

## Special Education District Advisory Council



**What is the SEDAC?** We are a group of parents of children in special education and administrators representing the schools in the San Carlos School District.

**What do we do?** SEDAC members share ideas, opinions, resources, and issues related to students in special education amongst parents and provide input to the school district on matters related to educational programs, policies and procedures on behalf of students in special education.

### **SEDAC sponsors:**

- Events listed on the attached calendar, including :
  - o “coffee and chat” parent support group on most first Wednesdays or Thursdays of the month
  - o “Happier by the Minute” positivity training for parents
  - o Parents Night Out
  - o family play dates
- Ability Awareness Week on March 12-16, 2018 – district-wide event

### **How can you get involved?**

If you are a parent with a student who has an individualized education plan (IEP), please contact your school representative or join us at any of our events! Below is the list of school reps for the 2017-18 school year:

School	SEDAC Rep	Email
Arundel	Marni Perini	<a href="mailto:marnie.perini@gmail.com">marnie.perini@gmail.com</a>
Brittan Acres	Sylvia Lexington	<a href="mailto:lexingtones@gmail.com">lexingtones@gmail.com</a>
Heather	Trisha Lebus	<a href="mailto:trishawerner@yahoo.com">trishawerner@yahoo.com</a>
Central/Arroyo	Judy Woo Robin Alonso	<a href="mailto:Jwoo15@yahoo.com">Jwoo15@yahoo.com</a> <a href="mailto:robinalonso@comcast.net">robinalonso@comcast.net</a>
Tierra Linda	Emma White	<a href="mailto:penguins4home@gmail.com">penguins4home@gmail.com</a>
White Oaks	TBD*	
LEAP preschool (at Heather)	Christie Ma	<a href="mailto:christielma@yahoo.com">christielma@yahoo.com</a>

***Do you have a child in special education (i.e. has an IEP) at White Oaks?*** We are looking for a parent representative for both schools. If you may be interested in being a SEDAC representative, please contact Sylvia Lexington at [lexingtones@gmail.com](mailto:lexingtones@gmail.com) for more information.

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## **SEDAC Sponsored Activities & Resources**

**Email distribution and Facebook page:** SEDAC maintains an email distribution list to inform parents of events and other useful information. To sign up, please email Trisha Lebus at [trishawerner@yahoo.com](mailto:trishawerner@yahoo.com). We also maintain "San Carlos Special Education Parents" facebook page (which is a closed page, parents must be admitted) where parents of special needs kids can post about matters and events. To join, please send a request with the email you use on Facebook to Sylvia Lexington at [lexingtones@gmail.com](mailto:lexingtones@gmail.com).

**"Coffee and Chat"** support for special needs parents on either the first Wednesdays or Thursdays of the month from 9:30-11:00 a.m. At these sessions, parents discuss challenges, support and help motivate each other, and share information and resources.

**Ability Awareness Week** is organized by SEDAC in March, featuring various activities throughout the SC School District (for the 2017-2018 school year, AAW is taking place on March 12-16, 2018). Our vision is to promote understanding, acceptance and appreciation of individual learning and ability differences through fun, experiential activities.

**Family Playdates** and **Parents Night Out** are organized by SEDAC throughout the year. Please see the attached calendar for information on dates.

**"Happier by the Minute"** trainings are fun interactive evenings learning positive psychology tools (mindfulness, stress management, self-awareness, etc.) and how to integrate them into our daily lives. This is led by a SCSD parent of a special needs child and held at another parent's house. Please email Stacey Yates Sellar at [stacey@yatessellar.com](mailto:stacey@yatessellar.com) to sign up or for more information. No cost.

## **Other Resources (not sponsored by SEDAC or the SCSD):**

**Peninsula Parents of Special Needs Kids (PPSNK)** is a closed yahoo group for parents of special needs kids only. According to PPSNK's website, "PPSNK is a community of parents living in the Northern California Greater Bay area. We're all navigating our children's education, therapy, and challenges together by sharing what we learn along the way." PPSNK is an active forum for parents to reach out to others for advice or recommendations and search through the PPSNK archives for past discussions on a topic. For more information and to join PPSNK, visit <http://www.ppsnk.org/join.html>.

**PPSNK Clips** is an open yahoo group where parents, providers, and other third parties can "spread the word" about events, notify parents of interesting opportunities, offer unsolicited recommendations about providers, organizations, charities, etc. Parents can join PPSNK Clips by emailing [ppsnkclips-subscribe@yahogroups.com](mailto:ppsnkclips-subscribe@yahogroups.com).

**Family Resource Center (FRC)** is a non-profit organization based in Burlingame that provides parent-to-parent support, outreach, information and referral services to families of children with special needs. FRC facilitates support groups, parent mentors, education training and assistive technology support. FRC currently hosts autism, cerebral palsy, and Spanish-speaking support groups. FRC's services are available to anyone who lives or works in the County of San Mateo. For more information, visit FRC's website at [www.smcfr.org](http://www.smcfr.org) or contact them at [info@smcfr.org](mailto:info@smcfr.org) or (650) 259-0189.

**Parents Helping Parents (PHP)** is a parent-directed, community-based organization based in San Jose. PHP's mission was developed in response to the need in our community for information, training, and support services for families who have children with special needs. PHP hosts numerous support groups including anxiety, autism, ADHD, and learning differences. For more information, visit PHP's website at [www.php.com](http://www.php.com) or contact them at [info@php.com](mailto:info@php.com) or (408) 727-5775.