



SPECIAL EDUCATION PARENT
ADVISORY COUNCIL (SEPAC)

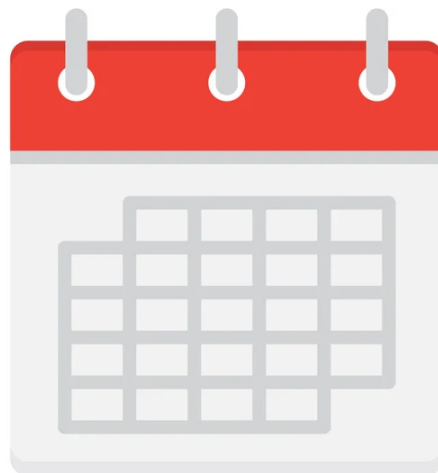
SEEN

SEPAC's Education Empowerment Newsletter



November 2025

Something we are thankful for: **Q1 is done.** If that statement inspired panic instead of relief, then don't fret. Have your child check in with teachers and ask if they can correct any errors on quizzes or turn in extra credit work to bring their grades up. Remember that teachers want the kids to advocate for themselves so encourage your student to reach out. Grades will be posted November 9 in Aspen.



Upcoming Events

MMSEPAC Monthly Meeting

Thurs Nov 6, 7:00-8:00pm ET. [Register here.](#)

Early Release

-Wed Nov 26, 11:21am

No School

-Fri Nov 7 (Showcase Day)

-Tues Nov11 (Veterans Day)

-Thurs-Fri, Nov 27-28 (Thanksgiving)

LexGiving 5k: Friday Nov 28, 9:00am

Minnuteman is partnering with Lexington High School for the 3rd annual Lexgiving run. Join the fun for a good cause!

[Register to run or volunteer here.](#)



Staff Shout Out: John Bakopolus

With lots of visuals, vocab, and straight-forward study guides, U.S. and World History teacher Mr. Bakopolus has creative ways to teach students about important moments and people in history based on how they learn. His patience and fairness make him a favorite with everyone. **Thank you Mr. B!**



Articles of Interest:

Accommodations on College Board Exams

From [CollegeBoard.org](https://collegeboard.org)

Requesting accommodations for College Board exams (PSAT, SAT, etc.) differs from the process used for school or state exams. This site explains the dates and deadlines, how to submit documentation—and why it's best to request accommodations through your school.

[Click here to learn more](#)



Need Help With: "Coping as a Caregiver"

High school can be an overwhelming experience for a student. It can also be overwhelming trying to support that student. If you need a safe, sympathetic ear with whom to share your experiences, we're here for you.

You can also check out the FCSN's Parent-to-Parent (P2P) program. P2P supports parents, grandparents and guardians living in Massachusetts and caring for children of all ages who have disabilities and/or medical complexities. ***Who is better to give support than a parent who has been there?*** Get matched by visiting the [FCSN website](#).



Visit MMSE PAC.org

[Check out the site](#) for updated events and resources to help you make informed decisions.

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

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

You're receiving this newsletter because you asked for email updates when you took our survey or you submitted a subscribe request through our website. If you no longer wish to be on our subscription list, please use the links at the bottom of this newsletter to manage your preferences.

MMSE PAC, c/o Minuteman Regional Voc Tech High School, 758 Marrett Road, Lexington, MA 02421,
USA

[Unsubscribe](#) [Manage preferences](#)

Send free email today

HubSpot