



JANUARY/FEBRUARY 2026

e-Newsletter

STAY IN THE LOOP WITH EVENTS, RESOURCES, AND ANNOUNCEMENTS!

Note from our Co-Chairs

Happy New Year! We hope everyone enjoyed the holidays and had a restful winter break. As we move into the heart of winter, January and February offer an important moment to pause and take stock of the school year. With the midpoint behind us, many families are checking in on IEP progress, planning for spring transitions, and beginning to think about Extended School Year (ESY) services. While this season can feel busy, it is also a valuable time to ask questions, reflect on what is working, and make adjustments as needed.

In this newsletter, we will share updates, resources, and upcoming events designed to support families. As always, we welcome your questions, ideas, and feedback, and we encourage you to reach out or join us at an upcoming meeting. We are grateful to be part of a community that continues to advocate for inclusive, meaningful educational opportunities for all students.

Here are a few highlights of what you can find in this newsletter—

Upcoming SEPAC Business Meetings: Thursday, January 8th at 7:00 PM (remote); and Thursday, February 5th at 7:00 PM, Sudbury Police Department, Community Meeting Room (following Chief Nix presentation).

Safety for Students with Disabilities: Thursday, February 5th at 7pm, Sudbury Police Department, Community Meeting Room. Join us for an enlightening session with Chief Nix and his dedicated public safety team!

Parent & Caregiver Connections Groups: Our five connections groups will continue in January and February. Upcoming dates and descriptions of these groups are provided in the Parent Connections section below.

Stigma Webinar Co-Sponsored with LS SEPAC: Thursday, Feb 26th at 7pm. Led by Pediatric Neuropsychologist Dr. Eaven Miles-Mason, this webinar will discuss the impact of the different dimensions of stigma within family, school, and societal systems and the consequences for students with neurodiversity and their social support networks. Interventions to support students and their families will also be discussed.

FCSN Virtual Workshop Calendar: Basic Rights workshops will be offered weekly throughout the year—you can sign up for as many as you'd like! Families and educators are welcome to register at [FCSN Events Calendar](#). Special topics in January include Self-care and Collaborative Data Collection.

You can find more information and details on all of these events and other community events and resources below. Thank you for being part of this supportive and engaged community!

If you haven't already done so, please consider [joining our e-newsletter](#).

We hope to see you soon!

Kate & Andrea

Business Meeting & Featured Events



All are always welcome to attend our monthly business meetings and featured events.

Business Meetings

Thursday, January 8 |
7 PM

VIRTUAL

[Zoom Link](#)

Meeting ID: 880 1505
6457

Passcode: 427835

All families of SPS' students and interested community members are invited to participate. Our meetings are a wonderful opportunity to ask questions, share ideas, and learn about SEPAC events and resources!

Future Meeting Dates:

2/5/25, 7pm (in person, SPD Community Room following Chief Nix presentation)

3/5/25, 7pm (remote)

5/7/25, 7pm (in person, SPD Community Room)

2025 SEPAC Survey &
Presentation to SPS School
Committee

Thank you to all of the families who participated in our 2025 survey! If you missed our presentation to the Sudbury School Committee and are interested in hearing about the survey results and recommendations, you can access the presentation [here](#), starting at 2:06:17.

Safety for Students with
Disabilities

Thursday, Feb 5th | 7pm
[Registration Required](#)

Join us from 7 to 8 PM February 5th for an enlightening session with Chief Nix and his dedicated public safety team! They'll discuss their vital role in supporting and protecting the youth of Sudbury, particularly students with disabilities. Bring your questions and thoughts—this is your chance to engage directly with the team! Following the presentation, we will hold a brief SEPAC business meeting. We look forward to seeing you there!

Sudbury Public Schools Events



Workshops, Informational Sessions, and School Committee Meetings

Upcoming School Committee Meetings

Monday, January 5|

7 PM

[Virtual Meeting](#)

Monday, January 20|

7 PM

[Virtual Meeting](#)

Monday, January 26|

7 PM

[Virtual Meeting](#)

Monday, February 9|

7 PM

[Virtual Meeting](#)

Join the School Committee meetings to learn more about important updates in Sudbury schools. ([Zoom & Agenda](#))

You can also watch the Joint School Committee and SEPAC meeting discussion about FY27 ESY services held on Wednesday, January 14th [here](#), starting at 23:40.

5th to 6th Grade Transition Night

Special Education Session

6-6:45pm, Curtis Library

Presentation for All
Parents/Caregivers, Curtis
Auditorium

Additional information coming soon!

Parent Connections



Join us! Support and connect with parents and caregivers.

ADHD & Executive Functioning Connections

Monday, January 26th | 7 PM

Cove Wellness, Sudbury

This meeting will be rescheduled due to the anticipated snow storm. Stay tuned for a new date!

Tuesday, February 24th | 7PM

Pleasant Cafe, Maynard

[Registration Required](#)

This group is geared toward caregivers who have a child diagnosed with ADHD or have questions regarding their child's attention, hyperactivity, impulsivity, executive functioning, or working memory.

Our January meeting will be held at Cove Wellness Center with the Social Emotional Connections group! We'll begin our meeting with a calming mindfulness activity/meditation led by Cat Landrigan-Paiva, LICSW, to help center ourselves before we share insights, experiences, and practical resources. Come connect with other caregivers in a warm, compassionate space — all are welcome to learn, share, and support one another.

Literacy Challenges Connections

Thursday, January 22nd

7 PM, Oak Barrel Tavern

[Registration Required](#)

This group is geared toward caregivers who have a child diagnosed with or have questions regarding their child's literacy. This can include a language-based learning difference, auditory processing disorder (APD), dyscalculia, dysgraphia, dyslexia, apraxia, aphasia, dysarthria, general education reading support, or other literacy and language challenges.

<p><u>Autism Connections</u></p> <p>Thursday, January 22nd 7 PM, Oak Barrel Tavern</p> <p>Tuesday, February 24th 7PM Pleasant Cafe, Maynard</p> <p><u>Registration Required</u></p>	<p>This group is geared toward caregivers who have a child diagnosed with autism or have questions or concerns related to autism.</p>
<p><u>Social-Emotional Connections</u></p> <p>Monday, January 26th 7 PM, Cove Wellness</p> <p><i>This meeting will be rescheduled due to the anticipated snow storm. Stay tuned for a new date!</i></p> <p>[Feb Date TBD]</p> <p><u>Registration Required</u></p>	<p>This group is geared toward caregivers who have a child diagnosed with or have questions regarding their child's social-emotional growth. Diagnoses can include but are not limited to anxiety, depression, OCD, and ADHD.</p> <p>Our January meeting will be held at Cove Wellness Center with the ADHD Connections group!! We'll begin our meeting with a calming mindfulness activity/meditation led by Cat Landrigan-Paiva, LICSW, to help center ourselves before we share insights, experiences, and practical resources. Come connect with other caregivers in a warm, compassionate space — all are welcome to learn, share, and support one another</p>
<p><u>Complex Learning Profile Connections</u></p>	<p>This group is geared toward caregivers who have a child with a complex learning profile.</p>

Thursday, January 22nd
7 PM, Oak Barrel Tavern

[Registration Required](#)

This can include children who are diagnosed with a rare syndrome or neurological impairment, sensory disability (vision, hearing, deaf-blind), developmental delay, intellectual disability, sensory processing or language disorder, health condition (epilepsy, diabetes, sickle cell anemia, etc.)

Community Events



Our top picks!

American Repertory Theatre Musical: WONDER

through February 8th

Loeb Drama Center
Cambridge

From the theater that brought you *Gatsby*, *Waitress*, and *Jagged Little Pill* comes a new musical about change, identity, and what it means to belong. Featuring a driving, pop-inspired score by the GRAMMY Award®-winning duo A Great Big World (“Say Something,” “This Is the New Year”) and a book by MacArthur Fellow and Pulitzer Prize finalist Sarah Ruhl (*Eurydice*; *The Clean House*; *Smile, a memoir*), this uplifting show celebrates empathy, resilience, and the power of choosing kindness.

	<p><i>This production depicts bullying and contains fog, haze, strobe, and flashing lights. Recommended for ages 9+.</i></p> <p>NOTABLE DATES:</p> <p>ASL Interpreted: 1/14 at 7PM</p> <p>Audio Described: 1/24 at 2PM</p> <p>Open Captioned: 1/24 at 2PM & 1/28 at 7PM</p> <p>Sensory Inclusive: 1/18 at 2PM</p>
<p><u>Chess Club</u></p> <p>Excelsior Comics and Games Maynard</p> <p>Sundays, 2:10 PM - 6:00 PM</p>	<p>New local chess club in Maynard, open to Sudbury residents. All (or no) skill levels welcome - chess is for everyone!</p> <p>https://chess.maynard.wiki/</p>
<p><u>Accessible Martial Arts Program with Easterseals MA</u></p> <p>Thursdays, 6 PM</p> <p>Virtual</p>	<p>For people of all ages with and without disabilities who want to learn and practice self-defense, stretching, exercise, and relaxation techniques.</p> <p>Registration is required. (Learn more.)</p>
<p><u>“Tones of Fun” Development Music Class for Youth</u></p> <p>Concord Conservatory of Music, Concord (with Berklee Institute for Accessible Arts Education)</p>	<p>Physical, language, social, cognitive, and musical development for children with diagnosed disabilities are stimulated through musical play in a social group that is celebratory of all ages and skill levels. Each class will incorporate simple percussion instruments, creative movement, improvisation, and playful props.</p> <p>Fees apply and registration is required. (Learn more.)</p>

Sensory Friendly Play

Jam Time, Maynard

Check out Jam Time's Sensory friendly play every 2nd Thursday of the month from 5:30-6:30! Jam Time is a newly certified Autism Welcoming business with a dedicated monthly hour of play with a sensory-sensitive environment, offering accommodations like dimmed lighting, limited capacity, quieter play space, and relaxed "shoe wearing policy". You can even wear pajamas for a late-night play session! Siblings welcome. ([Learn More.](#))

Resources



We love feedback. Thanks for telling us what resources you need!

Federation for Children with Special Needs (FCSN)

Basic Rights workshops will be offered weekly throughout the year—you can sign up for as many as you'd like!

Families and educators are welcome to register at [FCSN Events Calendar](#). A confirmation email will be sent with the Zoom link to participate.

Special topics in January include Self-care and Collaborative Data Collection.

Learning Standards for Families

"What should my child be learning at their grade?" Glad you asked! Check out [DESE's Parent Guide](#).

Decodable Books

If you are wondering where you can get decodable books, our very own Goodnow Library has a large

	<p>collection in the children's department, thanks to a generous grant from the Sudbury Foundation.</p>
Sudbury Public Schools Resources for the <i>new</i> IEP	<p>The new IEP format will be rolled out during the 24-25 school year. SPS held information sessions on May 22, 2024 and October 1, 2024. Recordings of the meeting and the slides from the presentation are available below:</p> <p>October 1, 2024:</p> <p style="text-align: center;">Information Session, Video</p> <p style="text-align: center;">Information Session, Slides</p> <p>May 22, 2024:</p> <p style="text-align: center;">Information Session, Video</p> <p style="text-align: center;">Information Session, Slides</p> <p style="text-align: center;">Blank Copy of the New IEP form</p>
Kids who need a little help to make friends	<p>Friendships are important to children. If your child is having a hard time fitting in, there are ways you can help your child make friends. (Read more.)</p>
Sudbury Public Schools Parent Resources for Discussing Difficult Topics with Children	<p>SPS has a section of their website dedicated to Social and Emotional Resources for Families. Check out SPS' guide for talking to kids about difficult topics based on the work of psychologists Rob Evans and Mark Kline. (Learn more.)</p>

Keep in Touch

We love hearing from you.



For questions, feedback, event ideas, or newsletter contributions, please email SudburySEPAC@gmail.com and visit www.sudburysepac.org.