacpaloalto.org), the Learning Challenges Committee of the MVLA PTA Council, and school PTAs. We collaborate with parents and districts, and work toward making an appropriate education available to every child.



Our Programs

CAC Parent/Community Meetings

All are welcome. Monthly updates from Special Ed. Directors & Staff, to plan programs and parent education.

Mon Aug 30, 4pm	Mon Feb 7, 4pm
Mon Oct 4, 9am	Mon Mar 7, 9am
Mon Nov 1, 4pm	Mon May 2, 4pm
Mon Dec 6, 9am	

Contact selpa1cacinfo@gmail.com for Zoom link
Additional Palo Alto CAC meeting schedule & links at: cacpaloalto.org/about-us/meetings

IEP/504 Parent Support Group - Let's Talk

Tues Sept. 21, 10 am	Tues Nov. 16, 10 am
Wed Oct .13, 7 pm	Wed Dec. 8, 7 pm

Contact selpa1cacinfo@gmail.com for Zoom link, and let us know your interest in having these in person again!

IEP Workshops

"SMART Goals - Creating and Troubleshooting IEP Goals that Work" Tues Oct 19 7-8:30pm, contact selpa1cacinfo@gmail.com for Zoom link
"What Makes Special Education Special, FAPE & LRE"
Date TBA on cacpaloalto.org

Alternative Dispute Resolution - By County SELPA

Conference Sept 23 & 24
Additional Training TBA
tinyurl.com/ADR-SELPA

Support for Parents of Teens with Mental Health Challenges - Online Parent Chat

Second Tuesday of each month at 10am
Contact trudy.palmer@me.com for Google Meet link

Unity Day

WEAR ORANGE to show unity for kindness, acceptance, and inclusion. A visible message against bullying.
Oct 20th all day

More Events

Watch your school newsletters or our website for CAC-sponsored Parent Education Events and updates

On the Web

SELPA1CAC.org
CACPaloAlto.org

Mailing List

groups.google.com/jg/selpa1cac/

Follow Us

facebook.com/selpa1cac

Contact Us

selpa1cacinfo@gmail.com
paloaltocac@gmail.com

Back to School: Turning Worries into a Plan

Students are returning to classrooms and large-group settings, many for the first time. Some are looking forward to friends and routines, some may feel awkward or anxious, and some may be doing quite well. School can be challenging for students with learning differences like ADHD and Dyslexia. They may need extra academic, social and emotional support, and time. What can you do to help?

- Listen to their feelings and fears, ask your child what might help, and communicate their needs to the adults at school;
- Sit down and make a list of what strategies worked best (assistive technology, organizers, fidgets, brain/body breaks) and update their new teacher if they don't ask first;
- Build schedules, habits and routines for your child's sleep, work, self-care and play; younger children may benefit from a social story;
- Create specific and realistic goals around your child's school success, design solutions, and remember to spot and reward their strengths, progress and achievements big and small

People want to help make your child's transition back to school successful. Maintain patience and flexibility. Communicate calmly, but firmly. If you notice anything distressing with your child, communicate with your teacher, case manager, counselor or principal.

ADHD and School



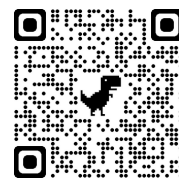
Dyslexia Guidelines



Executive Function



Strength-Based Approach



Talking to Teachers



Key Resources for Families

Handbook for Special Education - May answer many of your questions tinyurl.com/selpalcac-handbook

PHP is a family resource center for our region, for families with children and adults with special needs. Classes, resource directory, support groups www.php.com

CHC Learning and mental health services, videos and support groups www.chconline.org/

San Andreas Regional Center Early intervention and services for individuals with disabilities that cause severe impairments www.sanandreasregional.org/

Early Support Program for Autism at Stanford. Individualized, free, information and support med.stanford.edu/espa.html

Understood.org National organization with articles about learning differences, in English and Spanish

Decoding Dyslexia California decodingdyslexiaca.org/south-peninsula-dyslexia-support-group

School District Contacts

Los Altos

tinyurl.com/lasdsped

Special Ed Director Jennifer Keicher
jkeicher@lasdschools.org

Mountain View Whisman

tinyurl.com/mvwsdsped

Interim Special Ed Director Acantha Ellard
aellard@mvwsd.org

MVLA High School

tinyurl.com/mvlasped

(650) 940-4650, ext. 0051

Palo Alto Unified

tinyurl.com/pausdsped

Special Ed Directors Jennifer Morgen (Elementary)
jbaker@pausd.org
Cynthia Loleng-Perez (Secondary)
clolengperez@pausd.org