

Mosby Woods PTA

Meeting Minutes

Tuesday November 27, 2018

Welcome and Call to Order: Meeting started promptly at 6:30. Those present introduced themselves to the group.

Presidents Notes: There will be no PTA meeting in December

- A to Z Connect Student Directory is available on the PTA website. There is also an App available.
- Help celebrate our staff with a holiday giving tree. Sign up to follow. Let's make this holiday special for our Mosby Woods staff.
- The PTA voting bake sale did well, raising \$421.00. Thank you to all those who donated items to sell. We plan to sell concessions during our coming concerts as well.

Principles Notes:

- Thank you to all those who volunteered to make the book fair a success.
- Mosby Woods has been nominated as a National Blue Ribbon school.
- Teen Trend Setters will be starting this year. Oakton High school students will come to help 2nd grade students with reading.
- **December 3rd to the 7th** is Inclusive School Week. This year is a kaleidoscope theme.
- **December 6th** the chorus will perform at Zoo Lights at the National Zoo.
- **December 13th** Band and string concert will be held in the gym
- **December 17th** the chorus will perform in the gym

Guest Speaker: Ashley Dwyer and Laura Zinn Mosby Woods Counselors

- Ashley Dwyer and Laura Zinn both hold Master degrees, and are currently rolling out a Mindfulness curriculum at Mosby Woods. They are available to the students, as well as parent and teacher consultations. They visit the students class room monthly with lessons in mindfulness.
- Mrs. Dwyer is assigned to K, 3, 4, and half of 5th grade
- Mrs. Zinn is assigned to 1, 2, half of 5th, and 6th grade

What is Mindfulness?

- Being present in the moment. An unbiased, centered awareness.

What are Mindfulness tools?

- Breathing exercises help calm emotion and lesson anxiety
- Use the 5 senses to ground our emotions in the moment through mindful eating, listening, seeing, etc.

Why is it important to our students?

- Practicing mindfulness promotes self regulation
- stress reduction
- boosts work memory
- cognitive flexibility
- improved focus

How do we incorporate Mindfulness in the school?

- Mindful Mondays, school wide activity in mindfulness.
- Mind up pilot classrooms.
- Gratitude activities.
- Additional lessons and activities in kindness, empathy, Unity Day.

How can I incorporate Mindfulness at home?

- Gratitude jar, write down what you are grateful that day and put it in the jar.
- Mindful jar, make a glitter jar with water and glitter glue. The child watches the glitter settle relaxing them, and grounding them in the moment.
- Take a “Safari walk” being mindful of the environment around you. Point out sounds, look for birds, bugs, etc.

Mindfulness Resources:

- Cosmic kids
- Go Noodle Flow
- There are many apps for mindfulness available for adults, and children.

Mindfulness links:

- 12 Bite-Sized Mindfulness Activities from Blissful Kids
<https://blissfulkids.com/dl-d7832bh8j/>
- The New York Times – Mindfulness for Kids
<https://www.nytimes.com/guides/well/mindfulness-for-children>

Next PTA meeting in January in the Mosby Woods Library