

**Minutes of the Georgian Forest Elementary PTA General Membership Meeting
March 7, 2017**

Call to Order

PTA General membership met on March 7, 2017
In the GFES Media Room at 6:05PM

Roll Call

GFES PTA Board: Kathleen Lorenzo (Vice-President); Kate Monzo (Secretary)
GFES Staff: Sundra Mann (Principal); Joshua Fine (Asst. Principal); Rebecca Jayne (5); Faith Adler (PreK); Jasmine Evans (Counselor); Mary Hart (5); Annie Tsai (Parent Community Coordinator); Donna Mulrine (K)
GFES Parents and Guardians: Sharon Jackson; Sara Raker; Hanna Ferede; Karen Martinez; Hugo Garcia

Welcome

Kathleen Lorenzo – GFES PTA Vice-President, welcomed parents, teachers, and staff and thanked everyone for attending.

PTA Report

1. Scholastic Book Fair – March 20-24, 2017
 - a. Still need volunteers, will email for sign up link
 - b. <https://volunteer.scholastic.com/#/experience/signup/lrAKg19Y1>
2. Story Night – March 23, 2017 from 6-7:30PM
 - a. Camping theme
 - b. Three teachers have volunteered to read stories
 - c. PTA will provide snacks
3. First Saturday Clean-Up
 - a. March 4 was last clean up
 - b. Three families helped clean up playground and path
4. Teacher Appreciation Week – May 1-5
 - a. Need volunteers to coordinate teacher appreciation lunch
 - b. Will send request in the next month

Report of the GFES Vice Principal

Joshua Fine, Principal

1. MCPS Staffing
 - a. Staffing decisions for the 2017-18 school year are currently being assessed based on enrollment projections for next year
2. Upcoming Testing Schedule
 - a. Schedules will be mailed home before spring break (end of April/May)
 - b. PARCC Grades 3-5
 - c. MAPR (reading) and MAPM (math) Grades K-5 – results will be mailed home with report cards
3. Friendship Day
 - a. The school's first Friendship Day was a success and built in virtues like kindness

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- b. Staff basketball game was greatly enjoyed by the students
- 4. Field Trips
 - a. Students went to Smith Center and National Museum of the American Indian
- 5. Career Day - April 28
 - a. Miss Evans will send information and request for volunteers
 - b. Volunteers to talk about all types of jobs are careers are welcome
- 6. International Night – April 6

Supporting Students with Stress and Anxiety

Jasmine Evans, Elementary Counselor

- 1. The slides presented were prepared with the assistance of Tony Dulaney (new therapist with Linkages) and Valerie Palmer (Counselor)
- 2. Be aware of Cycle of Anxiety and Stress – physical and emotional components
 - a. Negative thoughts leads to anxiety leads to physiological response (stomachache, headaches, sleep disturbances) leads to focus on physical response leads to more anxiety
- 3. Ways to Help
 - a. Triggers – identify source before anxiety sets in
 - b. Scan body for changes – locate areas affected before and during
 - c. Calm down – during and after
 - i. visual distractions – go online for many examples
 - ii. deep breathing – see belly breathing video on gonoodle.com
 - iii. talk about anxiety
 - iv. stress ball
 - v. positive self talk
 - vi. exercise
 - vii. journaling
 - d. T-charts – A graphic way to compare and contrast feelings (worry vs positive self-talk). Allows for some metacognitive thought about anxiety
- 4. Home Tips
 - a. 10-13 hours of sleep
 - b. Limit screen time, especially right before bed. Don't forget that the kids are getting screen time at school too!

Meeting Adjourned 6:35PM