

**Mailing Address:**  
 c/o SCPS  
 31 Stafford Ave  
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 22554  
 ATTN: SEPTA  
 540-809-8033 or  
 202-285-1637

## Holiday Travel Tips

Traveling with children during this time of year can be stressful for sure. With some careful planning and preparation, families with children of all types can enjoy planes, trains and automobiles that will yield more rewards than meltdowns. To prepare for the trip ahead of time, try using social stories. Social stories are fun little picture books that can be used to describe an upcoming event that can help a person prepare. To learn more about social stories, visit: [www.thegraycenter.org/social-stories](http://www.thegraycenter.org/social-stories). Most hotels offer special accommodations, above and beyond what the ADA requires. You can specifically ask for a room to meet your requirements and most hotels are very accommodating. A great tip to use when there is a potential for children being separated while traveling to a busy and crowded destination is called a child tag. Write on an index card vital information, to include the names of parents, caregivers, and grandparents, cell phone numbers, and the name and phone number of the hotel or relative where the family is planning to stay. This is an important safeguard for a child with a disability that cannot communicate the information verbally, or young children.

## Mini Grants!

Are you looking for that one special item for your classroom? Are you in need of supplies, but your operating budget for the year is used up? Well, SEPTA is offering mini grants again this year! If you are a SEPTA member and a Special Education teacher, please let us know if you're interested, you could be granted up to \$100! We are currently taking nominations. Please contact Dali Burgado at [staffordseptamembership@gmail.com](mailto:staffordseptamembership@gmail.com) for details.

## Tutors

Is your child struggling at school and just needs a little bit of help? Did you know that the Parent Resource Center has an extensive listing of tutors? The tutor listing currently has tutors offering services in K-12 Reading, Math, Foreign Language, and even SAT prep. Visit the PRC website at <http://stafford.schoolfusion.com>, click on Student Services on the left side, and click on Parent Resource Center in the sub menu. Or, give them a call at 540-658-6710.

## NAMI: National Alliance on Mental Illness

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy and support group programs.

Our local NAMI resource is NAMI Rappahannock. To learn more about this wonderful local resource, visit: [http://www.nami.org/MSTemplate.cfm?Site=NAMI\\_Rappahannock](http://www.nami.org/MSTemplate.cfm?Site=NAMI_Rappahannock) or contact [dfvaughn@verizon.net](mailto:dfvaughn@verizon.net)



## SEPTA Board Meetings

\* = General Membership Meeting

All meetings to be held at Stafford Hospital Center

Jan 14	Private Dining Room	7:30 - 9:00
Feb 04	Private Dining Room	7:30 - 9:00
Mar 11	Private Dining Room	7:30 - 9:00
Apr 08	Private Dining Room	7:30 - 9:00

## Upcoming Events

16 December: CiCi's Pizza Fundraiser 5pm—8pm

21 December: KD Kids World 5pm—8pm

20 January: CiCi's Pizza Fundraiser 5pm—8pm

PLEASE VISIT US ONLINE AT

[WWW.STAFFORDSEPTA.COM](http://WWW.STAFFORDSEPTA.COM) FOR MORE INFORMATION ON PROGRAMS, MEETINGS AND MEMBERSHIP — SPECIAL EDUCATION TEACHERS ARE ENCOURAGED TO JOIN SEPTA.



## Executive Board:

President: Dali Burgado

President-Elect: Vacant

Treasurer — Marilyn Matula

Secretary — Vacant

**Don't forget to check out the Parent Resource Center and the disAbility Resource Center for some really fantastic upcoming workshops!**

You can find Stafford SEPTA on-line  
[www.StaffordSepta.com](http://www.StaffordSepta.com)



Search: Stafford: SEPTA

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