

PTO General Meeting Agenda 11/7/22 - Minutes

1. Welcome and Introductions

2. Fall Party Review

- a. What went well
 - i. Good attendance this year
 - ii. Collected 37 items for the Panther Pantry
- b. Things to improve on
 - i. Kids were a little bummed they couldn't hold the animals like last year
 - ii. We were short volunteers this year – there was a lot of shuffling around of volunteers to fill stations. Would have been helpful to have an adult, not NHS student at the volunteer check-in station directing people where to go
 - iii. Could shorten the timeframe to 2 hours instead of 3 hours
- c. Next year
 - i. Think about scheduling it on a weekday instead of a weekend
 1. Building would be open for restrooms
 2. During the school day? Teachers could sign up their class during a timeslot
 3. Could it be paired with the Fun Run day? Probably too much to coordinate in one day
 4. Should it be during the day or in the evening? This could be challenging for working parents so it's nice to have a weekend or evening option
 5. If we do it on a weekend, do we consider moving the weekend so it's not on Halloween weekend? There's a lot events on Halloween weekend that are competing

3. Tuesday Helpers – We will need volunteers for second half of year

- a. Susan will fill out a Sign-Up Genius link and send info to Teresa to post on the Facebook page, and to Heidi will put it on the newsletter

4. Guest Speakers – Mrs. Shimbukuro

- a. Has been at Northpoint for 8 year, 2nd year in current roll
- b. CARES Team (Cooperation, Assertion, Responsibility, Empathy, Self-Control) – Ruba Alasadi (5 years), Matt Settergren (3 years), Anne Carlson-Buren, Cali Furstenberg, Sandi Schommer
- c. Two Rules for Success: Safety and Kindness. If we have those two things as guiding principles, we will have a good day at Northpoint
- d. Have a proactive approach to behavior
 - i. Try to equip the kids with tools that can help them control their behavior
 - ii. Building relationships
 - iii. Set clear expectation – limits are love, kids need limits and
 - iv. Modeling Prosocial behavior – Mr. Matt is great at this, saying good morning other, and showing the kids how to greet each other, being respectful towards one another
 - v. Positive reinforcement with specific feedback, rather than just good job
 - vi. Praising effort instead of outcome – it doesn't need to be perfect to be good or successful

- vii. Movement – it is important for emotional regulation
- viii. 3-Part Movement Break:
 - 1. Getting your wiggles out
 - 2. Heavy work – squats, chewing gum, lunges – calms our brains so we can organize our thoughts
 - 3. Calming – coloring, reading a good, deep breaths
- ix. Zones of Regulation: increasing kids’ awareness of what they’re feeling.
 - 1. Blue Zone – Sad, sick, tired
 - 2. Green Zone – Happy, calm, focused
 - 3. Yellow Zone – wiggly, silly, worried
 - 4. Red Zone – mad, upset, terrified
 - 5. Teachers help students to identify ways to get back to the Green Zone
 - 6. Identifying the size of the problem (the size of your reaction should match the size of your problem)
- x. 3 steps to processing behavior
 - 1. Step 1: Accountability – taking responsibility for our actions, discuss the size of problem and how we can manage the problem
 - 2. Step 2: Reflection – bring it back to the 2 rules of safety and kindness, choice think sheet (what wrong choice did you make, what was happening before you made the choice, how did my choice hurt me or others?)
 - 3. Step 3: Repair – fixing the mistake (would an apology be appropriate, what words or actions can we take, not repeating the mistake that shows self-control)

5. Principal Judi Kahoun

- a. Conferences – parents took a survey about how they wanted to communicate with conferences and what information they wanted to learn
 - i. Giving the survey prior to conferences would be better
 - ii. Some of the questions were redundant
- b. 1st Session of Power Hour was very successful!
 - i. K-4 in each group, it went really well
 - ii. Woodworking was new, the therapy dog was a popular, SLP HS basketball coach and players came
 - iii. It was a great way to build community to the school
- c. Staffing updates
 - i. Ms. Shim’s staffing was short a few positions at the beginning of the year, that team is fully staffed now
 - ii. Still need 3 paras in ASD rooms
 - iii. Staff being ill is something that is coming up, there is a plan for each grade and specialist
 - iv. November is a hard month for teachers in general statistically, if you can send a note to teachers please do!

6. Budget

- a. We’re at \$17,447 for Fun Run with money still coming in!

7. No December meeting – next meeting will be January 9

- a. We're looking for the Winter Event Chairs – John/Katie will write a little blub to put on Facebook so people know what the plan is, date isn't finalized yet (typically end of Jan/early Feb)

8. Drawing for Popcorn Party

- a. Mrs. Marcella! Miaka Tokle