



**Friends Of Amigos (FOA)
Meeting Agenda
October 7, 2014
6:30 – 8pm
Amigos School Library**

Present: Daniel Montgomery, Lyn Kardatzke, Meg Ramsdell, Angelita Mireles, Megan Andres, Beatriz Meza-Valencia

1. Budget Review

After a meeting with Debbie which included Lyn, Daniel, and Maija, there were several changes to the FOA budget for this year. The classroom teachers still have \$550 each to spend, but the allocations for the speech, technology, and special education instructors have been reduced to \$225 each. The upper grade extra field trip fund was reduced to \$500. Another notable expenditure this year was \$8,600 that went out for new electronic smartboards for the first and fourth grades. This came from the \$14,000 reserve transferred from last year.

Daniel and Maija plan to attend a staff meeting in the near future to explain and encourage teachers to use their allocated FOA funds.

2. Mindfulness presentation

Beatriz Meza-Valencia attended the FOA meeting to present an introduction to mindfulness education and how to bring this to the school community. While teaching a mindfulness curriculum at various Cambridge upper schools and the Tobin, other Amigos parents approached Beatriz to express interest in having this material presented at Amigos.

The goal of mindfulness training is to bring back a focused, sane way of running classrooms and the home. Specifically in the school setting, it works to strengthen three qualities of attention: concentration, being aware of both inner and outer stimuli, and finally, limiting reactivity and improving impulse control. Improving mindfulness has been shown to have positive effects on sleep, mood, attention, stress, anxiety, and conflict resolution.

Beatriz hopes to bring this mindfulness curriculum to at least the second and third grade classrooms this year. This program involves sixteen lessons spread out over eight weeks for fifteen minutes at a time. There are three training sessions for teacher as well. FOA will gladly support any specific requests from teachers for items to support these lessons.

Also, many parents at the school have expressed interest in learning more about mindfulness. FOA would like to sponsor three evening workshops for parents on the topic of mindfulness, perhaps in January, March, and May. We will follow up with Beatriz in November to find out the best time to plan these evening events; she may contact other speakers to find out their availability.

3. Fundraising update

Daniel handed out a timeline for the annual appeal letter organization and distribution. Much of it remains the same as last year. While he and Maija will be handling most of the tasks, the important points to note were keeping open the weekend of November 8 for stuffing envelopes. Angelita will contact Sheila for a list of alumni to add to our database and also to request a print out of labels for the current students. We decided to eliminate the section of the letter with the list of supporters. Megan will follow up with Staples regarding the donation of printing services.

Debbie will mention the efforts of the Flashers and specifically the purchase of the electronic white boards at the Hispanic Heritage event. Hopefully, this will build momentum for another race next May!

The recess coach will organize the purchase of \$750 worth of playground equipment with the funds coming from the recreation department.

4. Hispanic Heritage night and potluck

Maija is the point person for the potluck on October 24. The band for this event is yet to be decided. Lyn will organize a Sign-up Genius for volunteers for that evening. The food will be in the gym, and we will use the same flyers and publications as last year.