



Andover SEPAC News

**Andover Special
Education Parents
Advisory Council**

Volume Sixteen, Issue I
Fall 2011

From Joyce Laundre/Student Services

Dear Families and Friends,

Welcome back to the 2011-2012 school year! I am thrilled to be returning to Andover with the opportunity to work with the many talented and dedicated educators who serve your children. Andover holds a very special place in my heart not only because I was fortunate to work as Assistant Principal at the Bancroft School but also because my husband Glenn and I lived in Andover in the early years of our marriage. I feel as though I have indeed returned home.

I hope the summer was a time for you and your children to recharge your batteries, to relax and enjoy the long summer days. Many of our students continued to work on skills by attending the extended school year programs held throughout the district and staffed by Andover teachers and instructional assistants. Numerous staff continued to hone their craft by participating in various professional activities. Thirteen staff attended an intensive, three day training on the principles and application of applied behavioral analysis presented by the district's BCBA, Lucy Dufresne in late August.

Now that we have returned to our classrooms refreshed and renewed, we look forward to the challenges and, most importantly, the gift of opportunities offered by a new school year. Fifteen educators will attend a November workshop on "Social Thinking" by Michelle Garcia Winner. Many of our children struggle with both social and communication skills. This workshop will help our staff work to embed the skills they learn through this workshop into their daily work with students. Dr. Ilda King, Reading Specialist, will work throughout the year with staff on the collection of curriculum based assessment data as part of progress moni-

toring. Dr. King will also consult to staff on child specific needs and with programming for students with significant language-based learning disabilities.

Although the special education staff has remained relatively stable, Andover does welcome a new ETF at the Sanborn Elementary School. Ms. Brenda Lee will assume the ETF responsibilities previously addressed by Ms. Jaqui Orphanos, who is now the full time Pre-school/Elementary Program Head for Special Education. Ms. Janet Yedinak now assumes the full time



role of District Coordinator for Social Work Services which will allow her greater opportunity for district-wide coordination of a very critical program in our schools. Ms. Rita Casper is now the full time District Coordinator of Nursing Services, again a very critical role in our the life of our schools.

I look forward to getting to know the parents, students and staff as we strive to provide every child with a special education. Please do not hesitate to introduce yourself or jot me a quick note to let me know how we are doing and how we may build upon the excellent services already in place for our children.

Meetings and Events

Planning for College for Your Student	Oct. 19
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7:00pm-Andover High School Library

Basic Rights	Nov. 8
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6:45pm-Memorial Hall Library
Co-sponsored with the Professional Center

Jonathan Mooney: LD/ADHD Reframed	Jan. 24
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7:00pm-Rogers Center for Performing Arts
Co-sponsored with Parent to Parent

Transition Workshop	Jan. 25
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10:00am-School Admin Building
36 Bartlet Street, Conference Room C

Addressing ADHD	Feb. 15
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7:00pm-Memorial Hall Library

Anxiety/Obsessive- Compulsive Disorder	Mar. 15
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7:00pm-tba
Co-sponsored with Parent to Parent and
Andover Public Schools

Mary French Yellow Rose Award	May 23
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7:00pm-High Plain Auditorium

Information & Networking

Group: Topics

All held at 36 Bartlet Street, 12:30-2pm

10/17 — Open Forum/Meet Joyce Laundre
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1/17 — Behavior Intervention Basics
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1/19 — Perspective Taking and Social Thinking
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2/16 — Gifted and Learning Disabled
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3/15 — Open Forum—Elementary

4/12 — Open Forum—Middle

5/17 — Open Forum—High School



Andover SEPAC

Website:

www.andoversepac.org

College Planning for Students with Learning Disabilities

SCHOOL LIAISONS:

Andover High School -

Regina Kelly, 978-475-4686
rckqueen@verizon.net

Bancroft School -

Shari Noble 978-475-9352
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Doherty Middle School -

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High Plain -

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Julie Dalton, 978-475-0954
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Wood Hill -

Celia Oppedisano, 978-749-0056
celiao@comcast.net

Out of District -

Chris Hagigeorges, 978-470-8897
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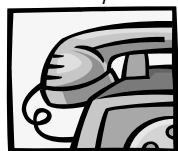
APS Staff

Director, Pupil Personnel -

Joyce Laundre, 978-623-8540
jlaundre@aps1.net

Out of District Coordinator -

Steve Jankauskas, 978-623-8540
Sjankauskas@aps1.net



How do you apply for college and what do you need from your High School's Special Education and Guidance Departments? Should your student disclose their learning disability when they apply for college or after? What types of learning support are available at college and does it cost extra? These questions will be answered by a panel of selected colleges in the area: Middlesex Community College, Endicott College, Curry College, University of Lowell and Northeastern University. Easter Seals will be in attendance to present their assisted technology offerings to students entering college. John Norton from AHS Special Education Department and Aixa de Kelley from AHS

Guidance will explain the high school's role in assisting your student through the application process.

Please join us on October 19 from 7:00pm-9:00pm at Andover High School Library for this informative and timely presentation.

Open to Students in the 8th Grade through High School and Parents.



Our Wonderful Co-Sponsors!

Andover SEPAC is proud of our work to unite community and enhance understanding of special education and the unique world in which we live. Cooperation and support are essential to those efforts. We are very lucky to, again this year, have the opportunity to partner with some wonderful local organizations: the Andover Public Schools (www.aps1.net), the Professional Center for Child Development (www.pccd.org), and Parent to Parent (<http://andoverp2p.com>). Please make sure to support them when you can.



Membership

All parents of children with special needs are welcome to attend our meetings, as are teachers, administrators, and any other community members with an interest in our topics. Donations are requested to make it possible for SEPAC to distribute the newsletter and provide quality programs and speakers at our meetings. A suggested donation of \$20 may be mailed to us at Andover SEPAC, PO Box 1641, Andover, MA 01810. Enclose your name, mailing address, and email address—and thank you for your support!

Basic Rights in Special Education

The Basic Rights Workshop, co-sponsored with the Professional Center for Child Development, will be presented on November 8 at Memorial Hall Library, and will provide families with an introduction to their rights and responsibilities under:

- * Individuals with Disabilities Education Act (IDEA),
- * Massachusetts Special Education Law, and
- * No Child Left Behind (NCLB)

Led by Elizabeth Bostic, the workshop will help parents learn to be effective partners with their child's school to decide their child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

Elizabeth Bostic, a presenter from the Federation for Children with Special Needs, is founder of The Parent Coach, and is the mother of two special needs children; one with Cerebral Palsy and other medical issues, the other with Attention Deficit Hyperactivity Disorder (ADHD). Through her own experience of navigating through the special education system, she was inspired to empower parents by helping them develop strategies for effectively advocating for their children's academic needs.

Transition Workshop

On January 25th at 10am in Conference Room C of the School Administration Building, Director of Student Services Joyce Laundre and her staff will discuss the procedures in place to ensure smooth transitions for students and families as they move up to the next level within the Andover School System (preschool to elementary, elementary to middle school and middle school to high school). Staff from each school as well as SEPAC representatives will be available to answer questions. Please join us for this interactive session that will provide the groundwork for helping prepare your child as he or she moves through their school years.

Please Join Us At Our Monthly Meetings

The Andover SEPAC meets once a month to discuss issues at hand that are of interest and affect the Special Education community. All are welcome and we would like to encourage you to join us! The meetings are held in Conference Room B on the 3rd floor of the School Administration Building and begin at 9:30 am. The scheduled dates for the 2011/12 academic year are:

- October 17
- November 14
- January 23
- February 13
- March 12
- April 9
- May 14

We hope to see you there. Feel free to call anyone on the board or your liaison if you have any questions or would like more information.

Helping Anxious Children Cope

Most parents struggle with how to build self-reliance in their children and teens. Which strategies work and which don't? How can parents interface with teachers and school administrators when their child is struggling and no one seems to notice? On Wednesday, March 15, Andover SEPAC, in conjunction with the Andover Public Schools and Parent to Parent, will host a presentation that will focus on the early recognition of anxiety and will provide an understanding of the environmental factors that fuel anxiety in our children (and ourselves). The efficacy of cognitive-behavioral therapy, proactive parenting, and if needed, medications with proven effectiveness in children with anxiety will be illustrated using everyday examples that all families can relate to.

Aureen Pinto Wagner, Ph.D. is a clinical child psychologist, expert in the treatment of anxiety, and an international speaker. She specializes in cognitive-behavioral therapy (CBT) and has developed the child-friendly Worry Hill™ approach to making CBT accessible to youngsters. In 2002, Dr. Wagner established The Anxiety Wellness Center to provide effective treatment for youngsters and adults with anxiety. Dr. Wagner is the author of several highly acclaimed books, including *Worried No More: Help and Hope for Anxious Children*, *Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder*, *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions*, and *Treatment of OCD in Children and Adolescents: Professional's Kit*.



Information & Networking Groups

Please join us for the 4th year of our successful networking program - a program that provides an opportunity to receive information on topics relevant to raising a child with any kind of special need and to meet other parents, share information, and support each other. Every meeting will be held to include discussion of the month's topic as well as discussion of new and on-going concerns. Discussion topics cover a broad range of topics and include open forum opportunities. Find dates and listings on page one, with more in-depth descriptions on page four.

For more information, contact Cyndi Webber, SEPAC President, or Janet Yedinak, LICSW, District Coordinator for Social Work Services. To be added to our monthly listserv, please contact Janet at [jyedinak@aps1.net](mailto: jyedinak@aps1.net).

ADHD-How does it Fit

On February 15, Dr. Joseph Moldover will lead a presentation on Attention Deficit Hyperactivity Disorder (ADHD) and explore the ways the diagnosis integrates with Special Education—is it to be considered a special need/learning disability, is it best served with an IEP, what is a parent to do, etc.

Dr. Moldover is a clinical psychologist with specialty training in developmental neuropsychology. His work focuses on building a complete understanding of an individual's learning and behavior through the use of psychological and neuropsychological assessment techniques, psychotherapy, and school consultation. He frequently works with individuals diagnosed with autism spectrum disorders, learning disabilities, ADHD/ADD, neurological and psychiatric disorders, and cognitive disabilities and emphasizes continuity of care, often working with children and families over a period of years.

“If you think my hands are full, you should see my heart.”

~Author Unknown~



SEPAC Board – 2011/2012

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Web Site	Jeff Clark	978-475-1143, jeffandlisa2@verizon.net
Workshop & Liaison Coordinator	Regina Kelly	978-475-4686, rckqueen@verizon.net

Examining the Basics of Behavior Intervention

Our first Networking Group presentation will be held on November 7 and will discuss the basic behavioral principles as they relate to children and how behavior plans are used in classrooms in the Andover school system. Presented by Lucie DuFresne, BCBA, she will also offer suggestions on how parents can use some basic behavioral tools at home with their children. There will be time during this presentation for questions and discussion.



Lucie is a Board Certified Behavior Analyst who has been a staff member of the Andover Public Schools for the past two years. Before that, Lucie consulted in the district for seven years under the auspices of Behavioral Development and Educational Services.

We hope you will join us on November 7 from 12:30-2pm, at the School Administrative Building, 36 Bartlet Street, 3rd floor, Conference Room C.

“Kindness is the language which the deaf can hear and the blind can see.”

~Mark Twain~

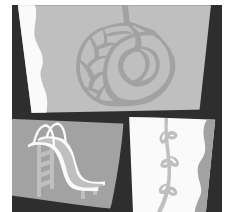
Perspective Taking and Social Thinking

Being social is a complex task that requires many aspects of human development. In this presentation led by Dorothy Lucci, participants will review the concepts of social thinking and perspective taking. A few specific vocabulary concepts will be emphasized as well as a few tools and strategies to bring these concepts of perspective taking and social thinking to life. Sample visuals will be presented as well as how they are introduced to and used with the children. There will be time during the workshop to practice creating a visual of your own.

Dorothy Lucci is the Director of MGH/Youthcare and is a national consultant and speaker who brings over 30 years of specializing in individuals on the Autism Spectrum to her work. She has an advanced degree from the Univ. of MA and is certified as a school psychologist with extensive background in neuro-

psychology while at the Boston Univ. Medical School. She holds teaching certificates in early childhood, elementary and special education. She has published in a variety of journals, has a book chapter in the [Exceptional Brain](http://www.guilford.com) (1988) www.guilford.com and is co-author of [The Think Smart Feel Good Curriculum](http://www.SmartThot.com) (2009) www.SmartThot.com. She is a member of the Board of Directors of the Asperger's Association of New England (AANE) and an adjunct faculty member in the Graduate School at Lesley University and Antioch College. Dot consults to specialized programs in the Andover Public Schools.

Please join us on January 9 from 12:30-2pm, at the School Administration Building, 2nd floor, School Committee Room.



Twice Exceptional - Gifted and Learning Disabled

Many individuals who learn differently are very bright. These gifted students with learning disabilities are known as “twice exceptional”. With an outstanding ability or talent, evidence of a processing deficit, and a measurable difference between actual and expected achievement, these learners are, in some ways, the most difficult to identify. Their learning disability hides their giftedness and their giftedness hides their learning disability. As a result, they do not get the services they need for either their learning disability or their giftedness. How can these students be included and supported in challenging high school and college classes?



On February 6, Doreen Arcus will lead a presentation that discusses the identification of this specialized learner and strategies for meeting their academic and social needs. Dr. Arcus is a Director of the Honors Program at UMass Lowell as well as the creator of the course: “Children with Disabilities in the Classroom,” a requirement for elementary and early childhood certificate seekers at UMass Lowell. In addition, Dr. Arcus is a former speech-language pathologist and the parent of a young adult with learning disabilities.

Please join us in the School Administration Building, Conference Room C from 12:30-2pm.



The Gift: LD/ADHD Reframed

On January 24, Jonathan Mooney will conduct a powerful presentation that supports parents in celebrating the strengths, gifts, and talents of their exceptional child. To empower students of different abilities, parents and educators need to understand that learning style differences can be seen as a social construct, not a medical condition. Come hear about what is RIGHT about your children and leave with ways to change social perceptions. Parents, teachers, and caregivers will be coached on how to help uncover a labeled child's assets while teaching resiliency, meta-cognition, leadership skills, and self-advocacy.

Jonathan Mooney is a dyslexic writer and activist who did not learn to read until he was 12 years old. He is a graduate of Brown University and holds an honors degree in English Literature. He is co-founder of Project Eye-To-Eye, a widely duplicated mentoring program for disabled students. He is also a winner of the prestigious Truman Scholarship for graduate studies in creative writing and education, and was a national finalist for the Rhodes scholarship. He is the author of many books, including the bestseller, *Learning Outside the Lines*.

For more about Jonathan, please visit his website: <http://jonathanmooney.com>.

Co-sponsored with Parent to Parent, the presentation will begin at 7pm at the Rogers Center for Performing Arts at Merrimack College in North Andover. Please feel free to bring your children (ages 10 and up) to hear this inspiring and provocative speaker. You won't be disappointed!

Where to Turn

So often, we have a question and don't know where to find the answer. Your school liaison is a great place to start...particularly for school specific questions. It's important to remember that, when we have questions or concerns, we are not alone and there are resources out there. The SEPAC website, www.andoversepac.org, lists a variety of targeted resources. The following is a list of FCSN sponsored resources.

Federation for Children with Special Needs (FCSN)

Provides information, support and assistance to parents of children with disabilities.
1-800-331-0688 or 617-236-7210

Parents for Residential Reform

Provides support, information and referrals, and other information to parents and guardians of chil-



For Your Library Recommendations from FCSN

Knowing Jesse: A Mother's Story of Grief, Grace, and Everyday Bliss

By Marianne Leone

In her new book, "Knowing Jesse", actress and screenwriter Marianne Leone details her son Jesse's life and shares her insight on the challenges and benefits of raising a child with a disability. Jesse was born prematurely in 1987. As a result he developed cerebral palsy and Marianne and her husband, actor Chris Cooper became strong advocates not only for their son, but for all children with disabilities. Sadly, Jesse Cooper died from medical complications on January 3, 2005 at the age of 17.

My Daughter, My Teacher: Mary Ann, Autistic in English and Spanish

By Martha Ziegler

Martha Ziegler, founder and former Executive Director of the Federation for Children with Special Needs, played a crucial role in creating the legislation and attitude changes that have considerably enhanced the opportunity for all children with disabilities to live a full life. In her efforts to achieve quality educational opportunities first for her daughter Mary Ann, Martha furthered a movement that would begin to change forever the life possibilities for children with disabilities in the U.S. and around the world. At the heart of all of Martha's advocacy is a vision of respect, dignity, love, and human rights for her daughter and all persons with disabilities. In "My Daughter, My Teacher: Mary Ann, Autistic in English and Spanish", Martha Ziegler shares the experiences that have molded her prolific mark on the disability community.

dren with special needs regarding residential educational settings and more.
617-399-8345; website: www.pfrr.org

Family TIES

A statewide information and support network providing a unique type of sharing and support between parents who experience similar life situations.
800-905-8437; website: www.massfamilyties.org

The Parent Training & Info Center

Provides free information, technical assistance and workshops to Massachusetts families of children with special needs and the professionals who work with them, particularly as regards special education services and legal rights.
617-236-7210; website: www.fcsn.org/pti

"Inclusion is extremely important for kids with and without disabilities"

~Clay Aiken~

"If we cannot now end our differences, at least we can help make the world safe for diversity."

~John F. Kennedy~



From Marinel McGrath/Superintendent of Schools

Dear Parents/Guardians of Andover Students,

Welcome to the 2011-2012 school year!

The rain did not dampen the spirit of our students as they returned to school, their classmates, and their teachers. By the end of the week, everyone was settling into their classrooms and routines – it always amazes me how quickly everyone assimilates after the summer holiday.

I look forward to the New Year and the opportunity to work with Ms. Joyce Laundre as she takes over the helm of our Student Services Program. Together, we will oversee programs that provide comprehensive and high quality services for our children with disabilities.

Ms. Laundre shared much of our news with you in her welcome. For those of you with students at the high school, I am pleased to tell you that during the summer, two of our high school teachers, Lisa Blaisi and Helen Fitzgerald, designed and taught a course for instructional assistants on September 1 and 2 with four additional sessions occurring over the next several weeks. The course includes information on Dis-

ability Awareness, Impact on Learning, Strategies and Importance of Differentiation in Instruction and Assessment. Ms. Blaisi and Ms. Fitzgerald will also provide general education teacher training on these same topics during the autumn. The course, thus far, has had great reviews. Please join me in thanking Lisa and Helen for their work in this critical area.

As we begin the school year, I want you to know that I remain committed to effective programming for students while, at the same time, I am also committed to assessing our current practices and fostering a culture of continuous improvement in our school district. I believe that if we (a) take time to think, problem solve, grow, and work together and (b) plan together to develop strategies to support each child's development through a range of activities and programs, then our children will receive the best instructional supports that maximize their participation in the general education curriculum and their engagement with general education peers.

In closing, I wish you and your children, the very best for a wonderful school year.

Sincerely,
Marinel D. McGrath, Ed.D.
Superintendent of Schools

“Some people come into our lives, leave footprints on our hearts, and we are never the same.”

~Franz Peter Schubert~

Also of Interest

Professional Center for Child Development to Offer Additional Workshops

Turning Three

On October 13, PCCD is hosting a workshop that will provide information for parents about the process of transitioning a child from Early Intervention to publicly funded preschool. Led by Elizabeth Bostic (see her bio on page 2,) discussion will include the required Early Intervention transition planning steps, eligibility for special education, the TEAM process and the parent's role in planning, making decisions and monitoring progress for their child.

Please join us from 6:30pm—8:30pm at the Professional Center for Child Development at 32 Osgood Street in Andover.



An IEP for My Child

Every child with a disability who receives special education services must have an Individualized Education Program (IEP). On December 1, Jennifer Perlitch will lead a workshop that takes parents step-by-step through IEP development, including how to articulate a vision, using evaluations to write measurable goals, and measuring their child's progress.

The workshop will be held at the Professional Center at 32 Osgood Street in Andover from 6:45pm—8:45pm.



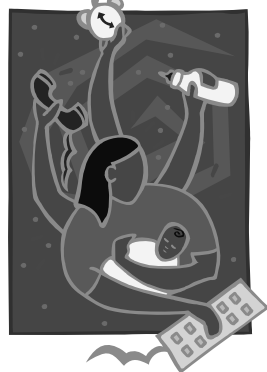


Mary French Yellow Rose Award

Leaders in education are frequently hard found and unsung. Mary French, who held the positions of Andover Selectperson and Director of Pupil Personnel, was truly such a leader, breaking ground in the delivery of special education and the inclusion of the whole child in service delivery. It is in her memory that, since 2002, the Andover Special Education Parents Advisory Council (SEPAC) has sponsored the Mary French Yellow Rose Award to recognize like leaders in special education.

Years ago, Mary French led a group of Andover teachers and parents on a field trip to visit the Glastonbury school system. The Glastonbury system had been successful in implementing new and innovative programs designed to improve delivery of services to special needs children. It was observed that educators whose contributions went the extra step to provide improved programming and foster a more inclusive environment for special education students were rewarded with the discovery of a yellow rose secretly delivered to their desk. Thus the yellow rose became a symbol of excellence and the seed for the Mary French Yellow Rose Award was planted.

As we seek to acknowledge and recognize those who work with distinction and go above and beyond to improve the quality of the education our children receive, we encourage you to nominate the individuals that have made a difference in your life or the life of your student. The guidelines for nominees follow.



The nominee can be a Special Needs or Regular Ed teacher, an instructional assistant, coach, therapist or any employee of the Andover Public School System. The nominee will meet the following criteria:

1. The nominee consistently provides the opportunity for the student to access both academic and recreational Regular Ed programs in a meaningful way.
2. The nominee is a true collaborator, working well with parents and teachers alike. He or she is a team player.
3. The nominee embraces change and is willing to take risks in order to improve upon current educational policies.
4. The nominee works with the team to provide a vision for the student and uses the educational process to achieve these goals.

Nominations should be submitted in the form of a letter stating why this individual should be considered and, if possible, detailing how this individual made a difference. They should be submitted to Joyce Laundre, Director of Student Services, by mail to 36 Bartlett St. in care of Colleen

Sheehan or by e-mail to CSheehan@apsl.net. We will not be accepting nominations through the school principals or individual SEPAC members. The deadline is March 15, 2012. All nominees will be honored and the Mary French Yellow Rose Award will be presented at a ceremony on May 23, 2012 at the High Plain Elementary Auditorium. Any questions please contact Karen Finley at kafinley@verizon.net or Sharon Mason at s.sharonmason@comcast.net

“To the world you may be one person, but to one person you may be the world.”

~Heather Cortez~

Conferences and Gatherings

Learning Disabilities Association
49th Annual International Conference
February 22-25, 2012
Chicago, IL

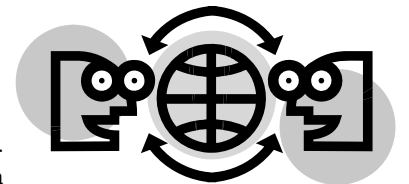
The largest meeting on learning disabilities in the world, featuring over 200 workshops and exhibits. Discover the latest in LD research, learn effective teaching techniques and strategies, hear from leading experts, and network with colleagues, friends, and parents.

For more information: <http://www.ldanatl.org/>

Asperger's Association of New England's
Asperger Syndrome Connections 2011
October 14-15, 2011
Marlborough, MA

AANE's annual conference for parents, professionals, educators and teens/adults with Asperger Syndrome features keynote speakers Dan Coulter, Todd Drezner and Priscilla Gilman plus 57 workshops and panel presentations over two days.

For more information: <http://www.aane.org/>



Resources At APS
School Program Heads

Placement Coordinator	Steve Jankauskas 978-623-8540 sjankauskas@aps1.net
PreSchool/Elementary	Jacqui Orphanos 978-623-8540 jorphanos@aps1.net
Doherty Middle School	Kathryn Clark 978-623-8773 kclark@aps1.net
West Middle School	Rebecca Franks 978-623-8712 rfranks@aps1.net
Wood Hill Middle School	Linda Croteau 978-623-8925x2030 lcroteau@aps1.net
High School	John Norton 978-623-8611 jnorton@aps1.net

MARK YOUR CALENDAR:
October 19
7:00 PM
College Planning for Your
Student with Special Needs
AHS Library

Andover SEPAC Website:
www.andoversepac.org

**Andover Special Education
Parents Advisory Council**

Andover SEPAC
PO Box 1641
Andover, MA 01810

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