**SELPA 1 CAC Newsletter 2023-2024**

**Our Programs**

**CAC Parent/Community Meetings**
All are welcome. Bi-Monthly updates from Special Ed. Directors & Staff, to plan programs and parent education.
- Mon Aug 28, 9am
- Mon Oct 2, 4 pm
- Mon Dec 4, 9 am

Register for Zoom links at http://www.selpa1cac.org/events/
Additional Palo Alto CAC meetings also available.

**IEP/504 Parent Support Group - Let’s Talk**
- Wed Sept. 13, 10 am
- Tues Oct .11, 7 pm
- Tues Nov 8, 10 am
- Tues Nov 14, 10 am
- Tues Dec 12 , 10 am

Additional dates for 2024 TBA
Register for Zoom links at http://www.selpa1cac.org/events/

**Support for Parents of Teens with Mental Health Challenges - Online Parent Chat**
- Tues Sep 12, 10 am
- Tues Oct 10, 10 am
- Tues Nov 14, 10 am
- Tues Dec 12 , 10 am

Additional dates for 2024
Contact trudy.palmer@me.com for Google Meet link

**Unity Day**
WEAR ORANGE to show unity for kindness, acceptance, and inclusion. A visible message against bullying.
Oct 19th all day

**More Events**
Watch your school newsletters or our website for CAC-sponsored parent education events and updates

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**SELPA 1 CAC**

SELPA 1 CAC consists of parent volunteers, staff, and community members, and advises school districts on matters pertaining to special education and inclusion. We are a neutral bridge between parents and districts to improve communication and cooperation.

We provide parent support, mental health resources, and legislative advocacy. We partner with the Palo Alto CAC (cacpaltoalto.org), the Learning Challenges Committee of the MVLA PTA Council, and school PTAs. We collaborate with parents and districts, and work toward making an appropriate education available to every child.

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**Dear parents of students with special needs,**

Santa Clara Northeast SELPAs and their CACs are in transition to be consolidated as of July 1 2024. The CAC will continue to be a community for you. We want to hear your concerns, help communicate them to school districts, offer support and resources, and create connection. YOU ARE NOT ALONE.

**SELPA1CAC.org**

**CACPaloAlto.org**

**Contact Us**
selpa1cacinfo@gmail.com
paloaltocac@gmail.com

**On the Web**

SELPA1CAC.org
CACPaloAlto.org

**Mailing List**
groups.google.com
/g/selpa1cac/

**Follow Us**
facebook.com
/selpa1cac

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paloaltocac@gmail.com
**Chronic Absence**

Chronic absence is defined as missing 10 percent or greater of the total number of days enrolled during the school year for any reason. It’s important to consider the reason for the absenteeism.

1) Kids with ADHD, autism, or developmental delays are twice as likely to be chronically absent.
2) Children with chronic illnesses, such as asthma, type 1 diabetes, or seizures miss more school.
3) Mental health conditions, like anxiety or depression, are common reasons for absences.

Up to 5% of children have school-related anxiety and may create reasons why they should not go or outright refuse to attend school.

In California, EC Section 48203 requires that the severance, expulsion, exclusion, exemption, transfer, or suspension beyond ten school days of students with exceptional needs be reported to the county superintendent of schools.

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**Key Resources for Families**

**Handbook for Special Education** - May answer many of your questions tinyurl.com/selpa1cac-handbook

**PHP** is a family resource center for our region, for families with children and adults with special needs. Classes, resource directory, support groups www.php.com

**CHC** Learning and mental health services, videos and support groups www.chconline.org/

**San Andreas Regional Center** Early intervention and services for individuals with disabilities that cause severe impairments www.sanandreasregional.org/

**Early Support Program for Autism** at Stanford. Individualized, free, information and support med.stanford.edu/espa.html

**Understood.org** National organization with articles about learning differences, in English and Spanish

**Decoding Dyslexia California** decodingdyslexiaca.org/south-peninsula-dyslexia-support-group

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**School District Contacts**

**Los Altos**

tinyurl.com/lasdsped

Special Ed Director: Jennifer Keicher, jkeicher@lasdschools.org

Special Ed Secretary: Kaylee Wademan, kwademan@lasdschools.org

Phone: (650) 947-1182

**Mountain View Whisman**

tinyurl.com/mvwsdsped

Special Ed Director: Karin Jinbo, kjinbo@mvwsd.org

Special Ed Secretary: Veronica Del Rio, vdelrio@mvwsd.org

Phone: 650-526-3500 ext. 1163

**MVLA High School**

tinyurl.com/mvlaspd

Special Ed Administrator: Neena Mand, neena.mand@mvla.net

Program Support Specialist: Lisa Contreras, lisa.contreras@mvla.net

Phone: (650) 940-4650, ext. 0051

**Palo Alto Unified**

tinyurl.com/pausdsped

Special Ed Director: Amanda Boyce, aboyce@pausd.org

Special Ed Director: Cynthia Loleng-Perez, cloelengperez@pausd.org

Phone: (650) 833-4257

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**PREVENTING SCHOOL ABSENTEEISM: WHAT PARENTS NEED TO KNOW**

**Attendance Improvement Strategies**

10 PRACTICAL TIPS TO GETTING YOUR CHILD TO SCHOOL ON TIME, EVERY DAY

1) Set attendance goals with your child and track the attendance.

2) Help your child get a good night’s sleep.

3) Prep the night before

4) Try to schedule medical appointments before or after school hours.

5) Schedule extended trips during school breaks.

6) Don’t let your child stay home unless he or she is truly sick.

7) Talk with your child about the reasons why he or she does not want to go to school.

8) If your child has a chronic health issue talk with your pediatrician about developing a school action plan.

9) Follow the school attendance rules.

10) Look into why your child is absent.

You can find more information using the QR codes.