



Preparing for the New Year in Special Education

NOC SELPA CAC Meeting

September 10, 2026

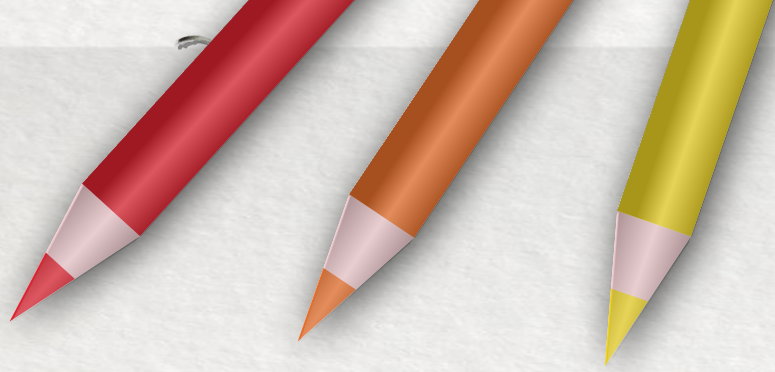
Create Access · Meaningful Progress · Every Student



Hello! I'm...

Hong Yee, Ph.D.

Former school psychologist, Licensed Educational Psych, district special education administrator, and currently a coordinator at the North Orange County SELPA.



Agenda

- Welcome!
- Strategies for a great school year
- Meaningful participation
- Procedural Safeguards for Parents & Students
- Collaboration & Communication Strategies
- Upcoming CAC Events

The background is a light gray textured surface. Scattered around the edges are several colored pencils: red, magenta, purple, dark blue, teal, brown, green, light green, yellow, and orange. A green highlighter has drawn a horizontal line across the page, starting from the left edge and ending under the subtitle.

Getting Off to a Great Start

Organizational Tips & Strategies for Parents

PUT ALL SCHOOL DATES IN YOUR CALENDAR



Add the entire school calendar—holidays, breaks, minimum days, back-to-school night, conferences, field trips, and important deadlines—to your calendar or planning app. Seeing it all in one place helps you plan ahead and avoid surprises!

Try: Google Calendar, Outlook, Cozi, Apple Calendar, or a paper planner—whatever works for you!



ESTABLISH ROUTINES THAT SUPPORT SUCCESS

Consistent routines reduce stress and help kids feel secure.

- Set regular bedtimes
- Plan a morning routine
- Create a homework or quiet time
- Prepare for the next day the night before



STAY CONNECTED AND INFORMED



Read school communications, check your email and parent portal regularly, and follow your school on social media.

Don't hesitate to reach out—we're partners in your child's success!



SET UP A LEARNING-FRIENDLY ENVIRONMENT



Create a space where your child can focus and feel supported.

- Keep supplies organized
- Minimize distractions
- Stock up on essentials
- Celebrate effort and progress!



Tips for Parents

SEND CALENDAR REMINDERS FOR YOURSELF



- Add important dates to your phone, email, or a family calendar.
- Set reminders for IEP meetings, progress reports, and school events.

Stay organized,
stay informed! ♡

EMERGENCY CONTACT UPDATES



- Keep your child's emergency contact information up to date with the school.
- Include multiple contacts (family, friends, or neighbors) in case you can't be reached.

Prepared today =
peace of mind tomorrow. ♡

Tips for Parents

BEST COMMUNICATION METHOD WITH TEACHER AND SERVICE PROVIDERS



- Ask your teacher and service providers their preferred communication method (email, phone, or app).
- Check how often and when they are available.

Clear communication builds strong partnerships! 

HELPING TO VOLUNTEER AT SCHOOL EVENTS



- Look for volunteer opportunities like classroom help, school events, or field trips.
- It's a great way to support your child, meet other families, and be part of the school community.

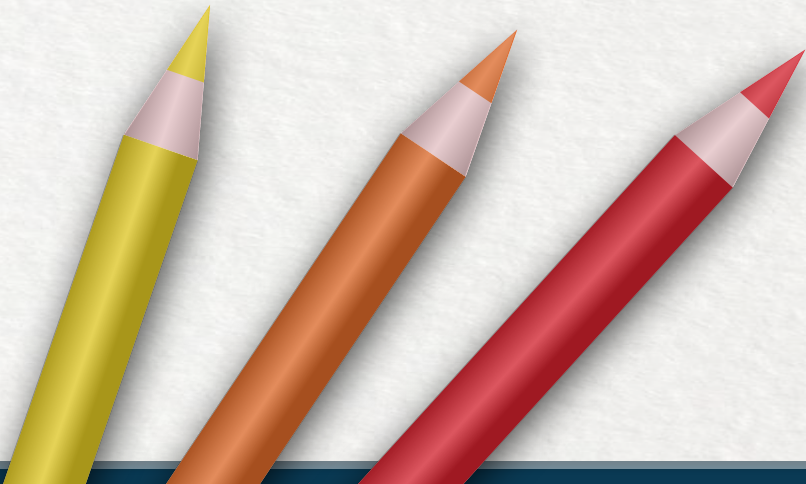
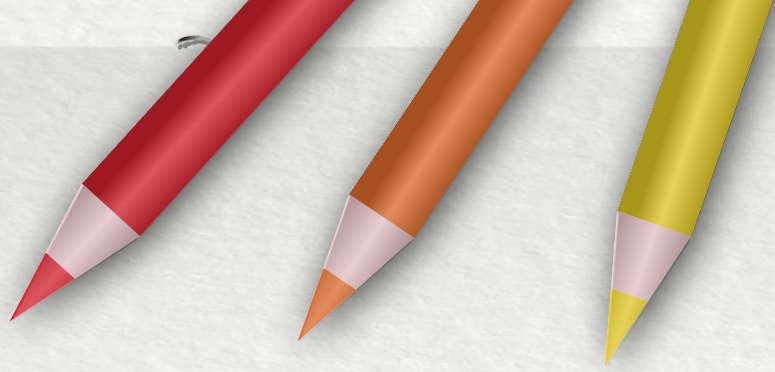
Your time and support matter! 

TAKE CARE OF YOU!

When parents take care of themselves, kids thrive.

- Get enough rest
- Take breaks
- Ask for help when you need it
- Celebrate the small wins





Meaningful Participation in the IEP Process

Meaningful Participation

Help your child identify their strengths.



Strengths build confidence and success!

Include your child in IEP meetings when appropriate.



Meaningful Participation

Use age-appropriate language to explain what they are working on, what supports they receive, and what they are proud of.



Ask your child what is working—and what isn't.

Questions like

"What makes school easier for you?"

or

"What would you like your teacher to understand about you?"

can help identify meaningful supports.



Teach your child how to appropriately ask for help, request a break, explain a need, or use an accommodation.



Celebrate progress — not just grades.

Recognize growth in independence, communication, self-confidence, problem-solving, and self-advocacy.



Connect IEP goals to real life.

Talk about how skills learned at school can help with friendships, independence, communication, organization, employment, college, or everyday activities.



Share your child's voice with the IEP team.

If your child isn't ready or comfortable speaking during a meeting, parents can share their child's preferences, concerns, interests, and successes.



ALL ABOUT ME

My voice, my strengths, my needs, and my goals

Name:

Grade:

Date:

WHAT I LIKE

Favorite activities, hobbies, subjects, foods, music, games, or other things I enjoy:

MY STRENGTHS

Things I am good at or proud of:

WHAT HELPS ME

What makes learning or school easier for me?

WHAT DOESN'T WORK FOR ME

Things that feel difficult, frustrating, or unhelpful:

MY GOALS & MY FUTURE

What matters to me now—and where I want to go

MY GOALS

Something I want to get better at this year:

A goal that is important to me outside of school:

I LIKE TO HAVE A SAY IN...

Write or check what matters to you:

- ☐ Goals
- ☐ Activities
- ☐ Supports
- ☐ How I show what I know

HOW I PREFER TO COMMUNICATE

I prefer to:

- ☐ Talk it out
- ☐ Write or type
- ☐ Use visuals
- ☐ Have time to think first

I AM PROUD OF...

I WANT TO TRY...

Procedural Safeguards

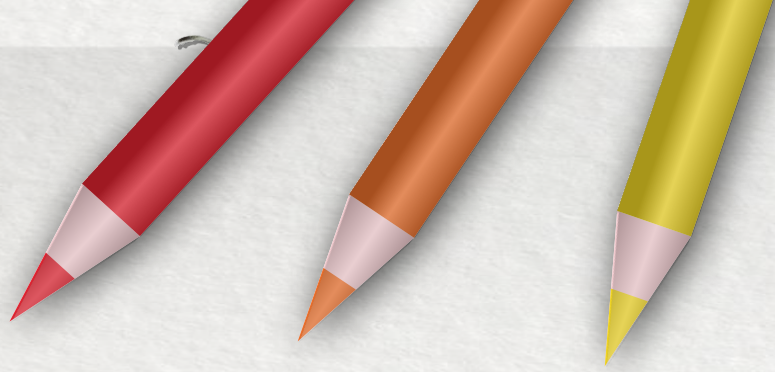
Protections that help parents participate in their child's IEP and make sure their child receives a Free Appropriate Public Education (FAPE)



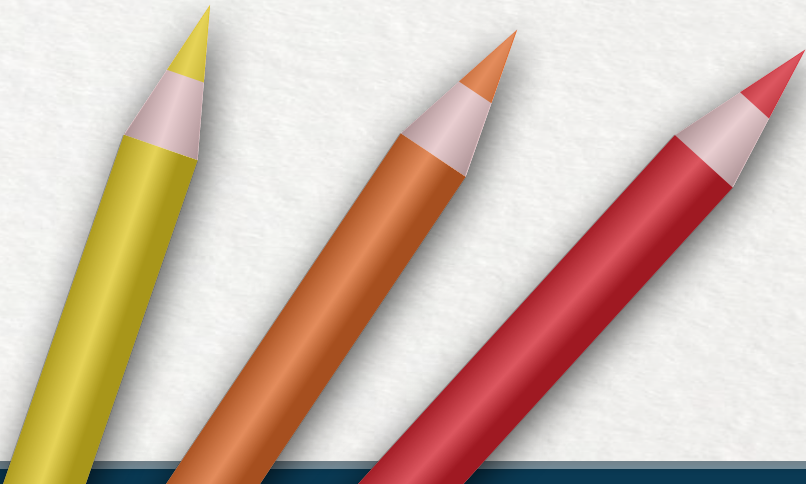
You can ask questions. You can request clarification, records, assessments, and information about program options.

You give consent. Parents generally provide informed written consent before an initial assessment and initial provision of special education services.

You can disagree. You can disagree with an assessment, IEP, or proposed action and it's important to explore options for resolving the disagreement.



Collaboration & Communication Strategies



Parents are members of the IEP team

and have the right to meaningfully participate in developing their child's IEP.

Parents can:

Share concerns, priorities, strengths, and goals.

Ask questions and request clarification.

Provide information about their child's needs.

Participate in discussions about goals, services, accommodations, and placement.

Agree or disagree with recommendations.



Collaboration & Communication Strategies

Strategies to help you work through concerns
and find solutions that support your child



Tips for Parents

Ask questions!

It's okay to say:

- “Can you explain that?”
- “What data are we looking at?”
- “What other options could we consider?”
- “How will we know if this is working?”





Collaboration & Communication Strategies

- **Listen to understand**

Try to understand the school's perspective, just as you want them to understand yours

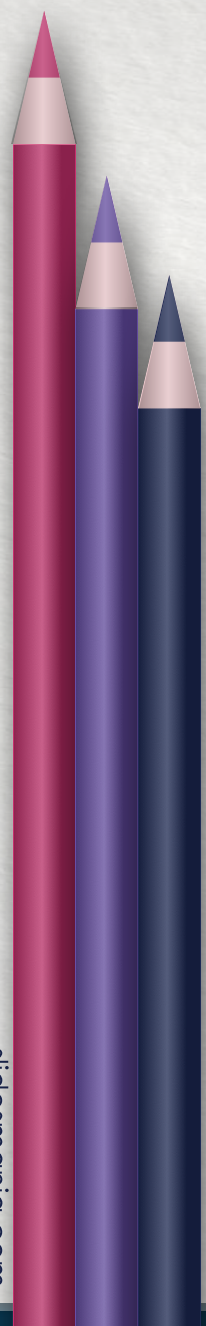
- **Keep communication respectful**

You can disagree with a recommendation while still working respectfully with the team

- **Make a note on what you agree on**

After a conversation or meeting, make sure everyone understands the next steps, who is responsible, and when you'll check back in

The goal is to find a solution that
**supports your child's needs and helps them access
a meaningful education**



NOC SELPA CAC Events

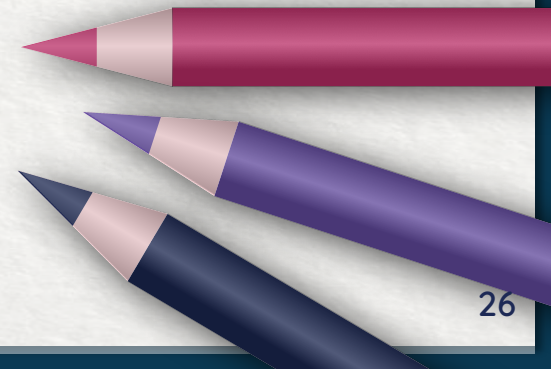
Mark Your Calendars!

September 10, 2026

October 16, 2026

November 12, 2026

March 2027



TRUNK -OR- TREAT

RESOURCE FAIR

PRESENTED BY
THE NORTH ORANGE COUNTY SELPA
COMMUNITY ADVISORY COMMITTEE (CAC)



EVERYONE
WELCOME!



DATE:
Friday, October 16, 2026



TIME:
4:30-6:00 pm



LOCATION:
North Orange County SELPA Office
1021 W. Bastanchury Rd., Suite 161
Fullerton, CA 92833



Come enjoy some treats and visit our
vendor resource fair.



Students must be accompanied by an
adult or guardian at all times and
encouraged to wear a costume.



Our event caters to students with
special needs in a safe and caring
environment.



Do you have any questions?

Thank you!



(714) 641-5402

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