



Benton-Stearns Education District

Special Education Advisory Council

Agenda

April 15, 2019

6:00-7:30

1. Introductions

2. Guest Speaker-Melody Vachal

- a. Melody is a Parent who will share her story and talk about caregiver wellness.

Below are some key points from Melody's presentation;

- Self care is a responsibility
- Use a gratitude journal write down 3 things you are grateful for daily
- Self compassion - treating yourself kindly
- Make a "warm fuzzy file" to keep nice messages from people
- Balance your care for others with balancing care for yourself

R - Rest

E - Eat right and eat in moderation

C - Communicate your needs to others, they cannot read your mind

H - Health - monitor your own health needs and see the doctor when needed

A - Accept help when it is offered, it is OK

R - Respite -means different things to different people

G - Get enough sleep

E - Exercise - needs to be personalized to your needs

SPEAK KINDLY TO YOURSELF!

3. District Happenings

- a. Due Process Nights for Staff - extra opportunity for staff in the districts to work on special education paperwork after school hours 2 times per school year. This will continue for next year. District staff are very appreciative of this opportunity.
- b. Facility Updates - Safety Grant at Voyagers - Voyagers did receive a grant from MDE. The dollars will go toward making sure all entries are secure at that site.

Work will begin after the last day of school. Alicia also explained some fire code updates that need to be made to the building.

- c. New Frontiers at SCTCC (18 - 21 year program) - Alicia gave a brief overview of the program that is now located at the St. Cloud Technical Community College site. She has just received notice that the New Frontiers program will again be able to lease space at SCTCC next year.
 - d. Board Certified Behavior Analyst Position - This position will be in the proposed budget that will be recommended for approved at the upcoming BSED board meeting.
4. Child Count Comparisons for 2018 - Alicia shared the specific district data with those present. Child count is based on the student's resident district. Alicia also shared the number of students open enrolled into each district. Child Count Documents are Posted on the BSED web site.
 5. Community Resources -
 - a. PACER is offering an upcoming SSI workshop. Information was shared.
 - b. Behavior Care Specialist now in Waite Park- a day program for students with ASD
 - c. Mindfulness Handout
 - d. ASD Info and Strategies
 - e. No Small Matter - May 2nd, screening coming to town (Sauk Rapids/Rice Middle School, 6:00 - 8:00), after the viewing there will be a panel discussion
 - f. Transition Trek will be offered in April in Buffalo
 - g. Resource Fair coming soon in Monticello - Annie will share information with the group
 6. Questions for the Director - participants did not have questions
 7. Other Announcements and News to Share - Alicia shared that if participants did not want to continue attending the SEAC meetings, it would be helpful for each participant to find a replacement from their district. It is the intent of the SEAC to have all member districts equally represented.
 8. Meeting Schedule for 2019-20 - Dates to be determined. Meetings will be 3 times a year on Monday evenings.