



EAGLE FLYER

PTA NEWLETTER
MARCH 2019

PTA News



Community Mural

Students have been learning about “Community” throughout the year and Mrs. Murphy put together a collection of student art for a community mural on the wall by the cafeteria. During the February vacation, a group of students and parents showed up to paint parts of the mural.

Love is Sweet Bake-Off

\$445 was raised during the Love is Sweet Bake-Off. Half of the funds will honor Mrs. Sweet at the YMCA and half will go to the playground fund. A total of 35 bakers submitted desserts & each taster got a ballot for their favorites. Coach Erinn O'Rourke won the Adult award with her white chocolate raspberry cheesecakes and Natalie Brooks won the student award with her strawberry trifle.

Father-Daughter / Mother-Son Dance

The Father-Daughter / Mother-Son dance was a huge success - such a “sweet” event. Close to 175 attendees showed up to dance the night away and satisfy their sweet tooth at the candy bar. A huge shout out and thank you to Abe Wing Alumnae Ari Rue for being our DJ - she did a great job!

Mindfulness and Student Success

Rachel Fortini Volk, Abe Wing's Occupational Therapist, came in and spoke to the PTA about the services she provides Abe Wing students. A really important message is to make sure we, as parents, practice personal mental health care. Our mental health has huge impact on our kids' mental health and success in school. The PTA's Parents Night Out events help boost your sense of community while knowing your kids are safe, and are great for mental health as the events are geared towards mindfulness.

Upcoming Events

Pancake Breakfast

3/30 | 8:30am
Tickets - In advance:
\$4/adult | \$2/kid (under 12)
At the door: \$5

Events Being Planned

April PNO

6 - 7:30pm - child care provided

Game Night

4/10 | 6 - 7:30pm

Basket Raffle

Raffle will be held during the Arts Extravaganza on 5/21. Share your ideas for themes for the baskets.

Color Run

6/8 | 11am
Packets were sent home and registration is open online. Register by 5/24 to guarantee your spot. We're looking for volunteers for spraying and runners to participate!

Stress

Parental Stress: time stress, career stress, stress, personal health parental responsibilities, uncertainty, child's behavior



happens...

demands, financial marital/relationship concerns, managing self-doubt and success in school, child's

Ways to reduce stress:

- ✦ Set realistic expectations of the family
 - Practice the art of politely saying "no"
 - Use a calendar of events-is there enough down town for each family member, can you carpool, trade childcare,
- ✦ Practice relaxation strategies
 - Make time for yourself
 - Exercise, meditation, listen to music, yoga, write in a journal, adult coloring books, take a walk
- ✦ Increase your support network
 - Social support reduces overall stress
 - Get comfortable with your child's teachers and school community
 - Look for community events
- ✦ PTA-Parents Night Out
 - Great way to get involved with your child's school community
 - Spend time with other adults who share in the same parental obligations and stresses



For your reading pleasure...

A few studies on the effect of the parents mental health on their children.

Article: The Association Between Parental Mental Health and Behavioral Disorders in Pre-school Children. Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5557127/>

Article: How Parental Stress Negatively Affects Kids Link:
<https://health.usnews.com/wellness/for-parents/articles/2017-04-21/how-parental-stress-negatively-affects-kids>

References

Karimzadeh, M., Rostami, M., Teymouri, R., Moazzen, Z., & Tahmasebi, S. (2017). The association between parental mental health and behavioral disorders in pre-school children. *Electronic physician*, 9(6), 4497-4502. doi:10.19082/4497. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5557127/>

Hurley, Katie. (2017). How Parental Stress Negatively Affects Kids. U.S. News. Retrieved from: <https://health.usnews.com/wellness/for-parents/articles/2017-04-21/how-parental-stress-negatively-affects-kids>

Thank you

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