



TOGETHER WE WILL LEARN AND GROW

ISSUE 2

IN THIS ISSUE

CO-PRESIDENTS MESSAGE

By Maria Bombace/ Jacquie Libertoff

The Holiday Season is upon us and as usual the school year seems to be flying by so quickly.

We greatly appreciate the support that Jericho SEPTA receives throughout the year.

Thank you to the Administration, Board of Education, Teachers, Staff, Parents and Students. Our Jericho community is the greatest gift of all and without you our Educational Programs, Grants and Scholarships would not be possible.

On behalf of Jericho SEPTA, we wish everyone a warm and wonderful Holiday Season. Our hope and wish is that peace and love prevail and that the New Year brings calm to the unrest around the world.

Sincerely,

Maria Bombace and Jacquie Libertoff,

Co-Presidents

Jericho SEPTA

Recap of SEPTA meetings

A wonderful reception at Seaman Elementary by parents, and Seaman PTA on 10/7/15.



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Jericho Backpacks have arrived.

The bags cost \$20.00 each and can be purchased at all SEPTA events.

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Café 126 at Jericho High School

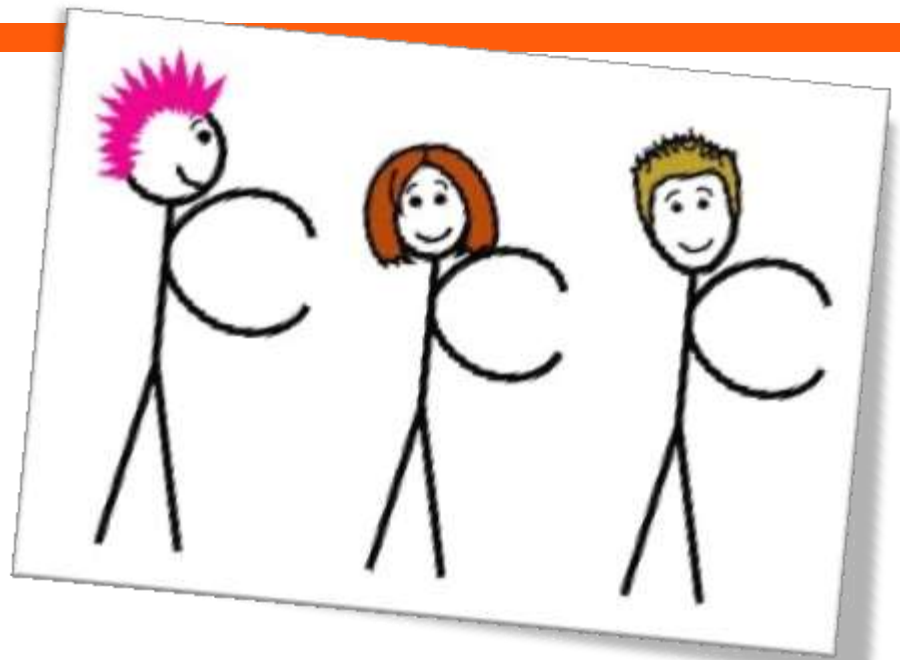
By Todd Benjamin, LSW, High School

Café 126 is a unique counseling, coaching and communal program designed to provide Jericho High School students with a safe, supportive environment where they can learn how to be the best student (person) they can be.

Café 126 offers all general and special education students a confidential opportunity to discuss any issues or concerns they have with a licensed school social worker. Additionally, Café 126 provides students with a peer network of like-minded students designed to enhance their social skills and learn cognitive-based strategies to reduce the stress and anxiety that often

accompany their transition through adolescence.

Café 126 is a Jericho High School based initiative that operates with donations, support and grants from the school and community. Each day approximately 100 students visit our Café, during school hours.



A UNIQUE COUNSELING, COACHING AND COMMUNAL PROGRAM

The 3 C's pictured above.

So, please join us and support Café 126 at tbenjamin@jerichoschools.org

Room 126



Jericho SEPTA fundraiser Backpack.

SEPTA Fundraiser

By Sue Heilig

The Jericho SEPTA Executive Board proudly announces the release of the Jericho Drawstring backpack. As the picture shows it has the Jericho Jayhawk logo and Jericho name in our school colors on the front.

This backpack boasts a large interior pocket, a Velcro closing front pocket to hold valuables, and a large water bottle holder on the side.

These wonderful string backpacks were ordered and purchased from Spectrum Designs Foundation, a not for profit 501 C3 organization, a company based out of Port Washington, NY that employs Special needs teens and adults while teaching them a trade with their full line of customized products with screen printing, embroidery, state-of-

the-art digital printing and unsurpassed customer service!

All purchases made through Spectrum come with a special gift. Each time you place an order, recommend us to someone new, attend a special event or make a donation, you are making an impact in the life of someone with autism.

www.spectrumdesigns.org

These backpacks will be sold at all SEPTA events for \$20.00 per bag.

This bag is great for sports or school trips as it will hold a lunch, souvenirs, and a jacket easily in it.

CONGRATULATIONS TO THE STAFF!!!



Congratulations to Dr. Danielle Largotta-Smith, HS Psychologist

On her presentation at the NYASP conference on her study on "Pilot Learning to BREATHE Program as a Tier 1 Intervention within the Classroom."



Congratulations to Dr. Joseph Sapienza, Curriculum Associate for Pupil Personnel Services, 6-12th grade.

On his recently published article entitled: "Just Breathe: An introduction to Mindfulness for School Leaders". Both presentations will appear in a future issue of the SEPTA Star.

MONTHLY SUPPORT GROUPS INFO.

CHADD of Nassau County on Monday, 11/16 for their monthly support groups and workshop!

Support groups meet at 7:00 pm and workshops begin at 8:15 pm. This month's topic is Homework made easy through Assistive Technology. Held at the East Meadow Jewish Center, 1400 Prospect Avenue, East Meadow, NY. All are welcome!

Upcoming Meetings Dates for 2016:

January 25th, February 22, March 21, April 18, and May 16th.

Support groups (one geared towards adults with ADHD, another towards parents/caregivers of children with ADHD) are held at 7:00 p.m.

Educational Workshops begin at 8:15 p.m. Participants have the open option to attend one or both portions of the evening. Questions? Suggestions? Contact CHADD of Nassau County via email at Nassau-county@chadd.net.



We're so excited the Jericho SEPTA Post-Secondary Transition Fair is coming!

Jericho SEPTA Post-Secondary Transition Fair, January 25, 2016

By Jason Rubinstein, High School Guidance Counselor

Jericho SEPTA will host for a second year the Post-Secondary Transition Fair. This year's workshops and information booths will cover:

- Transitioning students with disabilities from secondary to post-secondary placements.
- Post-secondary options (college, vocational training, etc.)
- All aspects of the college admission process
- Registering for accommodations in college
- Post-secondary support services

As of 11/6/15, 32 representatives have been confirmed, including one from Vermont and another from Florida.

Some of the representatives attending are from Adelphi University, Beacon College, Dowling College, Electrical Training Center, Fairleigh Dickinson University, Hofstra University, Island Drafting, Job Corps, Landmark College, Nassau Community College, NY Institute of Technology, the PBS Community Foundation, SUNY Farmingdale, and St. Thomas Aquinas College.

The event is scheduled for Monday, January 25, 2016 at Jericho High School, and this year we will be using the two Middle School cafeterias for our information booths.

Booths will open at 6:30 pm, and workshops will be held in two sessions: 7:20 PM to 8:00 PM and 8:10 PM to 8:50 pm. Tables will be staffed until 8:00 pm to give lots of time to

ask questions to representatives.

We are planning on holding this event yearly, as well as becoming the premier transition fair on the North Shore.

Registration for this evening of learning and knowledge for parents and students will begin over the coming weeks online at www.jerichosepta.eventbrite.com or by calling 516-203-3600 (ext. 3255).

One of the most requested breakout sessions will be returning. Past Jericho high school graduates and their parents are coming back to discuss their college experiences and answer questions.

This free event is open to all parents and students in all districts.

This year, the January, 2016 issue of the SEPTA Star will be covering the Transition Fair with maps, times, contacts, and more. This will become a reference to help you navigate through the college process, along with your students' guidance counselor.



SEPTA GRANTS AWARDED

SEPTA grants that were awarded over the past three years are: 4 Go Pro Cameras for the Technology Dept.; 5 licenses for a Social Thinking Apps; Puppets and Theatre for ELA and other educators; 5 Transition Forums; Seed money for the Middle School store, "The Nest/ Stuff R Us"; Jackson school garden box supplies; E.L.M.O. Document Camera/ Projector; Transition Resource Library in the H.S. Learning Center; a gift of a DSLR camera; Wellness Hub; purchase of two Apple T.V. setups with stands for the English Dept.; three 1 year licenses for Reading A-Z: RAZ Kids & Writing A-Z. Window Boxes and supplies for Farm to Table Window Herb Garden.

Thank you for your generous donations, as over \$9,000 in grants have been given out to date, to the teachers and various departments of the Jericho School District, since we started the Grant program.

JERICHO SEPTA GRANT INITIATIVE 2015 – 2016

BY Lisa Guidice, SEPTA Treasurer

Jericho SEPTA is pleased to announce the 2015- 16 SEPTA Grants Initiative. The Emphasis for this Grant Initiative is to fund technology, projects or programs, that inspire, enhance or enrich the standard of education for students with disabilities within the Jericho School District. Projects selected will each receive grant money up to \$1,000. All faculty and staff are encouraged to submit proposals for consideration by the SEPTA Executive Board.

Focus: The SEPTA Grant Initiative encourage programs that bring 21st Century learning experiences to Jericho's students. We look for creative ideas that either:

- Utilize Universal Design in Learning (UDL);
- Utilize Flipped Learning Instruction;



OTHER SEPTA AWARDED ACTIVITIES

Café 126, Café 126 After Dark, Cool Beans Coffee Store, Cool Beans Catering Expansion, Jammin' Jayhawks, The SEPTA Garden, Olweus, Red Ribbon Week, MS Personal Best t shirts, Youth Decide, Special Needs Exercise Classes.

- Augment Social/ Emotional Development & Learning (SEDL)
- Integrate Technology in the class room (STEAM);
- Promote equal access or differentiated instruction for students with disabilities.

How to submit a Proposal :

Send a proposal detailing how you plan to use the funding. Please email your proposal to : LAVARDERALAW@AOL.COM ; or mail to Jericho SEPTA, P.O. Box 169, Jericho, NY 11753-0169.

Criteria for funding consideration :

1. Description of an innovative, well conceived, feasible project that embodies at least one of the above criteria and is clearly described.
2. Number of students that will benefit.
3. Potential for sustainability.
4. Project must not duplicate others already in existence.
5. Project must not violate Jericho School District policies or practices.

DEADLINE FOR SUBMISSIONS IS DECEMBER 31, 2015.

Grant recipients will be announced as soon as possible.

OCTOBER 7TH MEETING RECAP

by Dr. Clark Goldstein, Ph.D.

The topic of the night was on ADHD & Executive Functioning Deficit and how to help your child overcome inattention and Disorganization. The Presenter for the evening was Dr. Clark Goldstein, Ph.D., from the NYU Child Study Center, Langone Medical Center.

Dr. Goldstein, has presented before at the Jericho District SEPTA meetings. This is a review of his handout, and discussion notes.

What is Executive Functioning? It is set of mental processes that help connect past experience with present action, Dr. Goldstein explained. It is involved in planning, organizing, strategizing, paying attention, and managing time and space.

What does EF help us do? It helps us make plans; keep track of time and finish work on time. Helps us do more than one thing at a time, and helps us evaluate ideas and reflect on our work. We can include past knowledge meaningfully in our discussions. We can change our minds mid job and make mid-course corrections while thinking, reading, and writing. It lets us ask for help or for more information when needed it. We can wait till we are called on to speak and engage in group dynamics.

Keys to Executive Functioning:

1. Self- Awareness
2. Self- Restraint (Executive inhibition)
3. Visual Imagery ("GPS in the brain")
4. Self- Talk (starts around 5)
5. Manage emotions
6. Planning and problem solving

Examples of possible difficulties related EF deficits:

Planning projects; comprehending how much time a project will take; telling stories (verbally or in writing); Memorizing and retrieving information from memory; Initiating activities or tasks, or generating ideas independently; & retaining information while something with it.

ADHD: Do children grow out of it?

One third to one half of children with ADHD continue to have symptoms of inattention or hyperactivity-impulsivity as adults. Adults with ADHD are often able to control behaviors and mask difficulties.

They don't get it? Why.

Deficits in working memory. Aversion to delay. Potential Deficits in generalization.

How to help? Keep things in perspective. Don't sweat the small stuff and be willing to make some compromises. Believe in your child. Seek support and take care of yourself.

General Strategies: Give clear and concise expectations, not "clean your room"; but rather pick up your clothing, straighten your bed, put away your toys and books on the shelf. Use time organizers or alarms to help get the steps done. Plan and structure transition times and shifts in activities. Minimize clutter. Meet with the teacher on a regular basis to review work and troubleshoot problems. Stick to the plan and follow through (the hard part).

NOVEMBER 17TH MEETING RECAP

Navigating the Social Media Playground: The Importance of Digital Citizenship.

Presenters: Dr. Donald Gately, Ed.D, Todd Benjamin, LCSW (High School), Joanne Verdino, LCSW (Middle School).



The meeting opened by a message by Co President Maria Bombace, who welcomed parents, teachers, administrators and staff.

From Dr. Gately, "Many parents share an interest and even a bit of concern about their kids' digital lives. This presentation will include a panel of middle school and high school students who will demonstrate the most common digital tools and social media apps that kids are using. Our presenters will demonstrate how to set privacy controls and give hands-on demonstrations of how Apps such as Instagram, Twitter, Snapchat, Vine and others are being used by students. The students will also be part of a panel so that you can hear from kids themselves about the ups and downs of their digital world. The facilitators will lead the discussion and offer advice to parents on how to navigate social media and their children's digital world."

Please take this survey: <http://goo.gl/forms/f9P755QH4M>

Participants can comment and ask questions here: <https://todaysmeet.com/JERICHOSEPTA>

Here is a list of resources we'll share: <https://www.smores.com/jk689>

Here are the slides we used during the presentation: <http://bit.ly/1MiGw1>

This evenings meeting was held to a full Library of interested parent's intent on keeping their children safe. Many of the current social media sites were discussed as well as sharing important information and strategies to help them navigate in the digital world.

This was the first meeting where we had students translating the meeting to parents in their native language through headsets. It was very successful, as it bridged the language gap between the various cultures. A very big thank you to our students for a fine job! Also to Dr. Gately for arranging for the loan of the equipment.

NOVEMBER 17th RECAP (CONT.)

The students were asked questions by Dr. Gately, Middle School Principal, and they showed via the white board how to use the various privacy settings on these sites.

Several times the honesty of the students came through when questioned why they used to a certain app, and the response was to keep it away from their parents' eyes. Laughter was heard through the room.

Dr. Gately sent out several emails as the event came closer with the last one having information on the links to the slides and the resources are being used during the presentation. He also included a Q&A link, as well as a survey link for parents to do.

Parents were able to question the student presenters directly to ask their opinions on a website or app, as well as how to set privacy settings or block someone.

One of the newer websites was Snapshot. You can post a picture for one to 10 minutes and then it "disappears", in truth it does from the person's screen but if it had been shared it will be out in cyberspace forever.

It was pointed out that nothing is really safe. Mr. Benjamin said that like anything, you have to think and be conscience of it. Not to use it at all is bad, but to over use it is equally bad. It's finding that fine line in using it that's important.

Mrs. Verdino said all students and parents have to be aware of what they post on line, and how it may affect them later in life such as on a college application or trying to get a job. These things posted can come back years later to hurt you.

One parent said on their child's application for college, it asked if they were on any social media sites, and what they are. The colleges check you out online to see if you are the type of student they want for their college, which is something to consider when posting anything.

EDITORS NOTE: I have attached the links to the meeting for any parent to review at their leisure.

AROUND SCHOOL



SEPTA at the Middle School for OLEWEUS

Dr. John Castronova, Director of PPS and Maria Bombace, one of the SEPTA Co-Presidents after walking to stop Bullying.



Aijia Mayrock at the Opening Ceremony

Grand Marshall, Aijia Mayrock was guest of honor at our Middle School for Olweus. This is the fourth year that SEPTA has been involved with this powerful program.



SEPTA BANNER AT SEAMAN ELEMENTARY

A large crowd of parents, teachers, administrators, Board of Education members, and staff came out for the first SEPTA meeting of the year.

SAVE THE DATE! Movie under the Stars!

FRIDAY, MAY 20, 2016.

CANTIAGUE ELEMENTARY SCHOOL.

MOVIE TO BE DETERMINED. This is a family event!



The Jericho SEPTA Executive Board

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MISSION STATEMENT

SEPTA is a district wide PTA and is open to everyone. It is comprised of parents, teachers and administrators, who support a greater awareness of special education. Special Education includes Learning Center, Resource Rooms, OT, PT, Speech Services, Assistive Technology, Accommodations and specialized instruction. SEPTA benefits all Jericho District families by providing the most current information on a variety of topics that arise from the preschool years through high school. SEPTA also provides Scholarships, Grants to our teachers, and special programs at our monthly meetings, as well as supporting many school district programs, and activities through your membership dollars and donations.

SEPTA
STAR

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