



Stone Bridge High School PTSO
43100 Hay Road, Ashburn, VA 20147

1/12/21 PTSO Meeting Minutes

Attendees: Lori Steger, Jeanne Murck-Meyer, Saige Burns, Sue Fuller, Mary Ridolfi, Wendy Ragoonath, Simitri S. , Maryam, Gwen Meehan, Jen Underwood, Michelle Stewart, Amy Noble, Geolly George, Jeanette Fehr, Jennifer Jackson, Allison Gordon, Tracy Richardson, Cathy Jarrett, Veena Sajjan, Liza Artzi, Renae Sterling, Kelly Garrity, Dr Cameron Caswell, Tim Flynn

President: Lori Steger - General info

- Welcome back, hope everyone had a lovely holiday season and winter break. Normally we meet on the 3rd Tuesday of the month, but next Tuesday is a teacher work day, so we are meeting a week early.
- PTSO updates, principal's brief update, and then Dr. Cam Caswell, a local family coach and adolescent psychologist, will be speaking.
- SAT practice test fundraiser with our long time partner, Huntington Learning Center, at SBHS on Saturday, 1/23, from 8:30am-12:30pm (1/30 inclement weather date). The registration fee is \$25 per student and the money goes to our PTSO. All participants will wear masks, have temperature checks, and will be socially distanced at desks in the cafeteria. For info and to register go to: <http://ashburn.huntingtonhelps.com/practicetest/3195>
- We are partnering with Turbo Tutoring to host a 6 session, 12 hour test prep class at SBHS in late Feb and early March. For info and to register go to <https://turbo-tutoring.com/act-sat-class-registration/>
- Next PTSO meeting is Tuesday, February 16, 7-8 pm on Zoom

Vice president: Saige Burns

- Paint Parking Spot Fundraiser - Painting your spot will be an option again in the spring. Details to come as weather gets warmer.
- Hospitality events/staff support - **sign for front lawn**

Secretary: Jeanne Murck Meyer

- December minutes and video posted to our PTSO website <https://www.lcps.org/Page/34114>

Scholarship: Jeanne Murck Meyer

- Committee volunteers needed - email stonebridgeptso.sec@gmail.com if interested in helping
- Scholarship application available in early March
- Reminder: Parents must be current PTSO members in order for their student to apply

Membership: Jen Underwood

- Family memberships: 172
- Staff memberships: 37
- Welcome Back Bulldog Signs for hybrid students/staff on corner of Hay/Claiborne

Treasurer: Gini Howard (unable to attend)

- No updates

Website: Sue Fuller

- We will continue to have Mrs. Hayes/Rose Ridolfi post our minutes and video links and we will plan on getting a new website launched for the 2021-22 school year.
- For next year, we'd like to have a website solution that has an easier storefront ability (to pay membership fees, donations, etc).

SEAC: Veena Sajjan

- SEAC meetings, first Wednesday of each month
- Meeting on 1/6/21 Livestream Recording: <https://vimeo.com/497629142> (Presentation and Business Meeting)
Materials Link: https://loudounseac.miraheze.org/wiki/January_6,_2021
Presentation: School Anxiety Presented By: Dr. Jonathan Dalton, Director, The Center for Anxiety and Behavioral Change
- **Next SEAC Meeting February 3, 2021 Presentation begins at 6:00 p.m. Hidden Disabilities and Executive Functioning**
Presented By: Dr. Madhu Boland, MindWell Psychology
- **Parent Resource Services. - get on their subscription list- their sessions are always useful** • Training this school year includes a mix of livestream and pre-recorded. These workshops include Transition Services Workshop, Mental Health Series, Assistive Technology, Specialized Reading.
 - Kindergarten Connection: Moving on from Early Childhood Special Education with an IEP, Thursday, January 14 from 6:30 to 8:00 p.m.
 - Mental Health and Wellness Conference, Virtual Conference, Saturday, January 30, 2021 from 9:00 a.m. to 4:00 p.m.
 - MANDT Virtual Webinar Series:
Session 1: Thursday, January 28 from 6:30 to 7:30 p.m.
Session 2: Thursday, February 4 from 6:30 to 7:30 p.m.
 - Subscribe to their Newsletter on their webpage – Keep in Touch
<https://www.lcps.org/ParentResourceServices>

MSAAC: Amber Talbert

- January meeting is 7-9pm on 01/20/2021, and the topic is Equity

Project Graduation: Lisa McGrail and Carolyn Brooks

- Working on reconfirming vendors and tentatively updating contracts. Canceled massages and face painting (due to hygiene issues). Next meeting will be at the end of January.

- Contact lisa@mcgrail.com or carolynmaebrooks@outlook.com if interested in helping

Administration Update: Mr. Tim Flynn

- Mr. Flynn is excited! He thinks we are turning the corner for 2021!
- Our Unified Mental Health Team is available everyday to support teenagers and young adults during this time. We have students that are spending way too much time alone and not connecting and they need help. Any family that you know of that needs this help, please have them contact the UMHT. Needs are much higher than they have ever been before.
- Mr Flynn is hopeful that it looks like we can have students in the building soon - for the kids who need to be there.
- SAT data - no drops this year, but less people have taken it so it isn't apples to apples
- There is a school board meeting tonight and there is something that will be presented by the interim superintendent
- Mr. Flynn thinks we can be successful keeping students safe and healthy. Student athletes are for the most part being successful and covid safe.
- On January 19th, SB is having 9th grade orientation! Many teachers won't attend, however a tour and orientation will be provided to help kids become excited about being at Stone Bridge - including purchasing Stone Bridge gear!
- Course selections for next school year will be starting earlier than ever before due to the on-line counseling required for each student
- On January 21, SB students may be returning to the building (depending on the school board meeting tonight)
- Vaccine for staff is moving forward (40 of school nurses including SB school nurse); hope that these school nurses will be vaccinating staff at their schools
- As we return to hybrid learning, there will be approx. 15 SB teachers who will only be teaching in distance learning due to medical factors that have been approved. Students in classes without an in person teacher will participate with a proctor (they will be paid \$22/hr if anyone is interested); the teacher will be instructing on the screen.
- SB will still need substitutes to deliver instruction as needed
- An item in the LCPS budget will include remediation of students in the next year - because there are a lot of students who will need additional instructions in the summer and next year due to the skill gaps that some students will have during this past year
- SB has already put into place extra help including the AP/DE learning center which includes extra assistance
- When students are dropped off at school when hybrid begins, there is a new traffic pattern
 - 3 drop off lanes will be single file
 - 2 from Claiborne, one from Hay road
 - SB will only have 10 buses - so lots of cars need to be accommodated
- Friday is the last day of the semester!

- SB sports are doing great! SB Boys basketball is undefeated. The girls BB and track teams are also all doing well! Watch SB sports even if you don't have a kid involved - it's very exciting.

Stone Bridge Parent Talk

Tues, January 12, 2020 | 7:30-8PM

Presented by Cameron (Dr. Cam) Caswell, PhD

How to Calm the Teen Drama

Secrets to building resilience and motivation (no nagging or yelling required)

As parents, many of us are feeling exhausted, overwhelmed, and unsure of how to handle our teen's rising anxiety, diminishing motivation, and growing anger from feeling isolated and constantly disappointed.

Dr. Cam, a local family coach and adolescent psychologist, would like to help.

Learn how to set up your teen to succeed both at school and at home by joining Dr. Cam from 7:30-8pm on Zoom as she speaks to the Stone Bridge PTSO. During this virtual parent talk, Dr. Cam will teach us how to help build up our teen's resilience and motivation and create more peace in the home. We'll learn practical tips and strategies that any parent can use (but very few do).

Here's what other parents have said about Dr. Cam's workshops:

"The best parent education event the school has ever had." –Nysmith School for the Gifted

"Just what I needed to motivate and connect with my teenage boys." – Stacy

"I put your advice to work yesterday and turned out to be a good day." - Michelle

"It was such an informative session — and I practiced what I learned today! Plus, my husband commented on how he liked the new approach!" – Allison

Rather than trying to just survive this time, Dr. Cam sincerely believes that our teens (and us) can thrive. Join us on Jan 12 to learn how!

Bio: Cameron (Dr. Cam) Caswell, PhD is a developmental psychologist, family coach, teen expert, certified professional success coach (CPSC), author, and the host of "Parenting Teens with Dr. Cam." She is on a mission to help parents build strong, positive relationships with their teens through improved communication, connection, and understanding using her CALM Parenting Method. Dr. Cam is the mom of a teen too, so she not only talks the talk, she walks the walk!

Dr. Cam (see slide presentation also)

- She talks to a lot of parents and teens that are having a tough time right now
- Dr. Cam was a peer counselor when she was in high school
- Teen depression and loneliness improved over 2020 due to two main factors
 - Renewed connection with parents (dinners, conversation, time with parents/family)
 - Students getting the right amount of sleep
- Presentation: How to Calm the Teen Drama
 - Secrets to building resilience and motivation (no nagging and yelling required)
 - Dr Cam's Prime Parenting Method - 5 steps
 - The **P**roblem: what is the behavior that needs to be addressed - focus on one problem at a time
 - The **R**eason: there is always a reason (and not just to drive you nuts) - find the reason behind the behavior
 - **I**ntention: we react and there isn't a long thought out plan for what we are trying to do - what is the intention in our reaction - to teach them what behaviour is acceptable
 - **M**indset: we tend to look at the negative and general, but how do you fix what you see (e.g. laziness) instead we need to change this mindset that says "my child has behaviors that appear lazy" - how do we get them out of that?
 - **E**mpower: we need to stop fixing and doing for them, but we need to teach them how to make good decisions and thrive - we need to empower them so that they don't just come back and live in our basement...! Teens are learning how to make good decisions; when we get angry and frustrated we need to teach and empower them, instead of changing and fixing them
- Case Study -
 - Mom "Sally" came to Dr. Cam with concerns about her daughter - what to do?
 - Emotional breakdowns, sleeping all day, panic attacks, playing video games all day, - these may be ways to address anxiety but take away without giving them something to address the anxiety doesn't work
 - Case study - the **P**roblem: her daughter would have emotional breakdowns and screaming all the time - why was she having such distress?
 - Mom didn't realize that daughter was feeling the stress a lot more than she was
 - During adolescence, brain grows in density and this is the time where they are primed to learn - soft skill, talents, learning who they are, this growth is uneven - the amygdala is where the emotions are (fight or flight) and it matures first - , but the prefrontal cortex matures last (late 20s) and it is the part of the

brain that controls emotion. The teen is not the one who will calm down first because they don't have a fully grown prefrontal cortex back to the R... **R** Reason: they are fueled by their emotions

- Amygdala is the big bully and the prefrontal cortex is the one that can't control
 - Sally's daughter was releasing all the adrenaline and fear by fighting
 - Stress was due to school and the lack of skills to manage it
 - Back to **I**ntention: Sally wanted to learn how to give her child the skills to calm her society; but we overpower and take things away, and this can tend to make things worse; need to validate what they are feeling and try not to tell them it's insignificant.
 - Most teens want a better relationship with their parents, but they don't know how to express it or communicate it - all they want is their parents to listen to them without judging or lecturing....(laugh at their jokes)
 - It's more important to understand how to validate the child's feelings than straight A's...
 - **M**indset: Change our mind from "my teen is difficult" to "my teen is having a difficult time" and needs our help to understand them; they aren't broken, they are just learning; when we change this mindset, we will find that our own emotions are more under control and become a model to our teen when we change how we react to our teens - if you stay calm, they will be calmer and there will be less situations of conflict - establishes more authority and respect when you stay calm
 - From Stephen Covey "If you want to have a more pleasant, cooperative teenager, be a more understanding, empathetic,, consistent, loving parent.
 - What happened? Sally needed to **E**mpower her daughter by empathizing - one of the most empowering things a parent can do is empathize!
 - Empathy Loop: You inquire: Q: What's going on? Their Response: I'm pissed off! You demonstrate understanding by saying ..wow, "you're really angry" They confirm (loop is complete) or they disagree (then repeat) until loop complete.
 - If the loop doesn't work - "I'm sorry that happened to you" - have to say this authentically or it won't work and it will backfire (practice if you have to). Connection/trust can be built.
 - So what happened with Sally, she said "I've been able to stay calm and everything else has improved."
- Ninja tip / parenting hack: If you want to give them advice....ask permission.
 - I have an idea that might help. Do you want to hear it?

- When you ask, one of 2 things will happen 1) they will open up and say yes or 2) they say no and you say nothing because they weren't going to listen anyway...
- If you have a piece of advice, stick to ONE piece and don't try to slide in a bunch of other types of advice that you've always wanted to give - know that they've opened up.
- Announcement: she is offering Parenting Teens Power Hour - free weekly - more info in the presentation
 - parentingpowerhour.com/registration

Visit Dr. Cam's website: www.drcamconsulting.com