



**Pembroke Public Schools**

**Special Education Parent Advisory Council (SEPAC) Meeting**

November 30, 2020

Time: 06:30 PM Eastern Time (US and Canada)

[Join Zoom Meeting](#)

Board Members: Tracy Marino, Emmie Flaherty (not present), Kathy Church, Sandy Beaton, Valeska Toledo (not present), Melissa Wills (not present)

***(Quorum= 3 voting members)***

Attendees: Jessica Delorenzo, Director of Student Services, Mike Lisi, School Psychologist from Hobomock, Rachel Bittenbender, School Psychologist from Bryantville, Cheryl Larson, Social Worker from Bryantville (not present due to power outage-Social Worker), & 5 community attendees (N=11)

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Meeting called to order by Tracy Marino 6:36pm. Introductions were made by attendees.

**Presentation:** Jessica DeLorenzo, Director of Student Services along with Various Pembroke district school psychologists/social workers hosted a family presentation: ***“The Social and Emotional Impact of the COVID Pandemic-Resources and Strategies for Families” (anxiety, stress; loss.)***

- Slides available for attendees
  - Tangible take home strategies were discussed for use in home (e.g. labeling stress/anxiety, caregivers managing their own stress and modeling strategies, how to answer questions, establish routines
  - Attendee Questions:
    - Which are best apps?: Calm App- requires subscription

- Very helpful NEW strategies but for the more obvious strategies it is reassuring to know that as parents we are on the right track-listening to the experts in Pembroke -Thank you!
  - Tracy can share on SEPAC FB page and Jessica D can share on School Page
- Attendees can reach out to their building psychologist or social worker for follow up questions

**Council Action Items/New Business:**

1. Accept the resignation of Kristina Sambursky for Communications
  - a. *A motion was made by Sandy Beaton to accept resignation of Krissy Sambursky, seconded by Kathy Church;*
    - i. Roll Call Vote:Tracy Marino yes, Kathy Church, yes, Sandy Beaton, yes; none abstained-motion passed
2. Thank Jessica Dickerman McFarland for the new Pembroke SEPAC logo.
  - a. Sent many sizes and formats for use
3. Accept Minutes from October 5, 2020
  - a. *A Motion made by Tracy Marino to accept the meeting minutes, seconded by Kathy Church*
    - i. Roll Call Vote:Tracy Marino yes, Kathy Church, yes, Sandy Beaton, yes; none abstained-motion passed
4. Discuss meeting date and the subject to be discussed from FCSN/MassPAC
  - a. (Federation for Children with Special Needs/Massachusetts Parent Advisory Council)
  - b. Will ask Valeska how many topics are included in the membership and we will send out a survey to parents once we have that information
5. Set the next meeting date, December 28, 2020, 6:30 pm

**Old Business:**

1. Appoint Valeska Toledo as liaison to the Pembroke School Committee
  - a. *Motion to appoint Valeska Toledo as liaison to Pembroke School Committee by Tracy Marion, seconded by Kathy*
    - i. Roll Call Vote:Tracy Marino yes, Kathy Church, yes, Sandy Beaton, yes; none abstained-motion passed
2. Sub-Committee Updates: Parent Support Group
  - a. Shooting for December according to Valeska- updates to come

Motion made to adjourn meeting at 7:27 p.m. by Tracy Marino, seconded by Sandy Beaton.  
 Roll Call Vote:Tracy Marino yes, Kathy Church, yes, Sandy Beaton, yes; none abstained-motion passed

*-Respectfully submitted by Sandra Beaton on 11/30/2020*