



PORTER COUNTY EDUCATION SERVICES

SPECIAL EDUCATION PARENT ADVISORY COUNCIL

2024-2025 CommUNITY Meetings

- Wednesday, November 6, 2024**
6:00pm - Location: SELF Gym
750 Ransom Valparaiso, IN 46385
- Wednesday, January 22, 2025**
6:00pm - Location: TBD
- Wednesday, March 12, 2025**
6:00pm - Location: SELF Gym
750 Ransom Valparaiso, IN 46385

**SAVE
THE DATE**

PCES SEPAC Members

- PCES Executive Director:** Sandy Bodnar
- Duneland:** Jackie Hood, Rebecca Shellito
- East Porter:** Jessica Kruger
- Portage:** Dr. Lisa Pina-Awosika
- Porter:** Tracy Ruiz, Maja Nikolov, Alexis Kegebein
- Valparaiso:** Jessica Witherspoon, Jill Isley

**Learn More
About Your
SEPAC
Parent Reps
Here:**



Who Are We?

Your Special Education Parent Advisory Council (SEPAC) is a parent-driven group that provides input and makes recommendations on special education policy, practices, programs and services that have an impact on students with disabilities and their families. SEPAC parent representatives act as liaisons, however do not have formal authority to issue directives or set policy. The intention is to work collaboratively with the PCES Executive Director and district personnel to create change.

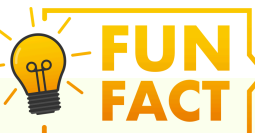
What Are CommUNITY Meetings?

SEPAC organizes CommUNITY Meetings to provide information and resources to parents whose children are receiving special education services or undergoing an educational evaluation. The topics for each event are chosen based on parent input to educate and empower them. *School team members are always welcome to attend events, with the intention of learning together.*

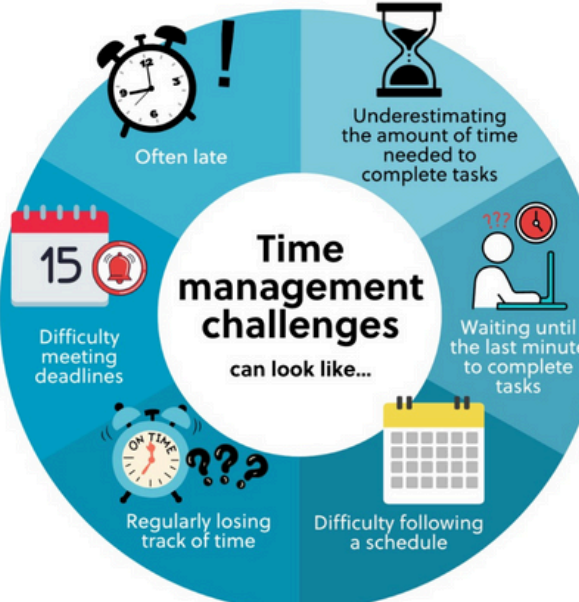
Contact Us:

If you would like to discuss special education matters, email us and include your name & district: pcesparentgroup@pces.k12.in.us

Visit our website to learn more about our SEPAC & view previous topics presented: pces.k12.in.us/sepac



- PCES SEPAC is the first SEPAC in NWI region
- PCES SEPAC is the first & only co-op SEPAC in Indiana
- SEPACs have different names in other states
- SEPACs focus on students whose age range from 3-22



What Is Executive Functioning?

Do you notice your child struggling with planning, organization, attention, self-control, emotional regulation, or problem solving? These are just a few examples of executive functioning. You may notice some of these challenges daily on the left. Check out the image below for some helpful ideas to help your child become successful.

Strategies for Supporting Executive Functioning Needs

- Have homework written down in the same spot every day
- Explicitly teach executive functioning & study skills
- Give an extra 3-5 minutes to organize before transitions
- Schedule a weekly organization time
- Create routines and practice them often
- Incorporate movement during instruction
- Create an end-of-the-day checklist to remember materials
- Provide brain breaks during and after instruction
- Clearly explain academic & social expectations
- Keep an extra set of books at home and in the classroom
- Use countdowns & time checks during work periods
- Have students set up homework binders

Interested In Joining PCES SEPAC?

SEPACs benefit from diverse community representation. Interested individuals can apply by completing a questionnaire accessible through the QR code below. There are limited spots available in the following districts:

- Duneland
- Portage Township
- MSD of Boone Township
- SELF
- Valparaiso
- Union Township
- East Porter



SCAN ME!