



VICTOR ELEMENTARY SCHOOL DISTRICT

Sixth Street Prep School

15476 Sixth Street
Victorville, CA 92392

Tel. (760) 241-0962 Fax (760) 241-2497

ELAC Minutes: 10/11/24 - Meeting called to order at 8:15 am

1. Welcome

- a. Review Parent Basic #2 - We will be a positive influence on our children by having a positive attitude, giving encouraging words, showing common courtesy, and using appropriate language.

2. **Attendees** - Angela Bishop Cupp, Veronica Venegas, Amanda Oxborrow, Terina Robey, Sintia Hernandez, Erika Anda, Miriam Aldana, Giovanna Gilleylen, Elena Gomez, Reyna Alvarez, Jesus Mendoza, Stephanie Lamas, Sara Villanueva, Kathleen Velasquez, Eugenia Menendez, Aida Membreno, Mengwen Yu, Anabel Perez

3. Review of Minutes from 9/20/24

- a. Motion to approve minutes/agenda with corrections: Eugenia Menendez
- b. 1st: Erika Anda
- c. 2nd: Giovanna Gilleylen
- d. 100% motion to approve minutes with corrections

4. DELAC:

- a. Sara Villanueva shared information from the last DELAC meeting.
- b. They learn about and practice collaboration activities that students use in the classroom.
- c. Parent updates about classes available in the District through the FRC
- d. Vaccine clinic was a big success
- e. LCAP - 4 goals

5. SEL - Presented by Amanda Oxborrow - School Psychologist

- a. SEL is the development of social and emotional skills in children.
- b. Strategies in counseling groups (identifying and managing thoughts and feelings, coping tools, growth mindset, understanding character traits, and breathing exercises)
- c. Character Building (identifying feelings, what it means to be a friend, developing resilience and having self-compassion)
- d. Examples of activities done in counseling groups
- e. We currently have 6 counseling groups with a total of 28 students
 - i. In groups, we:
 1. Discuss different emotions and triggers for those emotions
 2. Learn calming strategies
 3. Learn how to think with a positive mindset

- 4. Have a safe place to talk about feelings
- f. Fixed Mindset vs. Growth Mindset
- g. Mindset Skills (Flip your thinking, Change your vocabulary, Develop resilience, Acknowledge failures, Praise effort and success and Positive self-talk)
- h. Examples of Positive Character Traits
- i. Participate in and practice calming strategies (Hot Chocolate Breathing, Mindfulness Grounding Technique, Stop and Think, Leaves on a Stream Exercise)
- j. These techniques will be shared with staff.

6. Meeting adjourned at 9:35 am