

# The SEPTA SCENE

From the President...

I hope 2010 has gotten off to a great start for each of you! On January 1st many people made resolutions and promises about how they would spend their time during the year! I hope you put advocating for your child and becoming a more involved parent high on your list. Did you know when families, schools, and communities work together that:

- \* Student achievement improves
- \* Teacher morale rises
- \* Communication among parents, teachers, and administrators increases
- \* Family, school, and community connections multiply

Believe it or not, you're involvement at home, in school, and in organizations like SEPTA will promote student success and there is more than 30 years of research to back that up! Therefore, I challenge each of you to make a commitment to volunteer for SEPTA in some capacity this year. Here are just a few of the opportunities that are coming up...

At our February meeting we will elect a Nominating Committee. The members of this committee are elected, never appointed. Our by-laws state that we must elect three members. These members are charged with finding the ONE best person to serve in EACH of our elected positions. If you are interested in serving on this committee, you must attend the February meeting.

We will be expanding our Board of Directors and establishing several new committees and volunteer positions for the 2010-2011 school year. You can learn more about these positions in our new Parent Involvement Section.

Plan to attend Children's Advocacy Day at the Capitol on February 18th with me and other PTA members! We will attend a rally in the Capitol's Rotunda and visit our state legislators to discuss issues important to our children! This is a great opportunity to gather information on children's issues likely to come up during the legislative session and to meet with other people from across the state who share your commitment to our kids. If you cannot attend but have issues you would like to share with our legislators, send a detailed email to me and I will pass on your concerns!



Special Education PTA of  
Oldham County  
P.O.Box 454  
Crestwood, KY 40014  
[www.septaofoldhamcounty.org](http://www.septaofoldhamcounty.org)

2009-2010  
Board of Directors

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## Teachers Get Inspired at CEC Conference

On November 22-24th, special education teachers from across the state gathered for the annual Council for Exceptional Children (CEC) conferences at the Galt House. Teachers were offered a variety of training sessions with topics ranging from autism support to balanced reading instruction, behavior interventions to new research on how students learn best. We also practiced intervention techniques that may assist struggling students before they are ever referred for testing for a disability.

Teachers attended a keynote address by Larry Bell, a former teacher of at-risk children and a nationally recognized motivational speaker. Following the keynote address, we teachers were able to tailor our scheduled breakout sessions to meet the needs of the students we are working with currently. Teachers received many "take and use" proven ideas that can be implemented immediately in the classroom. We left feeling inspired and empowered once again to work with the variety of children within our care each day! We can't wait to exchange ideas, begin adding to our teaching toolboxes, and celebrate what works!

More information about the Council for Exceptional Children and the training they offer can be found at [www.cec.sped.org](http://www.cec.sped.org).

Article by: Amy Pierce  
ECE Teacher/SBARC Designee  
Camden Station Elementary

## Upcoming Meetings

Topic: Addressing Challenging Behaviors  
Date: Tuesday, February 9th, 2010

Time: 7:00 – 8:30 PM  
Location: Crestwood Elementary School

Presenter:  
Debbie Lorence  
of  
Kentucky Autism Training Center

Many parents (and teachers) will find themselves struggling at times, to understand a child's challenging behaviors! It's not for lack of trying, it's because you haven't been given all the tools you need! If you are interested in learning new skills and strategies for addressing challenging behavior and minimizing meltdowns plan to attend a workshop given by Debbie Lorence of the KY Autism Training Center. Everyone is welcome, your child does not have to be on the autism spectrum to benefit from this workshop!

Topic: Transition  
Date: Tuesday, March 9th, 2010

Time: 7:00 – 8:30 PM  
Location: Oldham County Middle School

Presenter:  
Patti Beth Miller, Christine O'Rourke, Octa Kellond

A meeting to discuss transition from high school to the uncertainty of adult services. The parent involvement for this process is critical. Parents should work with school personnel throughout the middle and high school years to develop a person-centered plan for the future. We will include information from knowing who to ask for accommodations at the college level for future college students, to where to go for help with applying for Supplemental Security Income, Partial and Full Guardianship, Supported Employment, and more.

## Parent Involvement

### RESOLVE TO BE INVOLVED

#### Serve in an elected position

We are adding two Vice President positions to our Board of Directors! You must be available to attend monthly board meetings and SEPTA programs to hold one of these positions.

President

1st VP-Communication – Oversees Newsletter and School reps

2nd VP-Information – Oversees Web Master, Program rep, Disability specific reps

3rd VP-Support – Oversees Everybody Counts, Reflections, Rising Star, Scottish Rite and Teacher appreciation

4th VP-Ways and Means – Secures funds for SEPTA and oversees membership rep

Secretary

Treasurer

#### Serve on a committee

Newsletter

Membership

Programs

Financial Review

School Representative

Disability Specific Representative



A visit to legislative offices during the October Kentucky PTA Advocacy Training. From left front: Janice Jackson, Sharon Whitworth, Sandy Rutledge, Wanda Washington, and Theresa Mayfield. Back left: Angie Walther, Lisa Hopping, Representative Jim Wayne and Donna Allen.

## Tips for School Meetings

Conferences and meetings at school can be stressful for parents and professionals. Although there can be conflict and views can differ, remember everyone's goal is to meet the student's needs. Clearly conveying the child's strengths and needs, as well as your expectations for the future, is critical for meeting this goal. Below are strategies parents can use to make meetings more productive and less stressful.

- 1. Confirm the Meeting:** Confirm you will attend the meeting. For children with special needs, a conference may include a team of professionals. In most cases, the entire team will be present. However, if you feel a specific person is critical to the meeting, confirm they are attending. Be sure to arrive on time so the meeting starts with the right tone.
- 2. Prepare:** Write a list of your child's accomplishments in the last year. Include areas the professionals have worked on as well as skills you have worked on at home. During the meeting, mention the child's progress since the last meeting. Have a list of skills you feel are critical to your child's development in the next year. Writing information down in advance ensures all critical information is covered and your point of view is expressed. In addition to bringing notes, be sure to take notes during the meeting so you do not miss important information.
- 3. Use Concrete Examples:** Include concrete examples of progress, areas of concern, and expectations for the future in your notes. For example, "John is sitting in his seat for the duration of math and literacy and he is completing his work independently. His behavior was a concern at one time; therefore, he was spending two hours a day with a resource teacher. Since his skills have improved greatly in this area, I think he is ready to be in the regular classroom with support as needed. Are you seeing this progress? Can we provide this support to make him more independent?"
- 4. Listen and Ask Questions:** Although some information may be difficult to hear, be sure to listen to professionals in order to understand their position. If you have questions about information, ask. This is a time when professionals should have work examples and information readily available to answer any of your questions. Test results often can be confusing. Ask professionals to explain the results and what they mean in terms of progress, strengths, needs, and placement. For classroom work and progress, be sure to ask for concrete examples. If there is an area of concern, problem solve to resolve the situation. For example, if there is a recommendation to reduce a child's speech sessions from three to one per week ask why. If the answer makes sense, discuss ways to have appropriate support in place. Ask the therapist or teacher to schedule a phone call or meeting to discuss progress after the first six weeks to make sure your child is doing well and to re-evaluate the schedule. If you believe the service change does not make sense, state your point of view. Ask for two sessions, small group sessions, or one longer session per week. Show you are willing to understand changes, however you want to ensure your child continues to progress.
- 5. Ask What You Can Do:** Show you are committed to working collaboratively by asking for exercises or home activities to develop skills. If you are interested in outside information, this is a good time to ask for resources. Often professionals know about camps, recreational activities, organizations, and other events that may encourage educational or social growth.
- 6. Remain Calm:** If the meeting does not go well, remain calm. Keep in mind everyone wants the same thing – your child to make progress. Ask for a break if you need one. Remember calmly stating your views and ideas is received and understood better than accusations or unkind words.



February 2010

## Little League Challenger Division

NORTH OLDHAM LITTLE LEAGUE 2010 Sign-Ups at Walsh Park in LaGrange

They are starting a Challenger Division at North Oldham Little League. The Challenger Division of Little League Baseball is a program for the mentally and physically challenged youth, helping them to enjoy the full benefits of Little League participation and in an athletic environment structured to their abilities. More than the skills of baseball learned through the experience, the value of the Little League Challenger is found in the proven therapeutic and socialization benefits of participating in sports, the strengthening of participants self-esteem the opportunities to mainstream into other divisions of play and the disciplines of teamwork, sportsmanship and fair play, which are hallmarks of the Little League program. The Little League Challenger Division provides the framework so Little League programs may offer a structured, athletic activity for all your youth in their communities. Playing with the same equipment on the same fields, Challenger Division participants have the opportunity to experience the joys of pulling together as a team, being cheered and earning awards for their achievements.

SATURDAYS: January 16th, 23rd, 30th February 6th 10:00am- 2:00pm

SUNDAYS: January 17th, 24th, 31st February 7th 1:00pm - 4:00pm

**Challenger:** (Ages 5-18)\$65 **Each additional Family Member:** \$65 **Family Max:** \$180  
\$20 late fee on all sign-ups after February 7th, 2010

Anyone interested in being a manager, coach, umpire or volunteering for the league please come to sign-ups. Team Sponsors are needed. Get more information about our league, tryout times, amk sekiedeLe events by visiting our website: [www.northoldhamlittleleague.net](http://www.northoldhamlittleleague.net).

Opening Day is Monday, April 12 Opening Day Parade is Saturday, April 17th League boundaries are on the back. Any questions or need more information about the league. Contact Brad Clifford - President 222-4321 or 222-4369 (Ballpark). Do not call after 9:00pm. Or email [ford4321@bellsouth.net](mailto:ford4321@bellsouth.net)



## Special PTA Takes Action Update - Advocacy Award Recipients

National PTA is honoring advocacy efforts at the state, local, and individual level with its 2010 advocacy awards. This year's recipients are Florida PTA; Language Academy PTSA in San Diego; and Rick Tyler of Temple Hills, Maryland.

The award recipients were chosen for their dedication, leadership, and sustained effort to positively affect child-related policy, regulation, and legislation.

**Florida PTA** is being honored with the PTA Outstanding Advocacy Award for its work to prevent further education budget cuts in a state that already ranks near the bottom in the country in school funding. Florida PTA's initiatives, including an advocacy toolkit and regular conference calls with region and local PTAs, created sustained advocacy and generated newfound enthusiasm for parents and local PTAs to work together for education funding for Florida children. Advocates sent more than 3,000 letters of protest to the Florida governor and state legislators and held one of the largest rallies ever at the steps of the state Capitol. As a result of Florida PTA's efforts, Florida legislators did not reduce education funding as proposed.

**Language Academy PTSA** is receiving the PTA Outstanding Advocacy Award for its initiative at the local level. The PTSA rallied students, parents, and teachers after the San Diego Unified school board proposed to cut transportation funding for magnet and urban area schools. With the proposed school bus cuts affecting 57 percent of their student body, Language Academy PTSA organized town hall meetings, media campaigns, and protests. The end result: The school board voted against the proposed cut, transportation funding was secured, and children will continue to be able to attend their school.

**Rick Tyler** is being honored with the prestigious Shirley Igo Advocate of the Year Award for his 20-year commitment to the advocacy efforts of Maryland PTA. As a National PTA federal legislative chair, Tyler has advocated for increased funding for Parental Information and Resource Centers (PIRCs), implementation of ESEA provisions at Title I schools, school funding, and school modernization. Through his leadership, Tyler has energized child advocates to take action on important legislation affecting Maryland schools; his work has benefited tens of thousands of students across his state and the nation.

## Hope Huddles Parent Support Group

Topic: **Meet and Greet**

Where: **Oldham County Schools Arts Center**

7105 Floydsburg Rd  
Crestwood, KY 40014

Date: Thursday, February 4th

Time: 6PM—7:30PM

Please RSVP to:

Kathy Alsup

502-472-6257

Childcare (all ages)

Dinner

Door Prizes

## Flavor to Savor: Healthy Cooking Using Spices

Offered by the Delphi (U of L) Lifelong Learning group, this class will help you feel comfortable cooking for yourself and save money at the same time. Cook twice a week instead of twice a day. Spend \$25 for meat and veggies for 6 meals, not just for one night of fast food. These recipes and style of cooking are casein and gluten free so the whole family can eat and enjoy the same dishes. Tell your friends dealing with autism or celiac disease please. Spices are flavorful and healthy substitutes for sugar, fat and salt. Discover how to make tasty sauces instead of heavy gravies. Develop your knife skills as you learn to create quick and tasty dishes that will satisfy any diner's taste. At the conclusion of each class, you'll have the opportunity to taste the dishes you help prepare in class.

Taught by 29 year U. of Louisville nutrition professor Carol O'Neal Ph.D., and husband John.

Flavors to Savor: Healthy Cooking Using Spices 502- 852-6456  
Sign up here: <https://louisville.edu/lifelonglearning/food-wine.html>

### Seeking **People of Color**

Saturday, April 24, 2010

10:00 am – 12:00 pm

Marriott Louisville East

1903 Embassy Square Blvd.

Louisville, Kentucky

***Breakfast will be provided and registered attendees will receive a gas card and childcare stipend.***

In collaboration with The Arc of Kentucky's 55th Annual Conference and Parent/Professional Mini-Conference, Kentucky TASH is seeking the input of parents/guardians/family members of children of color (any child that is non-white/non-anglo) who are receiving special education.

The Kentucky Chapter of TASH, a national advocacy organization which advocates for the inclusion of people with the most severe disabilities, is seeking the input of parents/guardians/family members of children of color about needs/issues you see related to special education and/or disability services in our state.

The input we receive will be shared with the Kentucky Department of Education/Division of Exceptional Children Services (KDE/DECS) State Advisory Panel, other state agency service providers, and national TASH for the purpose of improving services and supports for children and adults of color with disabilities and their families.

Please complete the attached information on the following page so that we will know how many people to plan for.

### Seeking People of Color

Please complete the information below so that we will know how many people to plan for and we hope to see you there!

If you would like to participate in the TASH Focus Group scheduled for Saturday, April 24th at Louisville Marriott East, Louisville, Kentucky, please complete the following and send to:  
Judy Johns at Judy.Johns@uky.edu or mail to: Judy Johns, 1525 Bull Lea Road, #160 Lexington, Ky. 40511 or call at 859.

Yes, I plan to attend the consumer meeting in Louisville on Saturday, April 24th at Louisville Marriott East, Louisville, Kentucky

Name:

Address:

E-mail Address:

Telephone Number:

Would you describe yourself as: (Please check all that apply):

- A person of color with a disability?
- A parent/family member of a person with a disability?

What is your, or your family members', disability? (Please check all that apply)

- Intellectual Disability
- Cerebral Palsy
- Autism
- Traumatic Brain Injury
- Deaf/Blind
- Multiple Disabilities

What is your ethnicity? (Please check all that apply)

- African American/Black
- Hispanic/Latino
- Asian
- American Indian
- Bi or multi-racial
- Other

Are you an English language speaker?  Yes  No