

RSPS HSA General Meeting Agenda

Monday, 9/23 at 7 pm

RSPS HSA Focus:

Inclusive Community- Faith Centered- Academic Excellence

Meeting Outcomes:		
By the end of this meeting, participants will have:		
<ul style="list-style-type: none"> - Heard updates on various topics associated with our school and operations - Scheduled upcoming events - Reviewed previous actions items and determined new action items 		
Meeting Roles:		
Time Keeper <i>Help facilitator keep track of time for each action item</i>	Meeting Notes <i>Take summary notes & decisions for each action item and record action items as they are decided upon</i>	Review of Action Items <i>Take the group through each action item and determine if any follow up is still needed</i>
Niki	Delyza	Mandy
Attendance:		

Time	Agenda Item	Facilitator
7:00-7:05 5'	Opening Prayer	Rosanna Rensberger
7:05-7:35 30'	Presentation Childhood Anxiety Notes: <ul style="list-style-type: none"> - Defined: tense emotional state that occurs when you can predict the outcome; overestimate risk, underestimate ability to cope; what if? - Very common - affects more than 10%; under-diagnosed/under treated - Function: helpful because it keeps us from unsafe things but it is also not helpful it tricks us, turns on quickly and often - Trifecta: thoughts, physical symptoms, behaviors - When is it a problem? 	Dr. Jennifer Nail

- Too big
- Too often
- Too young/old (developmentally appropriate)
- Too much trouble (gets in the way)
- Forms of anxiety: there are many forms
- Has a squad
 - ADHD
 - LD
 - Autism
 - Depression
 - Food Allergy
 - Auto immune
- Red Flags:
 - Anxious thoughts (what ifs)
 - Physical Symptoms
 - Anxious behaviors (stay home)
 - Safety and Danger (weather is a good example)
- Avoidance is a huge piece of anxiety
- Kids need to have a mild negative emotions in order to build their confidence (don't run to email the teacher or have a seat moved)
- Over protective and under protective can add to ti
- Take away:
 - Afraid of it... do it
 - Don't want to ... do it
 - Too hard... do it
- Where to start:
 - Connect with your child
 - Validate their feelings
 - Empathize
 - Offer different thinking strategies/plant different seeds of what could have been happening
- Attend to brave behavior: find opportunities to recognize small feats
- Respond to anxious behavior calmly
- Strategies - practice the fears they have gradually
- Learn to tolerate uncertainties
- Don't ...
 - facilitate avoidance or accommodate anxiety (don't worry about...)
 - Let their thoughts trick you
 - Catastrophize it (they'll never move out)
- Social Media
 - Professionals say 13 seems like a good place to try social media
 - A lot is dictated by peer groups
 - We need to teach the skills early in order to have

	<p style="text-align: center;">students/children learn digital citizenship</p> <ul style="list-style-type: none"> - ADAA.org good resource for age appropriate thoughts 	
<p>7:35-7:45 10'</p>	<p>School Board information</p> <p>Notes:</p> <ul style="list-style-type: none"> - Sending out a financial statement of how we did in the previous year; a summary report will be sent out soon (where we are, new initiatives, and a plea) - Want to continue to apply for more grants that will support our needs/wants - Helping to finish the innovation lab - Annual fund <ul style="list-style-type: none"> - every private institution does it - It helps us with our grants (some grants look at the percentage of parents who donate when approving grants) - schoolboard@resstpaul.org for questions/concerns - Looking for marketing our school and target on our early grades to bring more families in - 	<p>Dave Kociolek</p>
<p>7:45-8:00 15</p>	<p>Review HSA items:</p> <ol style="list-style-type: none"> 1. Volunteer opportunities <ol style="list-style-type: none"> a. Fundraisers for the school b. FUN raising ; community building events c. Need support with some events <ol style="list-style-type: none"> i. Cookbook:Holly Evans ii. Christmas Craft: <ol style="list-style-type: none"> 1. going to ask 8th grade kids to help run 2. Katie H and Jessica N. d. Breakfast with Santa Help Needed <ol style="list-style-type: none"> i. Secret Santa ii. Trees e. Spiritwear: Megan Timmons <ol style="list-style-type: none"> i. Still working on a platform f. Used Uniform Sales: Could use help <ol style="list-style-type: none"> i. Has done very well for us ii. Still have a 3 year rollout g. Baking Committee: Yanessi Morales <ol style="list-style-type: none"> i. Easy to support and create snacks based on a sign up genius h. International Committee: new this year; more to come 	<p>Position chairs</p>

	<ul style="list-style-type: none">i. Party Planning:<ul style="list-style-type: none">i. Planning more social events for families, parents, and our community2. Room parents still needed<ul style="list-style-type: none">a. Still in need about 2A and 2Bb. Will be looking for volunteers to support a recess initiative to alleviate room parent requirements3. Scrip<ul style="list-style-type: none">a. Easy fundraiser for our school4. Upcoming events	
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