

# MINUTES

SECAC

*January 5, 2023*

---

## In Attendance

---

Wade Sewell, Jennifer Kelleher, Rachel Trovato, Kathy Pitrat, Karen Jankowiak, Katie York, Kelly Martin, Jeanne Erdley, Angelique McKoy, Kara Stone, Angela Sittler, Anne Howell, Heather Hays, Jin Chen, Kristin Jenkins, Carie Sadowski, Charles Dierbach, Christopher Thompson, Colleen Sasdelli, Danielle Bustos, Erna Duncan, Lu Zhang, Laurie Rajala, Kristy Gizinski, Lo An Fine, Marjorie Guldan, Mary Loeffler, Melissa Metzger, Meredith Lewis, Michele Roy, Pauline Timmons, Rachel Harbin, Rebecca Meisenhelder, Stephanie Sand, Stephanie Swisher, Vhabal Goldhm, John Dyer

---

## Welcome & Announcements

---

1. Welcome from SECAC.
2. Upcoming Meeting on February 2, 2023 – How to Prepare for the Annual IEP Meeting from the Teacher Perspective
3. Notices for Community Events are through Facebook group and/or Email list.
4. Please leave questions and comments in the chat. It is being monitored.
5. Zoom norms

---

## Information Share: Director of Special Education - Colleen Sasdelli

---

Colleen Sasdelli discussed asynchronous Snow Days. We will have a practice on January 9, 2023 as homework. Then for the first three inclement weather days following the practice tonight, all students will have activities to complete in CANVAS for their school work for that day. They will have three days after the snow day to complete any assignments. A shout out about Jessica Willison, a HCPS Adapted PE teacher, who was named the Maryland APE teacher of the year, and then the Eastern Regional APE Teacher of the Year and will be competing for the US APE teacher of the Year in April. (submitted by Pauline Timmons)

---

## Presentations

---

Skills to Support Self-Advocacy (Focus on child/teen) - Courtney Hart (Healing Hart Wellness) and Jennifer Kelleher (Education Direction, Baltimore Lab School)

Self-Advocacy – It is useful everywhere. It increases resistance. It decreases hopelessness. It prevents burnout / masking.

Kids should be told about their disability as early as possible. Knowing about their disability helps them know why things are harder and/or easier for them. Being proactive in asking for help helps with being frustrated.

Talk to them – be honest, answer questions, stay positive and list their strengths with them.

Review their 504 / IEP with them – who is on the team, when the meeting is, what their supports/accommodations are (they are rights, not suggestions), and if something isn't followed, they need to self-advocate.

Review their lists of supports/accommodations (what are helpful, what is not offered and any supports would be helpful – if not listed). Create their own personal list of supports, if needed (extra time, fidgets, reminders, timers, speech to text).

How to teach advocacy – self modeling, direct instruction, practice.

- Self-modeling – Encourage problem solving and expression. Encourage the child to come up with a solution. Lead by example.
- Direct instruction – Teach in parts. Be simple. Awareness (challenges, warning signs).
- Practice. Learning can't happen when overwhelmed, anxious or in a meltdown.

Set realistic expectations. Be specific (focus on what is being said, listen, ask curious questions). No “why” or “should” questions.

Communicate neutrally (email – give examples or scripts for this).

Ask for what you need.

Be proactive – touch base with teacher periodically. Share with them your goals for your child as well as your child's goals. Share with them what supports work for your child, even if they're not listed in the IEP/504.

If you feel that no one is listening, seek others for help.

---

## Q&A

---

Q. How do you get past accommodations if they follow them, but still need help?

A. Consistency, natural consequences, email teacher.

Slides:

[https://www.canva.com/design/DAFVUpAW1Mg/tfczyvUJwSskQq2WJtpARg/view?utm\\_content=DAFVUpAW1Mg&utm\\_campaign=designshare&utm\\_medium=link2&utm\\_source=sharebutton](https://www.canva.com/design/DAFVUpAW1Mg/tfczyvUJwSskQq2WJtpARg/view?utm_content=DAFVUpAW1Mg&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

---

## Giveaways

---

Sensory items – Erna Duncan

Smart But Scattered – Heather Hays

Minutes taken by Kara Stone, Secretary/Treasurer