

Huddleston PTO September 2024 Meeting Notes

September 10, 2024, 9:15am

I. Call to order and welcome by Natasha Greenstein at 9:17am.

II. Treasurer's Update:

A. Natahsa reviewed budget sheet in Deanna's absence.

III. Principal's Update: Mr. Noland- Principal

A. Mr. Noland absent to attend training.

IV. Spirit wear:

A. Orders will be delivered to students later this week. Remaining items will go onto website to sell. We may do one more pre order.

V. Website:

A. Deanna and Amanda have worked very hard on our brand-new PTO website. heshoundspto.com here is where you will find all things PTO. We no longer have Konstella and will be utilizing sign up genius and or parent square for sign ups and will make sure all flyers, forms and links are available on our website as well!

VI. Committees/Volunteers:

A. We have a big year planned and a ton of volunteer opportunities. Please go to heshoundspto.com to sign up for volunteer positions. In addition to our regular volunteer opportunities, like Ice Cream Sales, events, media center, etc we have a couple new ones as well; AM Car Line Drop off and Lunch Recess. Ice cream volunteer signup will post later this week. Extremely needing AM Car Line Drop off volunteers.

VII. Boosterthon:

A. This is our biggest fundraiser of the year. We are upping our goal this year to \$30,000. We have a lot of stuff we want to accomplish for Huddleston, and this could really help us. We will need everyone on board and really work hard! Registration is now OPEN! We want all students registered by kick off. Kickoff is Sept. 26th, Week is Sept 30th-Oct 4th, Run day is Oct. 4th. Volunteer signups will go out soon to help with water tables on race day.

VIII. BookFair:

A. Book Fair September 16th-20th sign ups have been posted to parent square and the PTO webpage. Wednesday night is usually the night we need help with.

IX. Cart or Treat:

A. Looking at moving the date to October 14th. There is no school the 15th and the city is doing their trunk or treat the 11th. Not sure we can compete with it. There is a survey that will be sent out today on parent square to see if parents would rather participate on the 14th or keep on the 11th.

X. Sponsors:

A. Danny Palma is hitting the ground searching for business sponsors in the community. If anyone has ideas of places or knows places we should get in touch with please let us know. If you would like to help Danny and cover more areas that is great too! Danny is acquiring a large sign for the front of the school to advertise sponsors. This is to help promote business sponsors to donate larger amounts.

XI. Upcoming Spirit Nights:

A. September 10th 4-10pm (mention HES at checkout) Super Chic 5-8pm (place receipt in HES box at counter) Spirit night is tonight at Beef O'bradys. Spirit nights are going very well. Great turnout for TCBY and Chin Chin. Superchix is coming up on the 24th. There will be a signup sheet to keep up with classes. Class with most turnout will get a free custard coupon.

XII. Next PTO Meeting: October 8th 9:15am in Hound Hub

A. Midwest food bank speaker will be at next PTO meeting. There will be volunteer opportunities to help. Midwest supplies all our snacks monthly for all Fayette county schools.

XIII. Guest Speaker: Mr. Tatum

A. Mr. Tatum- will be discussing the new changes and noticing and helping with anxiety in your children.

B. Please view document below for all the wonderful information Mr. Tatum shared with us.



PTO TALK .docx

XIV. Attendance:

- A. Devan Klucas
- B. Sabrina Miller
- C. Carly Ellis
- D. Eleanor Simonsen
- E. April Starrett
- F. Jessica Smith
- G. Danny Palma
- H. Natasha Greenstein

Dictionary

Definitions from [Oxford Languages](#) - [Learn more](#)



anx·i·e·ty

/aNG'zīədē/

noun

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

"he felt a surge of anxiety"

Types of School Anxiety

- **Social** – worried about friends or lack of friends – no one to play with at recess – don't like where I sit – or the kids on my bus – or who I sit with at lunch – or the kids in my small group – or when my class goes to the restroom
- **Separation** – I miss my mom – I want to stay home with mom – (Even when mom is not home and is actually at work) – more frequent at beginning of the school year – after an illness – after a 3-day weekend or break
- **Academic** – timed tests – standardized tests – quizzes – difficult concepts to grasp – worried I am not as smart as classmates – after an absence... worried I will be behind

Signs of School Anxiety (at Home)

- Crying / yelling / tantrums
- Refusal to comply / cooperate with morning routines – doesn't get out of bed – won't brush teeth – wastes time to try and miss the bus
- Difficulty eating / Loss of Appetite
- Difficulty Sleeping

What we see at School

- Tearful or sad at school
 - Best friends with Nurse Yeater (Clinic Frequent Flyer)
 - Excessive Tardies
 - Frequent Absences
-

What Can I Do??? / What Will Help???

1. Do a Test Drive / Trial Run

- Part of the mindset behind meet the teacher – check out the school – see the teacher – see the kids in the class – how do I get there – prepping for these things lessens anxiety – will I be a car rider or bus rider – (I see kids get lost when they come into the building from a different direction)
- Any practice you can do – any pre-teaching relieves anxiety
- Making lunch choices in advance
- Picking out clothes in advance (you could even wear the same thing EVERY day... some people do)
- Knowing in advance about changes in the routine – going home a different way – assembly today – or picture day
- I like a calendar (PHYSICAL) of school and extracurricular events

2. Talk about it... but not JUST about it

- Knowledge about the bad / frustrating / sad things can be helpful
- But it can also BECOME the focus

- Start discussions with 3 positive things about school (Even gimme, easy ones will work... Lunch / Recess / Dismissal)
- Accept the negative... empathize with it... but don't hesitate to point out positives
- Feeling Anxious is normal... new settings... new experiences
- Identify people who are close by to offer support
- Self calming strategies – going for a short break to the water fountain or restroom
- Simple change of location
- Positive Affirmations

3. Take a piece of Home to school

- I am Not a fan of stuffed animals – kids can't keep them out all the time – sometimes having them and NOT being able to access them makes things worse instead of better
- But a picture
- A piece of jewelry
- A Note
- Can't tell you the number of notes I see on Napkins in Lunch Boxes... Kids show them off like TREASURE
- Felt heart... taped inside desk... tactile... calming

4. Routine... Routine... Routine

- The Habits that your kids form in Elementary school will be with them for years... and years... if not their whole life
- Middle School... High School... College
- Work
- Bedtime... order of operations for bath... teeth brushing... story time... in bed time... lights out time... etc.

- Wake up... order of operations... wake up time... out of bed time... breakfast... making lunch... snack... book bag by the door... is the Chromebook charged... etc.
- (Again... I Love Physical Checklists)
- Starting bedtimes and wakeups after holidays

5. Honesty

- Not every day is Great
- Some days No One feels like going to school
- But there are people at Huddleston to keep you safe... and to help you solve problems... if you only let them know what is happening
- And... not going to school... isn't really an option

6. Communication with School

- There are **A LOT** of problems that the teacher can fix... or I can... or administration can... or bus driver... or lunch monitor... or Officer Smilley
- But
- We Have To Know

Specific Situations:

Time for School / Time to be Sick

Some kids start feeling ill as soon as they wake up on a school day (some teachers do too)

If your child isn't vomiting – doesn't have a fever... we need them here.

Each day that you skip when your child just doesn't feel like coming... makes it harder to get them here the next day.

When kids are home sick... many times this is an awesome day for a kid... TV or Movies... fun one to one attention... these are things that I would love to do instead of coming to school.

No one needs to be punished for feeling sick... but... you also don't want to make it a reward day.

Tantrums in the Car Rider Line

Refusal to get out of car – clinging to the door – climbing into the back of the van – screaming – crying.

- Park and walk in
- Straight to the office / clinic
- Come through the back bus loop

Say Goodbye and Mean It

Don't prolong Goodbyes... don't linger...

Watching your child get out of the car crying is harder on the parent than on the child... But I promise you... after 24 (25???) years at Huddleston...

If they are still crying in 30 minutes... and they don't get settled in... we will be reaching out to let you know.

Quick Goodbye ritual

- (Physical) short hug / high 5 / fist bump

- (Verbal) see you in the car rider line / see you at 2:30
- (Affirmation)

- I believe in myself
- I can do anything
- It's okay not to know everything
- I am brave
- I am kind
- I have good ideas
- I am loved

Questions???