

## James John PTA January General Meeting 1/15/25

**Attendees:** Lauren Rosenthal, Cambria Olson, Ryan Olson, Tammy Correa, Laura Kurtz, Martin Kennedy, Jonny Savoie, Courtney Savoie, Katie Keller, Mike Keller, Perla Sitcov, Michelle Beckett, Christine Vial, Lauren Rosenthal, Tania Fabiola, Carrie Donnellan, Ross Turkus, Ethan Berloman, Kaylin Kustura, Beth VanBueken, Kelly Pugh, Amy Gallucci, Brian Fletcher.

### Announcements:

- **Special Speaker: Emma Morgan-McLeon: comp school psych.** Her role is to be the school psychologist and she only serves James John, which is a rarity- most are split among schools. She does check-ins, problem solving, goal setting, mindfulness, collaboration and planning to support students' success. She also serves students directly. She is a part of the Heart and Mind Team at James John, a team which supports students and families with a focus on social and emotional care. Their goal is to help students be prepared for school and learning.

Some post pandemic mental health issues are an uptick in anxiety, sadness, and depression symptoms. There is a more of a need for teaching of social skills that previously did not need to be as explicitly taught. Emma shared that there have been more suicide prevention screenings conducted in schools (perhaps this partly due to more awareness, and partly due to more need).

Another question- are there specific groups for students that can meet with the team members? ANswer: yes. There are groups around friendship, Black student union, pride club (getting started), latinx club, DBT group, etc.

Today's Main Message from Emma: **Sleep Hygiene.** It is very important to make sure students get enough sleep every night. At school, it can look like kids needing to nap during the day. Lack of sleep makes it very difficult for students to retain new information as well as access information they already know.

Best practice: have a set bedtime and wakeup routine everyday. Avoid movement and caffeine/chocolate too close to bedtime. Find ways to unwind- stories, yoga, listening to music, etc. However your child likes to unwind. Avoid too much light before bed as well, as that can throw off circadian rhythms. Go to <https://familypsychology.org/2021/06/17/sleep-101/> for more info.

Also there are family support groups online. Look in the weekly Remind newsletter from Mr. Castillo for that information!

- Land Acknowledgement
- Student Council: not in existence this year due to lack of a volunteer advisor. Advisor would hold elections, meet with students during school day once or twice a month; work with the climate team; gather student feedback and hear concerns for students; generally help spread democracy. And we have two volunteers! Amy Gallucci and Michelle Beckett - hooray!!
- Snacks for Teachers and Staff: this is a hard time of year for teachers! We would like to boost morale by providing snacks and treats for teachers. A weekly or bi-weekly basket of snacks for teachers might be a boost. We have 20-25 staff. Coffee, grab and go, everyone loves Peppermint Patties are a staff fave. Perhaps a poll of teachers
- Lunch Duty volunteers- still a need! Come by and help kiddos have a calm and safe lunchtime.  
K/3- 11:15  
1st/4th- 11:35  
2nd/5th- 11:55
- Black History Month Celebration: March 13th! We will need volunteers to come in and help with setting up, breaking down especially, crafts and dinner.

- Extrava-Grant-Za! We're gonna get together to write some grants @Katie's house, Feb 5th at 6pm. Please RSVP to Katie. Come write a grant or just cheer us on. GO TEAM!
- Parents Night Out-March 14th 4:45-7:00 pm. \$10 per kid, \$5 for each additional kid, James John students only (no siblings), pizza and movie, crafts and popcorn. We need lots of volunteers! There will be an RSVP for this.
- Raffle Time!