

Mosby Woods ES PTA Meeting

Minutes

Tuesday, February 18, 2020

6:30-7:30 pm, MWES Library

1. Meeting was called to order at 6:30pm

2. Report from Administration and Staff
 - Magic Magician assembly was a big hit with students of all grades
 - Spectacular Science is the next assembly in March
 - All field trips this year have been successes
 - Mr. White's class performed at Ford's Theater and did a wonderful job
 - Karl Frisch, our new School Board member visited and toured MWES. Dr. Aste highlighted how MWES is in need of more space. As part of the tour, he was shown the STEAM Lab as an example of our space needs—the lab would not have been possible without the quad
 - Family Heritage Night (formerly International Night) will include cultural discussions this year as well as new activities. The parent discussions will be inspired by the Iceberg metaphor, examining cultural expressions and norms that are not simply surface level displays such as clothes and food. Discussions will include topics such as equity and cultural understanding. An activity for children will be provided as parents talk
 - School Equity Lead: Jenny Smith
 - Kristine Choi: Family Heritage Night head
 - March 5 is First Grade Literacy Night
 - March 20 is the Career Fair

3. Presidents' Report
 - Calendar Reminders:
 - February 20th: Restaurant Night at Teriyaki Madness, Fairfax
 - February 24th: Enrichment registration opens (classes begin March 10th and March 12th and end in early May
 - February 26th: Family Heritage Night (5:30-7:30)
 - March 7th: Yard Sale (donations will be accepted on March 6th)
 - March 20th: Career Fair—presenters needed
 - March 26th: Bingo Night
 - Update from After School Enrichment program: onsite manager and two teachers are helping run Enrichment now

- Volunteers are needed in various areas as well as PTA Board members
 - Volunteer positions needed: Yard Sale, Career Fair (presenters), Staff Appreciation, a person to make copies for Wednesday Folders and Teachers, Art To Remember
 - PTA Board Member positions needed: VP of Membership and Treasury

4. New Business

- None

5. Guest Speaker: Dr. Kristin Guadagnoli – How To Manage Stress In Children

- Dr. Guadagnoli's practice is called MindWell Psychology. Their practice is made up of about 60% testing and the rest psychotherapy. The age range they generally see is between 5-18 years old, and some college students as well.
- Her practice sees a lot of anxiety cases—double the amount of depression cases
- Signs of Anxiety: feeling overwhelmed/shutdown, irritability/anger, chronic worry (which can be heightened if the child is genetically predisposed to stress and worry), poor sleep (i.e. difficulty falling or staying asleep at the elementary school age), changes in normal behavior, poor appetite
- Signs of Depression: similar to those of anxiety, but further include talking or thinking about death, fatigue, constantly feeling sick but are actually healthy, lack of interest, poor schoolwork
- Separation Anxiety is a common form of anxiety in elementary-aged children, where they don't want to be away from parent or parents. It usually occurs twice: preschool and then again at 8 or 9 years old
- Social Anxiety is another common form of anxiety at this age. It can manifest itself as selective mutism, school refusal, and separation anxiety (as listed above)
- Before looking to treat anxiety, rule out learning disabilities or learning issues (i.e. being bored too much or getting too much help with schoolwork, etc.)
- How to Help: don't overschedule your children; keep mornings calm; have downtime away from schoolwork/electronics; be a good model for your kids in terms of being balanced; make sleep a priority; figure out ways to talk to your kids about their feelings and have them learn to recognize feelings of anxiety and what those feelings cause them to do/feel; come up with a plan with your kids to deal/cope with their feelings of anxiety, instead of avoiding them or giving into them; reward kids when they overcome their feelings; look into exposure/cognitive behavior therapy if anxiety becomes too much
- Suggested books to read that deal with anxiety in children:
 - What To Do When You Grumble Too Much
 - What To Do When Your Temper Flares
 - What To Do When Mistakes Make You Quake

-When You Dread Your Bed

- When To Seek Help: when they are having extreme avoidance issues in life and/or school; chronic sleep issues; chronic illnesses that are caused by anxiety, not actually being sick (if they have missed school more than 5 days because of such illnesses, that is when it is time to act); exhibiting dangerous behavior or self-harm
- Final Take-Aways: keep an open line of communication with your children; validate their feelings; involve them in finding a solution, which will empower them; exposure therapy is a great way to help deal with anxiety; schedule as much as much downtime/unstructured time as possible