



Our Site Board of Education Our District Curriculum Resources/Organization Calendar

**ALLENDALE PUBLIC SCHOOLS  
DEPARTMENT OF SPECIAL SERVICES**  
100 Brookside Avenue  
Allendale, NJ 07401

March 17, 2017

Dear Parents/Guardians,

I am writing to invite you to our quarterly Special Education Parent Advisory Committee meetings (SEPAC), which are open to all parents in the District. During this meeting, we will continue to explore our year-long theme of resiliency. The following topics will be presented in this meeting:

- yoga/relaxation techniques to use in the home
- how to speak with children about the challenges of social media

The presenters for the meeting will include Mrs. Thea Webber, Brookside guidance counselor and Mrs. Suzin Triolo, Brookside physical education teacher.

There will be two opportunities to attend the SEPAC presentation:

**Hillside School March 27, 2017 9:00am - Room 6**  
**Brookside School March 27, 2017 7:00pm - Brookside Learning Commons**

I hope that you will plan on attending one of these presentations. In addition, I will be sharing information on additional resources available to parents throughout the Bergen County area.

As always, if you have any questions or concerns, kindly contact me directly at (201) 327-2020, Extension 1206.

Thank you,

**Jo Ann Karamus**  
Supervisor of Curriculum & Instruction

## Contact Us

**Allendale Board of Education**  
100 Brookside Avenue  
Allendale, NJ 07401



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