ECAC MEETING

Thursday March 26th 2026

Presented by

Rachel Derieux, School Social Worker, MSW, CPIS

AGENDA

- Sign In
- Introductions
- Teddy Bear Sleepover
- Upcoming Events
- Goals

SIGN IN

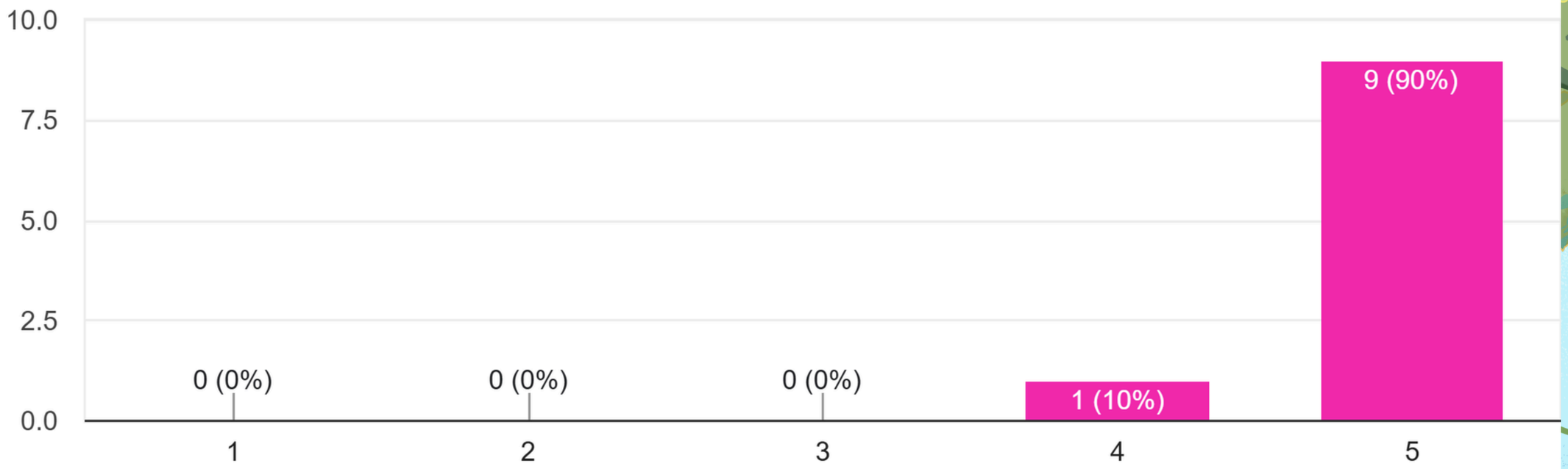


INTRODUCTION

TEDDY BEAR SLEEPOVER

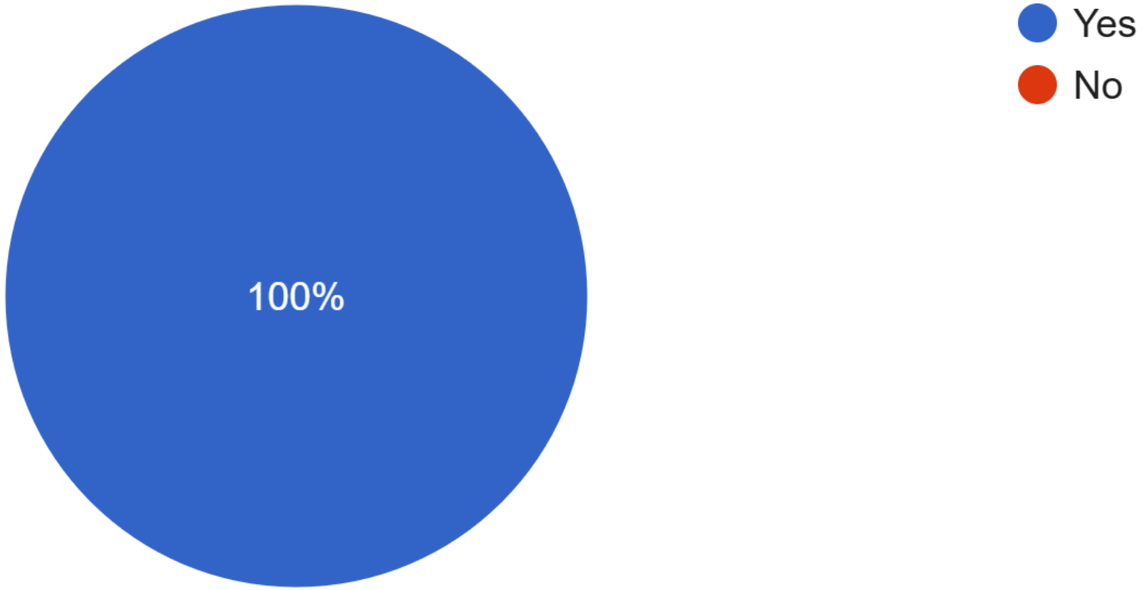
On a scale from 1-5 how satisfied were you with the event overall? (5 being very satisfied, 1 being very unsatisfied)

10 responses



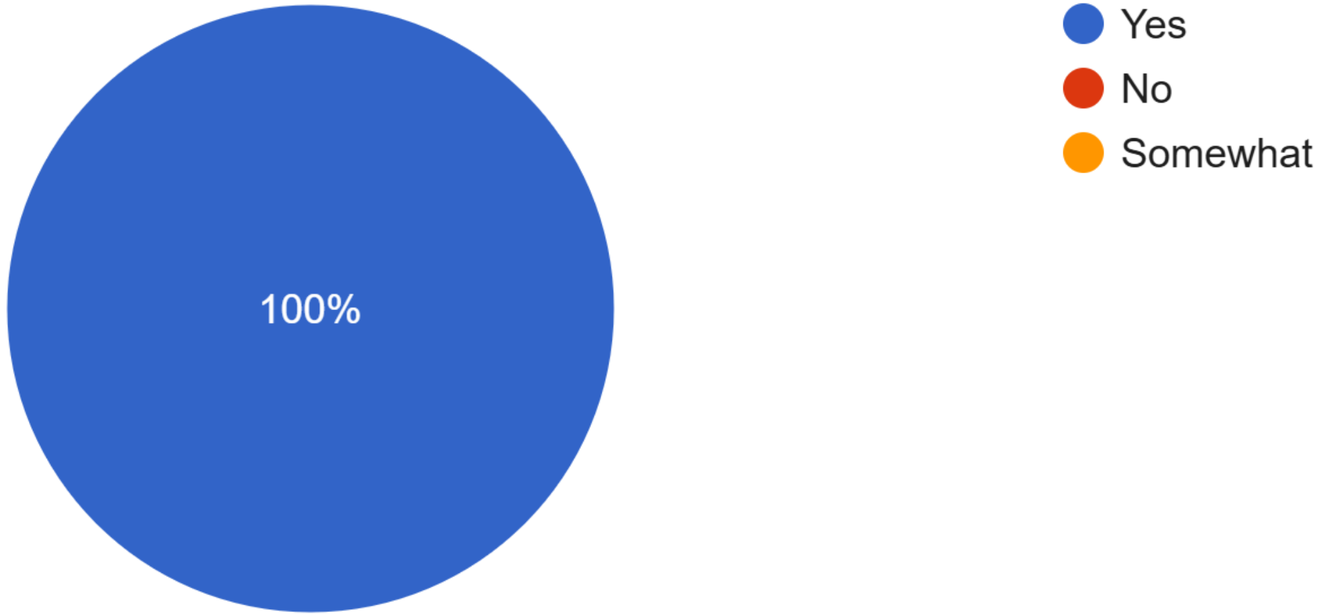
Would you attend this event again?

10 responses



Do you feel more confident about creating or improving your child's bedtime routine after this event?

10 responses



What was the most helpful part of the event?

- Letting the children create and “order” the routine
- Stations
- It was such a sweet time to have with my son.
- The stations were the best idea so fun and kept the kids interested!
- We really enjoyed the singing and use of music, song, and repetition in between stations. We are also extremely grateful the boys’ RBTs were permitted to accompany them to help them reinforce the routines being shared.
- Using stuffed animals as examples & letting the child lead the station
- The interactive stations for the kids
- My child taking leadership in the bedtime routine for his stuffy and then himself. He had choice and ownership in his routine.
- Creating the check list with the kiddo - getting their buy-in is great!
- He loved the checklist. He keeps it in his room and looks at it every night

What is one bedtime tip or idea you plan to try at home?

- Letting the kids “check off” their routine in order as they accomplish tasks.
- Visual chart
- We’re going to do “wind down” activities like calming stories/song.
- Singing a song.
- We already did a lot of these bedtime steps but it was cute to do it with the stuffies :)
- Using the checklist.
- Brushing hair before bed!
- Making sure to read a book every night even when things get busy,

What is one thing we could improve for future events?

- It was honestly great! I can't think of anything. I thought the ending snack was so on theme and adorable !
- A bigger room to separate the stations a bit
- It was fantastic. You thought of everything. You all did such a good job, and we are so thankful for all the hard work that you did behind the scenes to put this together.
- Have slightly shorter station times.
- Maybe a crash/calming area for overwhelmed/overstimulated kiddos? Really can't think of much to add it was a wonderful program.
- Maybe making each station just a little shorter
- Less time at each station- there was a lot of downtime and kids waiting to move on
- If anything, more space between centers.
- Nothing, this was lovely and well organized, everyone seemed to have a great time - maybe a dedicated spot for parents to sit or put all our stuff?
- It was a great event. Maybe have a bigger space so the activities were spread out

What type of topic/events would you like to see in the future?

- My kiddos really struggle with sharing. Anything oriented towards that might be need for the PK group.
- Sharing/feelings
- Food sampling
- normalizing "big feelings" - it's okay to be happy mad sad and tips for overcoming the angry/frustrated feelings
- Nutrition - my son is a terrible eater

Any comments you would like to share with the host.

- Thank you. It was an adorable event and the kids had a blast. We love getting a glimpse into their life at school!
- Thank you, thank you, thank you. It was so so adorable.
- Thank you for putting this event on!
- Thank you SO much! Consistently impressed with JCS
- Rachel had a phenomenal way of transitioning between stations!
- THANK YOU SO MUCH FOR ALL YOU DID! I loved every detail in this event. Great Job!
- Lovely event! :)
- It was a great event. So lucky that our district puts together these events.

UPCOMING EVENTS

Playground Social

Where: Playground near Jeffrey Clark

Time: Thursday Evening 5pm-6pm

When: May

At this event, we will be able to work on several topics from CNA earlier in the year.

- Socialization
- Sharing
- Safety awareness
- Managing big feelings

GOALS

- Food sampling event
- More members
- Next meeting end of May

THANK YOU