THE IEP

Westwood's Independent Educational Paper

A Service of Westwood's Special Education Parent Advisory Council (SEPAC)

Volume 8 **April 2009**

Welcome!!!

Upcoming SEPAC Events & Seminars

Wednesday, April 8, 2009
7:30 -9:00 pm
Professional Development Room
High School
220 Nahatan Street, Westwood
General Meeting
Socialize with other parents and bring your questions and concerns; discuss district summer programming; consider the new student observation law and practice; and receive updates on family events, elections and SEPAC happenings.

Wednesday, May 20, 2009
7:30 -9:00 pm
Professional Development Room
High School
220 Nahatan Street, Westwood
General Meeting
Socialize with other parents and bring your questions and concerns; receive updates on family events, elections and SEPAC happenings. Agenda items to be added.

Upcoming Local Events & Seminars

All Events Welcome the Public
and All are Free, Unless Otherwise Noted
Please Use Contacts Provided to Confirm Information

Saturday, April 4, 2009
9:30 am – 3:00 pm
St. Susanna Parish
262 Needham Street, Dedham
From I-E-P to J-O-B
Entering the world of work involves finding the right career & navigating the social, communication & executive functioning requirements of the workplace. This workshop shows parents & professionals how to plan a successful employment transition strategy, from developing an effective IEP to selecting a realistic & rewarding career.
Cost: $49 - Barbara Bissonnette 508-835-2482.
See also, http://forwardmotion.info

Monday, April 6, 2009
7:00- 9:00 pm
Canton High School
900 Washington Street, Canton
An IEP for My Child
Presented by the Federation for Children with Special Needs. Every child with a disability who receives special education services must have an Individual Education Program. This workshop takes parents step-by-step through the development of the IEP including how to articulate a Vision, using evaluations to write annual measurable goals and how to measure their child's progress.

Tuesday, April 7, 2009
8:00 am - 4:30 pm
Four Points Sheraton, Norwood
Life at Home & in the Community Autism Update
The latest initiatives for autism services & related issues in MA. Flutie Foundation - person of the year award. Various afternoon breakout sessions.
Cost- $50. For more information, Kim Cuppels 508-563-5767.

Saturday, April 11, 2009
8:30 a.m. Coffee • 9:00 – 11:00 a.m.
Landmark High School Dining Room
412 Hale Street, Prides Crossing
Dyslexia and the Reading Brain: Challenges and Unusual Gifts
Presenter: Dr. Maryanne Wolf, Author and Researcher. Dr. Wolf will present an evolutionary view of the reading brain that helps us reconceptualize dyslexia and our intervention. Individuals with dyslexia may possess a somewhat different organization of the brain that predisposes them to both challenges and unusual gifts. A book signing of Dr. Wolf's "Proust and the Squid: The Story and Science of the Reading Brain" will follow the presentation.
Advance registration is required.
For questions, call 978.236.3216
To register online, visit:
www.landmarkoutreach.org/saturday.htm

Wednesday April 15, 2009
6:30 - 8:30 pm
Charles River ARC, Paul D. Merritt Center, 59 E. Militia Heights Rd, Needham
The Genetics of ASD's, Where We Are Today
Panel: Dr. Tim Yu, Neurologist, MGH/Ladders; Andrew Duda, Program Manager, Autism Consortium
There will be light snacks and coffee provided. Registration required and limited childcare slots are available by calling Julie O'Brien, Resource Specialist, LADDERS, Lexington 781-860-1726, jobrien20@partners.org
Cost $5 per person.
For directions, please visit www.crarc.org or call: 781-444-4347. For updates on the schedule visit: www.ladders.org
PLEASE NOTE – This is a date change, as originally scheduled 4/22/09.

Thursday, April 16, 2009
6:30 - 8:30 p.m
The New England Center for Children
33 Turnpike Road, Southborough
Understanding and Addressing Sleep Difficulties in Young Children with ASD
Cost: $5
For more information and registration:
http://www.necc.org/consulting_training/training_parents.asp

Sunday, April 26, 2009
2:00 – 5:00 pm
Carroll Center for the Blind
Newton, MA
Y-Tech Assistive Technology Fair
Hands on experience with assistive technology, a first look at technology in action, informational periodicals, catalogs, demo software, presentations and Q&A with professionals.
For more information: Leah Abrams 617-399-3299 or www.yesodot.org .

Saturday, May 2, 2009
10:00 am – 12 noon & 1 pm – 3:00 pm
The New England Center for Children
33 Turnpike Road, Southborough
Challenging Behaviors Part 1: Pro –active Strategies for Managing Challenging Behaviors and/ or Part 2: De-Escalation of Challenging Behaviors
Cost $5 each session
For more information and registration:
http://www.necc.org/consulting_training/training_parents.asp

Monday, May 11, 2009
6:30 – 8:30 pm
The New England Center for Children
33 Turnpike Road, Southborough
Teaching Communication Skills Incidentally at Home
Cost: $5
For more information and registration: http://www.necc.org/consulting_training/training_parents.asp

Monday, May 11, 2009
7:00 – 9:00 pm
Broadmeadow Elemen. School Music Room
120 Broadmeadow, Needham
Forming Friendships: How to facilitate peer interactions
Arleen Schwartz, M.Ed, Floortime Practioner and Cari Feingold, M.S. OTR/L, Founders and Directors of Adventures Outside the Box.

Tuesday, May 12, 2009
6:30-8:30 pm
47A River Street, Suite A200
Wellesley
Sensory Integration: Tools and Strategies for Everyday Life
This workshop will present hands–on sensory integration tools that parents can put to use immediately. Parents will learn about the neurophysiology of sensory integration difficulties and ways to observe these challenges, which are often disguised as behavioral. The workshop will present strategies that can improve children's attention, organization, and behavior. Facilitated by Mary Beth Kadlec, Sc.D., OTR/L.
Cost: $25; $20 for MGH/YouthCare Families
Contact: 617-726-0060 for details and registration.

Wednesday May 13, 2009
6:30 - 8:30 pm
Charles River ARC, Paul D. Merritt Center, 59 E. Militia Heights Rd, Needham
Adult Services for Individuals with ASD's
Panel Discussion" Professionals from DDS/DMR, ARC MA, South Norfolk County ARC, AFAM, Mass Rehab Commission, Charles River ARC, Autism Services Association, AANE, Jewish Family & Children's Services, Advocates, Inc, all will talk about their current services, options, and the dire needs to serve this growing adult population now and in the future
There will be light snacks and coffee provided. Registration required and limited childcare slots are available by calling Julie O'Brien, Resource Specialist, LADDERS, Lexington 781-860-1726, jobrien20@partners.org
Cost: $5 per person.
For directions, please visit www.crarc.org or call: 781-444-4347. For updates on the schedule visit: www.ladders.org

Wednesday, May 27, 2009
6:30-8:30 pm
47A River Street, Suite A200
Wellesley
Aspiring for Independence: Building your Teen's Skills for Life
Teens with social–cognitive challenges face many challenges in their development into independent young adults. This workshop is designed for parents of teens and pre–teens and will present strategies for increasing skills for independence in areas including time management, budgeting, and transportation planning. Facilitated by Kelley Challen–Wittmer, Ed.M., C.A.S. and Dot Lucci, M.Ed., C.A.G.S.
Cost: $25; $20 for MGH/YouthCare Families
Contact: 617-726-0060 for details and registration

Please Join Us for A Fun Day at the Movies!!

Featuring: Madagascar 2

Dedham Community Theater
Dedham Square
Sunday April 19, 2009
9:30 am – 11:30 am
$5 per family (parents must stay with their children for supervision during the event)
Refreshments and popcorn are available for $1 each
All are welcome, but space is limited- please RSVP to Tania Rooney by 4/16/09 at trooney16@aol.com or 781-686-9312

A Westwood SEPAC Family Fun Event

New England Sports Academy

NESA will be running summer camp programs for children with Autism Spectrum Disorders and other Developmental Delays. NESA is offering morning or afternoon 3 day or full week camp options as well as a summer school enrichment program on Friday mornings. Beginning April 15th, they will be adding Saturday & Sunday multi-sports classes along with Music therapy classes for children with ASD. For more information, please contact Sula Conchinha, LSW, Progress Program Director, at sconchinha@nesacademy.com or *781-493-6345 ext. 104.*

New England Sports Academy, 345 University Ave., Westwood, MA
www.newenglandsportsacademy.com

For Mother's Day- Give to a Mother and Child in Need

Department of Children and Families, Hyde Park is in great need of gently used infant and children's items as well as non-perishable food and gift cards.
DCF will arrange convenient pick up of any donations at your home.
Contact- Lori Tejada at 617-584-1571 or Lori.Tejada@state.ma.us

Navigating the Child Mental Health System Guide

The Boston Bar Association with support from Children's Hospital Boston has recently created and excellent guide to navigating the child mental health system in MA. To access:
http://www.bostonbar.org/theguide/bba_theguide_jan2009.pdf

Challenger Basketball League

Saturdays at 2:00 pm
Oakdale Elementary School
Cedar Street, Dedham

Registration is $ 25.00.
You can sign up online through
www.dedhamyouthbasketball.org.

2009 Summer Youth Sailing Program!!

Sailing is Truly a Sport for All Ages and Abilities!
Check out the various programs available for varying ages, abilities and interests!
www.piersparksailing.org

or speak with Maureen McKinnon-Tucker
Adaptive Sailing Coordinator
Piers Park Sailing Center
East Boston, MA 02128
maureen@piersparksailing.org

Dedham Youth Soccer: Spring League for Children with Special Needs

Ages 6-12 and 13-22
Saturdays at noon beginning on April 11th
All games will be played at: Riverdale School, 143 Needham Street, Dedham
There is no cost for this program but you must pre-register no later than April 10th

To register, please contact Lisa Dwinnells of the South Norfolk County ARC at 781-762-4001, x325 and/ or fax to her at 781-461-5950 the following information:
Child's Name, Address, Phone Number, Date of Birth, Parent(s) Name , and Emergency Phone Number.

Camps and Camp Fairs:
Check out this website for upcoming local camp fairs and other events for children with special needs.
http://www.spedchildmass.com/camp_2009/

Yogabilities for Children!

Yoga can increase body awareness, strength and flexibility and promote better posture while teaching stress-reduction techniques. Your special child can enjoy the many benefits of Yoga practice in this small modified series of classes. This class employs the use of props such as Yoga flash cards, bean bags, and animal figures along with soothing music to introduce Yoga practice in a fun and accessible way. Students take home weekly handouts to help generalize stretch and relaxation into their daily lives. Each class ends with a deep relaxation. No prior Yoga experience necessary.

WHO and WHEN : Children with special needs
TUESDAYS Ages 5-12 4/28-6/4 4-5 pm
MONDAYS AGES 11-18 3/23-5/4 4-5 pm
skip 4/20
6 week series $78

WHERE: The Healing Moon, One Walpole Street, Norwood MA

For more information please contact Melinda at SpectrumYoga@aol.com

The Berkshire Center
Free Open House & Information Session

The Berkshire Center is a residential, post-secondary program providing social, academic, career & life skills for young-adults with Aspergers, Nonverbal, High-Functioning Autism & LD. This is a chance for all interested parties to learn about our comprehensive curriculum that has evolved over the past 25 years since the program's inception. Featuring overviews by staff, a tour of the campus & Q&A session. Lunch provided. Parents, students, teachers, consultants & other professionals are invited to attend.
Apr 17, 2009, 10 am - 2 pm, 18 Park St. Lee, MA 01238
Contact: Karen Noel 413-243-2576 X 34 or register online to knoel@berkshirecenter.org

Please Renew Your Membership Today or Join SEPAC as a New Member!!

Please take a moment to fill out the membership form at www.westwoodsepac.org or drop an email to Michelle Fiola-Reidy, Co-Membership Coordinator at fiolareidy@verizon.net who'll sign you up!! We are so looking forward to serving and supporting you and your children! Membership is free and open to any person interested. Voting privileges are afforded to all members whose children are on IEPs or 504 plans.

Please contact us concerning upcoming events or ideas for The IEP at jennifer.maggiacomo@comcast.net

Westwood Special Education Parent Advisory Council (SEPAC) is an independent community organization. SEPAC is not an affiliate of the Westwood Public School System. The Westwood SEPAC neither endorses nor recommends any specific event, person or organization noted herein nor can it ensure accuracy; please contact the event organizer to confirm details.