



NBISD Parent Advisory Board

Agenda/Minutes

Every student. Every day.
Engage, Empower, Learn

December 14, 2022 @ 12:00 PM

- Welcome
 - Members in attendance: Nina Pugh, Catherine Archer, Leticia Gonzales, Heather Jarboe, Jennifer Martinez, Anissa Moore, Sharon Carlson, Rose Zamora
- Review of meeting norms
- Review of minutes from last meeting
- Old Business
 - Reminder: Parents, if you do not know your student's case manager and need help finding out who that is, please contact Nina Pugh at npugh@nbisd.org. The case manager can provide additional assistance with various topics regarding your student.
- New Business
 - Believe It Foundation (through the McKenna Foundation in New Braunfels)
 - NBISD Special Education was awarded a \$20K grant- we will be receiving up to 10 additional adaptive bikes; planning a GET ACTIVE DAY in the Spring- date TBD
 - A message was sent out to parents on the SEPAC FB page that a Google form was created for any parents that would like to send recognition or a quick "Thank You" to any district staff.
- Resources
 - Per Sharon, a resource list for parents will be coming out soon; focused on establishments in Comal County
 - SPED parent newsletter- available monthly through Parent Square
 - SEPAC meetings
 - Listed in the newsletter on Parent Square; there was discussion on how to get more parents engaged/involved.
 - Per Rose, the idea was shared to have SEPAC info brochures and a resource list available to parents at ARD meetings and other locations where parents will see it; possibly creating a video that will explain the mission of the SEPAC organization.

- Upcoming events
 - **Navigating Special Education ARD's & IEP's:** December 16, 2022 @ 9am via Zoom; free and open to the public; email: pattyv@acn-sa.org to register; posted on SEPAC Facebook page.
 - **Autism Walk:** April 1, 2023 from 9am-11am at Ninth Grade Center

- **Behavior Bites-** lunch and learn (with Anissa Moore, M.Ed. BCBA)
 - **December: Sensory Strategies for Home and Community Settings**
 - How to survive the holidays specific to sensory challenges
 - **For sensory avoiders** (hypersensitive) “too much”: consider a sensory bag to provide comfort; earbuds/cotton; noise canceling headphones, simple device that provides white noise, items of familiarity, weighted pillow/blanket; calm/simple fidget items, safe spot at home/community; visual supports to distract
 - **For sensory seekers** (hyposensitive) “need more”: heavy movement activities (walk/jog/jump/wall push-ups); weighted items; baseball cap with adjustable straps to provide head pressure; “dance party” music; multi-sensory fidget items; chalk walks on sidewalk; rocking chairs/swivel rockers/barstools; pushing carts at store; visual supports to engage; pre-teach allowable movements in the community
 - **For ALL:** pre-teach and practice; use visuals to support expectations; allow for a designated alternate space if needed; always have a plan B.
 - Social Media
 - SEPAC Facebook Page
 - Currently at 122 members; a great resource for information and upcoming events.

- Upcoming meeting dates:
 - Jan 11, 2023
 - Feb 15, 2023
 - Mar 10, 2023
 - Apr 12, 2023
 - May 10, 2023

Meeting adjourned at 12:50 PM

