



**PTA General Membership Meeting
December 15, 2017 8:30 AM – Sickles Media Center**

In Attendance: Christine Hayden, Kerry Maguire, Stephanie Palmer Bates, Christa Aherns, Jodie Martignoni, Cassie Conley, Jen Bennett, Emily Ryan, Ali Kucich, Jeanette Hogan, Kelly McCann, Cheryl Cuddihy, Yumi Choi-Bose, Rachel Griffin

Welcome & Pledge: Christine Hayden

1. October Minutes Approval:

Motion: Stephanie Bates Second: Kerry Maguire

2. Presidents Report:

A big thank you to our Committee Chairs and volunteers that have been hard at work this Fall.

Family Portrait Chair – Kristen Murphy

Harvest Fest Chair – Chara Bellincampi. Harvest Fest raised over \$20,000!

Chipotle and JCrew Community Fundraising – Melissa Doherty

Family Fun Bingo Night Chairs – Siobhan Gallagher and Colleen Delaney

Sickles Book Fair Chair – Heather Lombardo. We exceeded our fundraising expectations!

Teacher Cookie Exchange Chairs – Jennifer Guli, Gina McCormick & Deidre Spiropoulos

Its OK 2 B Different Workshops have launched at both Knollwood and Sickles. Thank you to Amy Thomas, Deb Todaro, Gina McCormick and Suzanne Duffy

The PTA was proud to support the following assemblies at our schools:

Curriculum Enrichment: Exploring World Cultures Through Music. The PTA was thrilled to be able to work with Mrs. Cuddihy to bring Kennedy Center Artist, Imani Gonzalez, back to Sickles. This year, Imani's focus was on exploring different cultures using music as a vehicle of study. In partnership with Mr. Mottern, Imani demonstrated how music is a common thread that ties communities together. In addition to working with our third graders, Mrs. Cuddihy was able to schedule professional development periods with Imani for teachers at every grade level. This will benefit all of our students as teachers bring what they have learned back to their own classrooms.

Kennedy Center Professional Development

On October 10th, our K-3 teachers and our 4th and 5th grade Science teacher worked with Cheryl Mertz, a visiting artist from the Kennedy Center. Ms. Mertz conducted professional development focused on teaching our educators how to integrate the arts to deepen their students' comprehension of mathematical and science concepts.

3. Guest Speaker: Cheryl Cuddihy – Sickles Mindfulness Initiatives

What is Mindfulness? Mindfulness is focus, self-regulation, and awareness of present moment.

Sickles has been educating its teachers and teaching them skills for the past three years. Sickles did not buy a program – teachers adopt the mindfulness practices that work for their individual kids. The practices may change and adapt depending on what is needed on any given day.

Stress and the Brain: Teach patience and focus, increase compassion and empathy, and triggers that lead to stress and anxiety.

Research on Mindfulness: Neuroscience research on how mindfulness increases brain matter.

Enhances academic achievement
Reduces problematic behavior
Enhances resilience in children

Sickles is practicing Mindfulness 10-15 minutes a day.
Activities can vary between Yoga, breathing exercises, stretching,
dancing, thinking, meditation, etc.

4. Treasurers Report: -Stephanie Palmer Bates

Upcoming Events

Emily Ryan announced the PTA Annual Fundraiser on April 21st at the River House at Rumson Country Club.

Barnes & Noble, Eatontown, Fundraiser coming in May

January STEAM Labs, Many great assemblies coming in February including Dino Dig, Story Pirates and Kit's Interactive

Next PTA General Meeting – Jan 26th at 8:30 AM

THANK YOU! To Yumi Choi-Bose for providing refreshments for today's meeting.

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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