

MINUTES

SECAC

May 4, 2023

In Attendance

Jeanne Erdley, Angelique McCoy, Kara Stone, Rachel Trovato, Pauline Timmons, Colleen Sasdelli, Joy Parker, Angela Sittler, Sirena Snorten, Maria Kirchner, Abigail Juhls, Lindsey Gilmour, Kathy Pitrat, Katie York, Margaret Knight, Lo An Fine, Frank Kros, Carie Sadowski, Marcie Goldheim, Sean Bulson, Kaylee Cooper, Kathleen Schneider, Andrea Carter, Mary Jo Fitz, Katie Seymour, Puja Taylor, Jessica Sommerman, Melissa Metzger, 443****651, Suzanne Oshinsky, Laurie Rajala

Welcome & Announcements

1. Welcome from SECAC.
2. Upcoming Meeting on June 1, 2023 - SECAC Election of Board Officers. Parent Input Forum.
3. Notices for Community Events are through Facebook group and/or Email list.
4. Please leave questions and comments in the chat. It is being monitored.
5. Zoom norms

Director of Special Education Colleen Sasdelli

Colleen encourages those to run for the SECAC board. Faculty have begun undergoing HOPE training.

Presentations

Parenting for Positive Mental Health Frank Kros, MSW, JD Kros Learning Group CEO & Founder

Mental health is built through skills. Words matter. Consider the words your children hear.

Teach your child the importance of stop and think. Cool now, heat later. See picture.

Name: _____



Scenario Card

My First Impulse

Positive Results?

Not So Positive Results?

My Choice and Why I Made It



Use if/then to help your child manage recurrent problems. If _____, then _____. Thinking about the reward for avoiding the temptation is helpful even if it is self-congratulation.

Coach child to use healthy inner voice. Research has shown that by age 5, children are able to utilize their inner voice to process their thoughts and emotions. Other studies indicate that children as young as 18-21 months may also use inner dialogue to better understand language. Self talk skews heavily to the negative side. See picture.

healthy

Self-Talk



THIS

NOT THAT

✓ Whoops. I made a mistake.

✗ I'm so dumb.

✓ I like me.

✗ No one likes me.

✓ I did something bad.

✗ I'm a bad person.

✓ This is really hard, but I'm going to keep trying.

✗ I give up. I'll never be able to do this.

✓ I haven't figured it out...yet.

✗ I never get anything right.

✓ I am enough. And worthy, too.

✗ I'm not good enough.

What to tell myself when I'm feeling discouraged:

1. This is tough. But so am I.
2. I may not be able to control this situation. But I am in charge of how I respond.
3. I haven't figured this out... yet
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. Breathe. And do the next right thing.

How to teach your kids hope – Identify/prioritize their top goals. Break down the goals into steps. Teach them that there are more than one way to reach a goal. Tell stories of success. Keep it light and positive.

Q&A

Q. How do you talk to a kid that doesn't seem to have future oriented goals?

A. It is not unusual. It is often difficult for kids to think about the future. Make it visual like a flow chart and with things they are interested in.

Q. How does this look in the school environment?

A. Teachers already do it in terms of visual schedules, etc.

Q. How do you teach a student to have hope when their life experiences have robbed them of hope?

A. There is something called Post Traumatic Growth. Break large goals into smaller steps.

Minutes taken by Kara Stone, Secretary/Treasurer