

SEPAC Board Meeting Minutes
Tuesday August 6, 2024
7:30pm-8pm
Virtual: Zoom

Attendance: SEPAC Co-Chairs (Kristen Salera and Courtney Murray-Marshall), SEPAC Treasurer (Emily Fahey), SEPAC Secretary (Kathleen Morgan)

1. Call the meeting to order

Kristen Salera (co-chair) called the meeting to order at 7:30pm

2. Ideas for the 2024-2025 School year

- Fall:
 - Hayride @ Tangerini Farm in Millis. September 22nd at 9:30am. \$5 per person
 - Kristen will create an advertisement for this event
 - Trunk or Treat
 - Medway Community Church and Medway Rec already do this event. SEPAC will plan a fall, winter and spring event across the calendar year instead.
- Winter:
 - Tentative: Coffee and conversation for SEPAC caregivers at Muffin House or Mickey Cassidy's
 - Tentative: Winter chill out at middle and/or high school for students (yoga/mindfulness, art, sensory station) to help promote wellness and stress reduction during the winter months
- Spring:
 - Special Olympics support and tentative playground meetup with popsicles @ McGovern
- Other
 - Open Houses: Reach out to building principals about being part of open houses
 - School Calendars: Get principals input into school calendar and what events SEPAC could help support at the school-based level
 - Courtney and Kristen will follow-up with Ryan Place about how SEPAC can help support 8th-9th grade transition to high school and clarify what support is in place.
 - Future SEPAC Meetings: SEPAC meetings for the 24-25 school year will have a virtual and in-person option
 - Future Speaker: Mental Health/Anxiety speaker for winter is something SEPAC is looking into

3. Adjourn (8:04pm)