

# SELPA 1 CAC Newsletter 2023-2024

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.



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](http://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.



## 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 Feb 5, 4pm

Mon Oct 2, 4 pm

Mon May 6, 9am

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 Nov. 8, 10 am

Tues Oct .11, 7 pm

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 Nov 14, 10 am

Tues Oct 10, 10 am

Tues Dec 12 , 10 am

Additional dates for 2024

Contact [trudy.palmer@me.com](mailto: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

#### On the Web

[SELPA1CAC.org](http://SELPA1CAC.org)  
[CACPaloAlto.org](http://CACPaloAlto.org)

#### Mailing List

[groups.google.com](https://groups.google.com/jg/selpa1cac/)  
[/g/selpa1cac/](https://groups.google.com/jg/selpa1cac/)

#### Follow Us

[facebook.com](https://facebook.com/selpa1cac)  
[/selpa1cac](https://facebook.com/selpa1cac)

#### Contact Us

[selpa1cacinfo@gmail.com](mailto:selpa1cacinfo@gmail.com)  
[paloaltocac@gmail.com](mailto:paloaltocac@gmail.com)

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

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 schooldays of students with exceptional needs be reported to the county superintendent of schools.

### **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.

HealthyChildren.org



Attendance  
Improvement Strategies



AttendanceWorks.org



### **Key Resources for Families**

**Handbook for Special Education** - May answer many of your questions [tinyurl.com/selpalcac-handbook](http://tinyurl.com/selpalcac-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](http://www.php.com)

**CHC** Learning and mental health services, videos and support groups [www.chconline.org/](http://www.chconline.org/)

**San Andreas Regional Center** Early intervention and services for individuals with disabilities that cause severe impairments [www.sanandreasregional.org/](http://www.sanandreasregional.org/)

**Early Support Program for Autism** at Stanford. Individualized, free, information and support [med.stanford.edu/espa.html](http://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](http://decodingdyslexiaca.org/south-peninsula-dyslexia-support-group)

### **School District Contacts**

#### **Los Altos**

[tinyurl.com/lasdsped](http://tinyurl.com/lasdsped)

Special Ed Director: Jennifer Keicher, [jkeicher@lasdschools.org](mailto:jkeicher@lasdschools.org)

Special Ed Secretary: Kaylee Wademan, [kwademan@lasdschools.org](mailto:kwademan@lasdschools.org)

Phone: (650) 947-1182

#### **Mountain View Whisman**

[tinyurl.com/mvwsdsped](http://tinyurl.com/mvwsdsped)

Special Ed Director: Karin Jinbo, [kjinbo@mvwsd.org](mailto:kjinbo@mvwsd.org)

Special Ed Secretary: Veronica Del Rio, [vdelrio@mvwsd.org](mailto:vdelrio@mvwsd.org)

Phone: 650-526-3500 ext. 1163

#### **MVLA High School**

[tinyurl.com/mvlasped](http://tinyurl.com/mvlasped)

Special Ed Administrator: Neena Mand, [neena.mand@mvla.net](mailto:neena.mand@mvla.net)

Program Support Specialist: Lisa Contreras, [lisa.contreras@mvla.net](mailto:lisa.contreras@mvla.net)

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

#### **Palo Alto Unified**

[tinyurl.com/pausdsped](http://tinyurl.com/pausdsped)

Special Ed Director: Amanda Boyce, [aboyce@pausd.org](mailto:aboyce@pausd.org)

Special Ed Director: Cynthia Loleng-Perez, [clolengperez@pausd.org](mailto:clolengperez@pausd.org)

Phone: (650) 833-4257