

## Mosby Woods ES PTA Meeting

### Minutes

Tuesday, November 17, 2020

6:30-7:30 pm, via BBCU link (Online)

1. Meeting was called to order at 6:31pm
  
2. Report from Administration and Staff
  - The Return-To-School start date of November 17<sup>th</sup> for Pre-K and Kindergarten was delayed due to the health metrics in our area changing
    - Dr. Aste feels that they are ready and prepared to have a safe and healthy learning environment for students, whenever they return. She thanked the Pre-K and Kindergarten staff for working so hard to get ready for their students to return and asked parents to have patience and grace as we move through this unique school year
  - Dr. Aste thanked former MWES student and Boy Scouts of America member Will McKinstry, who re-purposed our whole courtyard area as an outdoor classroom as part of his Eagle Scout project
  - Dr. Aste also thanked a “mystery group” who put hearts on our school doors to cheer on our staff and teachers
  - Dr. Aste also reported that the Mad Science assembly was very well-received
  
3. Guest Speaker – Dr. Marcie Beigel, Parenting and Behavior Specialist
  - Dr. Beigel has been working with families, kids, and schools for 20+ years
  - She provides action-based strategies to support parents and helps them change behaviors in the home by helping modify the goals and strategies used
  - She recommends doing this with intention and purpose
  - Her presentation started by highlighting **Clarity**. Parents need make sure the answer to this question is clear: What are your roles?
  - **Schedules** are very important and everyone in the home should have one. Everyone should also have a place to be stationed
    - Kids and parents should each have independent schedules that they follow and two things must be included: Who is responsible for the kids when? and Where is everyone stationed throughout the day?
  - **Routines** are powerful and very important for kids—it gives kids control over their day and lets them know what to expect. Part of the schedule can be a morning meeting

where you and your kids go over any changes or adjustments that need to be made to the schedule, and also time to check in/share any issues

-One example of a way to help your kids stay on *your* schedule is to use Post-Its on your laptop or computer to signify when they can and cannot interrupt you/speak with you (i.e. one color Post-It means you are busy and can't be interrupted because of work, another color can mean you are free, etc.)

- **Interactive**—your behavior affects others, so if your kids are upset or frustrated, a small step towards calmness can lead to more calm from your kids, and/or you aren't adding any extra frustration to their situation. Always try to model the behavior you want to see from your child.
- If kids seem fearful of what is going on in the world right now, counter that fear with action and being pro-active. Give them activities or concrete tasks they can do in order to help them feel settled and calm.
- Three Take-Aways or Slogans to Remember
  - 1.) Speak With Purpose—words are impactful
  - 2.) Do More—help your kids do what you are asking them to do instead of repeating yourself over and over. Show them what follow-through looks like.
  - 3.) Choose Honey—celebrate your kids, highlight their successes when you see them
- The Holidays
  - Be Sad—for a little while. It's ok to acknowledge your sadness, but don't dwell in it
  - Start Now With Self-Care—Start thinking about how to take care of yourself over the holidays so that you aren't feeling burnt out when the holidays roll around
  - Focus On What You Have—Make sure to focus on the positives and all that you DO have going into this holiday season
  - Create New Traditions—Try to create new family traditions, since some traditions won't be able to take place this year. These new family traditions can potentially be carried forward and used in future holiday celebrations. This is a way for the holidays to feel fun and for kids to feel special.
  - Plant Virtual Celebrations—Try to organize virtual celebrations with those you would have normally seen at the holidays and/or set-up small virtual check-ins with friends and family over the holidays to keep up social connections.
- Dr. Marcie's parenting program can be found at: [bit.ly/DrMarcieParentingProgram](https://bit.ly/DrMarcieParentingProgram)
- Free e-book by Dr. Marcie can be found at: [MyKidsDontListen.com](https://MyKidsDontListen.com)
- Parent Questions for Dr. Marcie
  - If siblings are fighting—you can give them short (10-15 minute) activities to do together that will set them up for success—this will help build up that cooperative muscle so that they remember that they do—and can—get along
  - If kids refuse to do what you say—you can do what is called "Positive Yelling", which is essentially using all of the animated, big gestures, and intonations used when you are yelling, but to convey something positive. This gives them the

engagement with you that they are trying to get, but in a positive way. Also, you can try simply repeating your directions in a flat tone.

-If this extended isolation is starting to affect your child or is causing emotional changes—you can create a time in the day or week to talk about feelings/emotions with your kids. By sharing your emotions and how you are feeling first, that can help open the door for your child to share their emotions with you.

- In the moment of a meltdown, try to just move them through that meltdown. Address the larger, underlying issues with them later, when they are calm and better able to communicate how they feel.
- If you see any big changes in personality, personality traits, or mood, try to address it with open communication. Things like Zoom sessions with friends/family can help kids to feel socially connected.

-If kids are being sneaky and hiding “bad” behavior, talk about the action or step they could have taken instead—talk about the consequences that could have happened. Have them come up with an action plan to resolve their problem, this will help them be prepared for the next time that situation occurs. Also, make sure not to label them a “liar” or say that they “lied”.

- Dr. Marcie also recommends doing an activity called “I Love You Because” every night at dinner (or whenever works best for your family). Everyone in the family takes a turn telling the other members of the family why they love them. This will help create connection and conversation, while also teaching kids who to give compliments.

#### 4. PTA/School News & Mentions

- Restaurant Day will be November 19<sup>th</sup> at Lost Dog Café
- The MWES Virtual Book Fair will be open through December 11<sup>th</sup>. Our Librarian Ms. Brown has organized it and it can be accessed through Bookworm Central
- The December PTA meeting has been moved to December 16<sup>th</sup> and in order to attend, you must sign up. There will be a sign-up link provided in upcoming PTA e-newsletters. This will be a joint meeting with Providence ES and Oakton ES. The purpose of the meeting is to discuss the relocation of the Blake Lane Project to the Dunn Loring Administrative Center. Karl Frisch will be the Guest Speaker.