SPECIAL EDUCATION PARENT ADVISORY COUNCIL (SEPAC)

SEEN

SEPAC's Education Empowerment Newsletter

October 2025: ADHD Awareness Month

It's October, which means two things: First, it's ADHD Awareness Month. It's an opportunity to deepen our appreciation of how people with ADD and ADHD perceive and engage with us. Learn more by visiting the ADHD Awareness Month website.

Second, it's time for Parent-Teacher Conferences. **Remember each meeting is only 8 minutes long!** The ability to sign up through the portal opens at 7:00 AM today, October 4.

Upcoming Events

MMSEPAC Monthly Meeting

October 7, 2025, 7:00-8:00pm ET. Register here.

Virtual Parent-Teacher Conferences

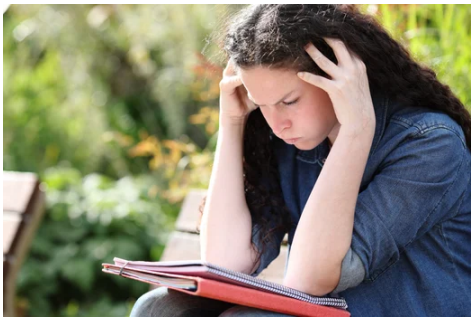
Thursday, October 9, 5:30-8:30p

Sign up through PTC Wizard Portal

Early Release Days

Friday October 10, 11:21am

Wednesday October 22, 12:30pm



Articles of Interest

How to Succeed in High School with ADHD: A Teen's Guide

From ADDitude Magazine

Academic and organizational tips designed to help high school students with ADHD finish homework, execute long-term projects, manage their time, earn high grades, and avoid feeling overwhelmed. Click here to learn more

Need Help With:

Accommodations & Modifications? Access the updated District Curriculum Accommodations Plan (DCAP).

Using Aspen? There is a video tutorial in the middle of this page.

Self-Advocacy? This video helps students understand what self-advocacy is and why it is important.

Reading Support? We're hosting a separate discussion on this. Details available

during the Oct 7 meeting.

Visit MMSEPAC.org

Check out the site for updated events and resources to help you make informed decisions.

What should the MMSEPAC focus on to help you? **Click here to take our short survey.**

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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