

## General PTO Meeting

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### Principal report-Nancy Zitzmann

- MLK assembly is rescheduled for Tuesday morning, all invited to attend
- Kindergarten orientation is 1/26 at 6:00 p.m., tell neighbors and friends with incoming kindergartners to attend
- The Pool is booked for 5th graders' year end party on 5/23
- NWEA testing (benchmark) is next week. Teachers will use info to see where student is and where they need to go
- 50 new chrome books have been purchased by PTO. These could possibly be used for benchmark testing next week if they're ready to go
- Julie Paur, Ms. Ravensberg, and Joyce Cox will go through guided reading library and purge what is not needed and figure out what we need

### Teacher Report-Clint Woodfin

- There have been a lot of indoor recesses lately with weather, thanks to PTO for purchases of indoor recess games
- There is a lot of excitement amongst teachers about John Helmig's new furniture in classroom from BEST fund that he received from the PTO.

### Presidents' Report-Deborah Nobis, Becky Hauser

- There are three main PTO funded efforts this year-Zen City's wellness program, new chrome books for K, 1, and 2, and art room renovation/new kiln
- A parent survey is coming soon for feedback on what is important to parents, areas we could improve on, and what we are doing right
- Executive board spaces will be open for next year. Contact Mrs. Zitzmann or anyone on the board if you're interested in joining next year

### 1st Vice Presidents' Report-Jody Forsee, Naomi Neal

- Artfest is Tuesday 1/17 from 6-7:30 p.m., still could use 4-5 more volunteers
- trivia night is 2/25, theme will be announced next week, title sponsor still needed \$1500, registration starts 2/1
- dinning to donate was Tuesday at Bread Co., there will be one in February. DQ night had \$1573.12 in sales, Bristol got \$240 (15%). Panera had \$771 in sales Bristol got \$115.

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- Escrip restaurant fundraising is a possibility that is being looked into, local restaurants will donate back to school when you present an escript card when you dine

### **2nd Vice Presidents' Report-Holly Kunze, Katie Franke**

- Party at the pageant now 1/21, rescheduled due to weather, \$65 per person, will be food, drinks, music, free valet parking, two drink tickets included
- The WGSD Funding innovation campaign is raising money for grants for all schools in district for maker's spaces

### **Welcoming committee-Stephanie Simpson**

- Working on ideas for next year kindergarten welcome activities and new activities for picnic
- Parents' night out in January has been postponed
- Welcome committee will submit questions for parent upcoming survey
- Committee is meeting 1/25 7:30 p.m. at Llyewelyns if anyone wants to join their efforts
- Bristol Equity parent group received a WGSD PTO grant in December to make We Story kits for parents and teachers to use. There will be a meeting 1/24 at 7:00 p.m. in the Bristol library for info on the group. The We story kits will be presented at the 4/12 PTO meeting. On 4/17, there will be a speaker, Amy Hunter, at Steger.

### **Presentation from Melissa McCartie, Nikki Valenti, and Susan Gioia with Zen City on what they are bringing to Bristol for Wellness**

- There will be a new Wellness initiative at Bristol presented by Zen City named Peace Core
- They have been doing Zen city for 1 year, researching wellness and social emotional intelligence
- Mindfulness will be taught to K-3, social emotional intelligence learning will be taught in 4th-5th grade
- Nikki Valenti has a 4th grader and 7th grader. Was involved in school as room parent, volunteer, girl scout leader, has a degree in communication and journalism, She wanted to learn about herself from inside out, thinks you must have an understanding of who you are internally to be fulfilled.
- Melissa McCartie was a Bristol parent for 10 yrs, she now has kids at Steger and WGHS. She was involved at Bristol as a room parent, on exec board, trivia night chair, 5th grade fundraising chair. She is also involved in community and was the cofounder of Annie's hope. She has a journalism and psychology degree. She has

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been an executive search consultant for 20 years. She found an emotional intelligence book and found that people with high EQs (emotional quotients) did better in interviews and finding jobs. She developed interview questions around this and taught classes on this at Wash U. She believes it is never too late to learn emotional intelligence and also its never too early. It makes sense to teach to children Emotional intelligence in a deliberate way

- There are 5 components to emotional intelligence...self awareness, self regulation, social skills, empathy, and motivation
- Susie, Mellisa and Nikki started zen city one year ago. They would get together and talk about anxiety, wellness, mindfulness, and social emotional wellness in kids. They decided to start a company to help people learn about these things. They find experts in an area and bring them in to talk to a group. Zen City started off as a company, they are now filing for 510c3 status. They want to be able to deliver to every kid in WG who needs it, regardless of ability to pay. They held Camp Rise last summer and served 75 kids going from 5th to 6th grade. The Steger PTO now wants this program for every kid going into Steger. Fundraisers, corporate donations, and sponsorships will be able to be obtained with 501c3 status.
- They have already done many programs. They have had talks on digital citizenship, put on Camp Rise, had a middle school daring way program, did a High School pause project with a grant from the WGSD foundation, they are brining in therapy dogs at finals week, offering classes on adulting though the Chelsea center in summer, putting on parent workshops on past success with kids, and offering a money mastery financial training program for 6th-12th graders
- Zen City has a FB page where they post relevant articles on a regular basis

What are we doing at Bristol??

- Susie Gioia will present programs in the classrooms on mindfulness and social emotional intelligence
- Mindfulness is mental exercise that involves paying attention on purpose, awareness of what is really happening inside and around you, noticing with curiosity and without judgement, and the ability to choose your response rather than just reacting mindlessly or out of habit
- Mindfulness is a skill and requires practice, she will present a 10 minute lesson the classroom and encourage practice during the week
- teachers have to change direction of attention more than any other job, is emotionally exhausting. These programs are now being brought into schools to help both teachers help kids
- mindfulness is the art of paying attention to what is happening right now and is the foundation of all other learning, it keeps our emotions from pulling us around

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- The effects of mindfulness training are big...students will learn simple tools for paying attention, staying focused and retaining information, teachers will receive tools for increasing their stress resiliency
- parents will get weekly explanation of the mindfulness skills their kids are building along with some tips on how to keep mindfulness practicing going at home
- schools will get engaged learners who can access their critical thinking minds despite what is happening around them
- communities will begin to build a common awareness and vocabulary of social and emotional issues to help them in educating the whole child.
- Susan will spend 10-15 minutes in the classroom explaining mindfulness/social emotional intelligence to the students and then do a short exercise to practice. Students will then practice during the week and at home.

### **Upcoming Dates**

- January 17th Artfest 6 p.m.
- January 21st Party at the Pageant
- January 24th Bristol Equity parent Group Meeting 7 pm, library
- January 26th 2017-2018 Kindergarten Orientation 6:00 pm, gym
- January 29th 2017-2018 Kindergarten Registration all day