



SPECIAL EDUCATION PARENT
ADVISORY COUNCIL (SEPAC)

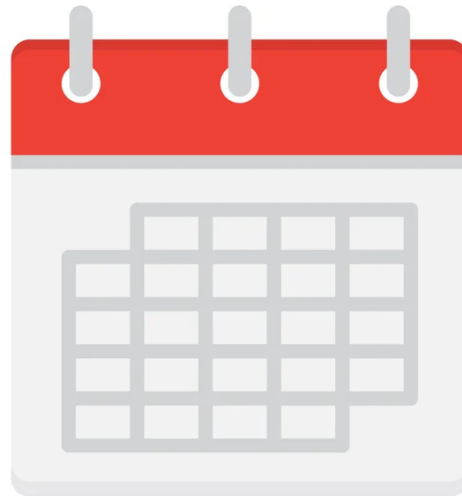
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SEPAC's Education Empowerment Newsletter



February 2026

With Valentine's Day around the corner, we're meditating on the duality of the heart: to "have a heart" means to give mercy or compassion, but to "take heart" means to be courageous. While we marvel at the multiple roles it plays in our lives, we hope you get opportunities to both give and take heart with you this month.



Upcoming Events

Grades

- Mar 1, Q3 Progress Reports
- Mar 5, Parent/Teacher Conferences

Early Release

- Fri, Feb 13, 11:21am

-Winter Break, Feb 16-Feb 20

-Thurs Mar 5, 11:21am

Next MMSEPAC Monthly Meeting:

-Thurs, Mar 5, 7:00pm

Register in advance: <https://us06web.zoom.us/meeting/register/NgUeFdijQxSJgOMkkrVLIA>



Focus: The Impact of Volunteerism

5 Reasons Volunteering Can Empower Autistic Individuals

For autistic individuals, volunteering can be deeply transformative. It offers a chance to feel valued, to connect authentically, and to grow—not by changing who they are, but by being embraced *exactly* as they are. Read on: <https://www.fullspectrumaba.com/post/5-reasons-volunteering-can-empower-autistic-individuals>

Opportunities for Neurodiverse Volunteers

- Help hand out water or t-shirts at your town's local [Fun Run](#)
- Make [cards for Hospitalized Kids](#)
- Volunteer at a sensory-friendly event such as [CalmerCon](#)
- Find more opportunities at <https://aane.org/support-us/volunteer/>



Focus: Internships and Summer Jobs

TEC Internship Program

The Education Cooperative (TEC) Internship Certificate Program supports high school juniors and senior in Metrowest Boston. **Summer applications opened January 28, 2026.** Learn more at

<https://tec-coop.org/college-and-career-exploration/internships/>

The Neurodiversity Alliance

The Neurodiversity Alliance offers over 100 paid national leadership opportunities for neurodivergent students and recent graduates ages 16 to 26. **Applications opened February 1, 2026.** Visit

<https://thendalliance.org/paid-internships/>

FutureBOS Youth Jobs and Resource Fair

Young people ages 14 to 24 can meet employers and apply for jobs, explore career, training, and education opportunities on **April 18, 2026**. Register at <https://www.boston.gov/departments/youth-employment-and-opportunity/youth-jobs>



SEPAC Elections: May 2026

The SEPAC will be holding elections at the May 2026 Monthly Board Meeting. Help us build a more inclusive, supportive school community. If you're thinking of being more involved but don't know to what degree, we're happy to share our experiences and answer any questions. Email us at chair@mmsepac.org or use the site form to [submit questions](#) or nominate someone.

Spread the Word! Share this newsletter and invite SEPAC families to stay in touch.

www.mmsepac.org | chair@mmsepac.org | [Join our Facebook Group](#)

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[Election icons created by Freepik - Flaticon](#)

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