



**PTA General Membership Meeting**  
**January 26, 2018 8:30 AM – Sickles Media Center**

In Attendance: Christine Hayden, Kerry Maguire, Stephanie Palmer Bates, Christa Ahrens, Jodie Martignoni, Cassie Conley, Ali Kucich, Kelly McCann, Cheryl Cuddihy, Chara Bellincampi, Sheri D'Angelo, Kim Kennedy, Stephanie Bush, Jen Zambarano, Fran Smith, Tom Smith, Christine Winig, Lynn Dalfanzo, Karen Rodriguez, Danielle Modica Jones, Sarah Ward, Jess Patel, Jen Bennett, Megan Pelino-Whalen, Tootsie Olan

**Welcome & Pledge: Christine Hayden**

**1. December Minutes Approval:**

Motion: Stephanie Bates      Second: Kerry Maguire

**2. Guest Speakers:**

- Andrea Cernero, Knollwood Guidance Councilor
  - Mindfulness: Social and Emotional Learning Programs at Knollwood
    - Prevention Programs through health class
    - Warning Signs – Mental Health – themselves and peers
    - 6<sup>th</sup> Grade – Signs of Suicide Program
    - 7<sup>th</sup> Grade – Lifelines Program
    - 8<sup>th</sup> Grade – More than sad – 4 part program
    - 4<sup>th</sup>/5<sup>th</sup> – Fixed vs. Growth Mindset
    - Tying into Mega skill perseverance
    - 11 Mega skills to succeed – focus on 2 a month – next year 1 Skill a month
  - What is Mindfulness?
    - 2 Minute video – Jon Kabat-Zinn, PHD
    - Presence of Heart – Focus on present moment
    - Benefits – Attention, Compassion, Adaptability
    - Knollwood – Mindfulness Mondays
    - RFH relying on us to set baseline for skills to benefit at HS level
    - Guidance Councilor providing resources to teachers
    - Mindful parenting – Establishing practice themselves

1. Check you expectations
2. Don't force it
3. Don't make it a punishment

Ways to teach mindfulness to kids

Keep it simple

Listen to the bell

Mindful bedtime ritual

Practice with breathing buddy

Establish gratitude practice

Practice mindful eating

Resources for parents

Books, Apps, websites – Available on school website

Dialectical behavior therapy DBT skills, coping skills

All links and presentations will be available on district website

- Mrs. Romano, Knollwood Principal

Math Program Update

4<sup>th</sup> and 5<sup>th</sup> Grade Envision

6<sup>th</sup> -8<sup>th</sup> Advanced Algebra- Big Ideas

Parent Support – 4<sup>th</sup> and 5<sup>th</sup> Grade Math

6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grade reminders

Knollwood curriculum update

ELA/Social Studies/World Language/Science

All Presentations can be viewed online on district website

### 3. VP Updates

- a. Christa Ahrens

- i. Please visit our Knollwood book fair
    - ii. Barnes and Noble event – May 17<sup>th</sup> – Summer reading lists will be available
    - iii. Staff Appreciation Week
  - b. Ali Kucich
    - i. Family Fun at Gravity Vault Feb. 25<sup>th</sup>
    - ii. Water Park June 19
    - iii. District Art Show in conjunction with book fair
    - iv. Clothing drive
    - v. Mable's Labels
  - c. Kerry Maguire
    - i. Dino Dig
    - ii. Story Pirates
    - iii. Penguins
    - iv. Upcoming assemblies to Knollwood
  - d. Kelly McCann
    - i. April 21<sup>st</sup> Spring Fundraiser – looking for volunteers and donations
  - e. Stephanie Palmer Bates
    - i. Treasurers Report

## New Business

Board Positions

Nominating Committee

*It is the mission of the Fair Haven PTA to promote the welfare, safety and educational development of our children in the home, school and community through the cooperative efforts of parents and teachers.*

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