

February 15, 2023

- ❖ Members in Attendance (via Google Meet): Nina Pugh, Leticia Gonzales, Stephanie Gain, Heather Jarboe, Jennifer Martinez, Sharon Carlson, Anissa Moore, Jena McKinzie, Lynn McCord, Malinda

- ❖ Introductions

- ❖ Review of Meeting Norms
 - Raise hand, use chat, email Nina for specific concerns: npugh@nbisd.org
 - Please share- we want to hear from you.

- ❖ Review of Minutes

- ❖ Upcoming Events/Resources
 - Gateway Cookies for Sale
 - Rock Haus Dance- February 16
 - The ARC Sweetheart Dance- February 18- Knights of Columbus
 - Adaptive Bike Kickoff- February 22- 9:45am @ NBMS
 - Parent Advocacy Committee Meeting- February 23- McKenna
 - Special Olympics Polar Plunge- February 25- Landa Park Complex

www.sotx.org/polarplunge
 - Special Olympics Track & Field Day-March 31- NBHS Unicorn Stadium
 - 9AM- 12PM
 - Please reach out for volunteer opportunities

- Autism Walk- April 1- Ninth Grade Center
- SEPAC FB page
 - Currently 132 members
- SPED Parent Newsletter-available online on the SEPAC FB page

- ❖ Behavior Bites: Lunch & Learn w/ Anissa Moore, M.Ed., BCBA, LBA
 - February: Establishing Routines & Supporting Transitions
 - Important for ALL kids
 - Help understand expectations; order of what's happening; minimize anxiety & fear
 - Establishing Routines- How: Think about routines and steps involved; Determine where one is needed and if mini-steps or visuals need to be added; Pick It and Stick It: Be consistent.
 - Supporting Transitions- How: Use visual supports; For extra support, use a transition item to indicate what is coming next; Be specific w/ verbal during transitions.
 - First/Then Strategy (less preferred/more preferred activity)
 - Examples of items to help with routines: routine chart; mini routine schedule; routine checklist; calendar; timer; technology (Alexa, Siri, Google)

- ❖ New Business
 - Long Creek High School
 - PTA is looking for members; please contact Sharon Carlson if interested: sharoncarlson37@yahoo.com
 - Recommendations for summer accommodations
 - A list is being created that will include camps/daycares/activities for our SpEd students.

❖ Upcoming SEPAC meeting dates

- 3/10/2023
- 4/12/2023
- 5/10/2023

Meeting adjourned at 12:38 PM