

Special Education Parent Partnership Committee Meeting Minutes

2/11/2022

1:00-2:00

Members Present: Corinna Graner, Molly Meyer, Ali Howe, Ericka Ronnings, Jessica Butcher, Erin Murray, Erica Swenson, Emily Bremner Forbes, Andrea Combs, Jillian Froehlich, & guest Jennifer Henry

The meeting began with a welcome and an introduction of our guest presenter, Jennifer Henry.

Jennifer Henry is a special education teacher at the HS who used to work for OHS, left the state, and returned to us last summer. Jennifer presented a slideshow on mindfulness.

Mindfulness can be described as “just being.” Mindfulness is taught to “tame our wandering minds and manage our stress by helping us stay in the present moment and be less reactive to our moment to moment experiences.” Mindfulness can also be explained as being less reactive and focusing on pausing before reacting or responding.

Benefits of mindfulness:

- Better focus and concentration
- Improved self regulation as well as compassionate attitudes and behavior
- Decreased stress, anxiety, and depression

Jennifer shared a few resources for information on mindfulness including;

Defining Mindfulness: <https://www.mindful.org/jon-kabat-zinn-defining-mindfulness/>

Why Mindfulness is a Super Power: <https://www.youtube.com/watch?v=w6T02g5hnT4&t=3s>

Dr. Daniel Siegel presenting a Hand Model of the Brain: <https://www.youtube.com/watch?v=gm9CIJ74Oxw>

Progressive Muscle Relaxation: https://www.youtube.com/watch?v=Q_diV-uqV9w&t=4s

Breathing Exercise: https://www.youtube.com/watch?v=9tOJZQhO_Uw&t=2s

Elementary School: <https://www.mindfulschools.org/video/just-breathe-3/>

Middle School: <https://www.mindfulschools.org/video/release-2/>

High School: <https://www.mindfulschools.org/video/arrive-2/>

She also shared some helpful apps for mindfulness:

- Insight Timer
- Smiling Mind
- Stop, Breathe & Think
- UCLA Mindful
- 10% Happier

Erica Swenson talked about how she uses mindfulness at the elementary level. She shared that students engage in weekly activities through the Character Counts curriculum to help with self-regulation. Erica also shared that she utilizes a series of DVDs through the program MeMoves. The program transforms the mind and body through interactive “body puzzles”. An example can be found here:

<https://www.youtube.com/watch?v=55OGz8PVrRI&t=2s>

Next, Corinna talked about the Orono ISD website. The district is in the process of updating the website which will include the special education page and the SEPPC page. We will discuss further updates to the website at the next meeting.

Our next meeting is Friday, April 8th at 1pm via google meet.