

## Mosby Woods ES PTA Meeting

### Minutes

Tuesday, January 21, 2021

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

1. Meeting was called to order at 6:30pm.
  
2. Report from Administration and Staff
  - Dr. Aste thanked the PTA for the Teacher Appreciation Luncheon in December
  - Dr. Aste thanked Ms. Selander for working with our Equity Team. She said they had been having great meetings so far.
  - Dr. Aste also thanked parents for supporting their kids through the distance learning process. She said she sees lots of good things happening in our MWES classes, despite the fatigue of distance learning we are all experiencing.
  - Dr. Aste noted that there will be a Return-To-School new timeline coming soon from the School Board. She said that kids may be returning by the end of February or in March.
  - Dr. Aste explained that the School Board has scheduled another community meeting regarding the Mosby Woods name change process due to low turn-out from our school community at previous meetings. Also, our families had not wanted to name the school after a person, but Providence District Representative Frisch and the FCPS School Board want to name the school after an inspirational person. We need better turnout for this next community meeting, scheduled for February 16<sup>th</sup>. Mr. Frisch and the School Board will likely release three name suggestions before the community meeting.
  - Dr. Aste also gave an update on the expected MWES renovations. Renovations should be starting within the next three years. Dr. Aste will have school staff and parents form a Renovation Committee so that both sides have input on the renovations.
  
3. Guest Speakers – Laura Zinn and Ashley Dwyer, Mosby Woods School Counselors
  - Ms. Zinn and Ms. Dwyer shared a presentation called “Helping Kids Cope: Burnout, Stress, and Loneliness”
  - Families may find benefits from pandemic-related changes to their routines at home, parents shared some of their silver-linings
  - **Stress**
    - Acknowledge that no one from our generation or theirs have ever experienced or done anything like this before. They are being asked to learn/socialize/find community in a virtual setting during a pandemic, which is a first for all of us
    - Recognize what they’re doing is hard and talk about how they’re feeling

- Celebrate perseverance, hard work, and inventive thinking in school and out
- Find outlets that work for your family—art, writing, exercise, talking, playing, etc.
- **Loneliness**
  - Stay engaged—write letters, cards, postcards, complete projects
  - Video chats—predetermine an activity kids can complete together
  - Online activities (Common Sense Media is a good resource for this)—gaming, games, book clubs
  - Social distance, if comfortable—or just get outside for some fresh air to help recharge the mind
- **Reluctance to Socialize**
  - Being physically estranged from others can make kids shyer than usual
  - Reframe it as “physical distancing” rather than social distancing
  - Finding peers with whom they share something in common online will help them cement a social base that will continue when they return to school in person
  - Find flexibility with technology use
- **Handling Pushback**
  - Gentle pushing is ok
  - Find flexibility with technology use
  - Be more relaxed about the amount of time your tween or teen spends chatting with friends online—but still monitor for safety and make sure they are following your family’s online safety rules
- **Burnout**
  - Perspective—help your child find ways to help others
  - Think of out-of-the-box things to do with your time—kids could end up doing something great!
  - Help them shift their focus outside of themselves, this can help rid feelings of loneliness—help them find their passion
  - Collaborate with school staff who are always here to help!
- **Ideas/Resources**
  - Identify feelings (what they feel like, look like, sound like)
  - Establish/maintain a family routine—this provides kids with a sense of control, normalcy, and predictability
  - Gratitude Jar—write down what you are grateful for to read and discuss later
  - Wish Jar—write down something you wish you could do now or in the future, to read and discuss later
  - Stay active—find something to give kids a sense of accomplishment
  - Mindfulness—try doing breathing exercises (e.g. 5 Finger Breathing or have kids create their own breathing exercise)
  - Relax, forgive yourself (these two books are good resources to help with this: “Don’t Should Yourself”, “You Can’t Pour An Empty Cup”); also, remember to celebrate any success
- **Resources/Websites** (these were presented as QR codes to scan)
  - Centers For Disease Control/Covid-19/Helping Children Learn
  - Virtual Calming Room

- FCPS Parent Resource Center YouTube Channel
- FCPS Healthy Minds Blog
- Headspace Activity app (<http://my.headspace.com/play/1258>)
- **School Counselors Contact Information**
  - Laura Zinn: [LJZinn@fcps.edu](mailto:LJZinn@fcps.edu)
  - Ashley Dwyer: [AMDwyer@fcps.edu](mailto:AMDwyer@fcps.edu)

#### 4. PTA News/Updates

- Eliza Selander (MWES Diversity, Equity, and Inclusion Chair) spoke about this new committee and the need for other members (as she is currently the sole member). Ms. Selander noted that MWES is already very diverse, but there is always room to work on Equity and Inclusion. She explained that no matter who you are, you have a place in this school community and something to share
  - Ms. Selander then spoke briefly about the National PTA’s Every Child In Focus Initiative. It is an opportunity to celebrate different members of our school community each month. For example, February is African American History Month, but there is also National Arab-American Heritage Month, Women’s History Month, National Hispanic Heritage Month, and so on. This is a way for our school to learn about each other, understand each other better, and work toward better equity and inclusion in our school.
  - Ms. Selander then recommended (and gave a link for) a 21-Day Challenge Anti-Racism Webinar, which helps viewers learn about the African American experience in America, as well as teaches how we can all work to identify and eliminate racism in our community and spread more compassion and awareness.
  - If you would like to reach out to Ms. Selander, she can be reached at [community@mosbywoodspta.org](mailto:community@mosbywoodspta.org) or [eliza.selander@gmail.com](mailto:eliza.selander@gmail.com)
- PTA Volunteer Vacancies
  - School Supply Volunteer—this person is a liaison between parents and the school supply company. They will shadow our current School Supply Volunteer, Alison Vaden to see how the position works.

#### 5. Upcoming Events

- January Restaurant Night is coming up on January 25<sup>th</sup> at On The Border, located in Fair Oaks Mall

#### 6. New Business

- None