



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

11/12/19 PTSO Meeting Minutes

Attendees: Jen Cramer-Marden, Shaharazad Kablan, Emily Rittenhouse, Lori Steger, Saige Burns, Mike Marden, Dr. Lichtman, Ms. Allyne Zappala, Gini Howard, Jeanne Murck-Meyer, Veena Saijan, Josh Mallett

Guest Speakers- Dr. Theresa Lichtman School Psychologist & Ms. Allyne Zappala, School Social Worker

- Dr. Lichtman & Ms. Zappala were invited to discuss emotional supports in place at Stone Bridge
- Ms. Allyne Zappala - first year at Stone Bridge, 22nd year at LCPS. Ms. Zappala wants to emphasize that the counseling department is a strength based program - how can a student take what they have and make it better. One of the things they are focusing on this year is Sources of Strength program.
 - Sources of Strength: This year they trained 67 peer leaders that carry the program out to the rest of the school. The program is primarily started as a suicide prevention program, and focuses on strength - hope, health and strength. Strengths discussed in advisory last month were mentors & students were able to write notes to teachers they considered mentors as a thank you. Cards said "Happy 2nd Quarter" to their teacher. Very heartfelt exchanges with their teachers occurred.
 - PEER is a different program and trains Peer Helpers (11th & 12th graders) and helps them learn listening skills and supportive skills to assist other students (e.g., news kids, students who feel unconnected, or those students would benefit from peer support, Trailside Middle School). PEER is different than the Sources of Strength Peer Leaders. Question: what about kids that won't ask for help? They should contact their school counselors who will contact the social worker or the school psychologist who work as a team to assist as needed.
 - How do the 67 kids help other kids? Sources of Strength Peer Leaders help through their social networks by recognizing and helping their friends who may be in need. Teachers are also adult advisors and are available to help other kids in need. Sources of strength Peer leaders and PEER helpers keep a log as to who they help to help the counseling department keep track of help that is being provided.
 - Question/Comment: Best buddies program is also something that SEAC Rep. Veena Saijan has discussed with the administration.

- Theresa Lichtman - 3rd year full-time at Stone Bridge, 13th year with the county; prior to that, she was a licensed clinical psychologist; Other programs for suicide prevention include
 - Signs of Suicide presentations were given in 9th & 10th grade health classes, for 11th graders, it is taught in government class; 12th graders were provided a program during PSAT. They are taught that it is an emergency and they should communicate with a trusted adult when they recognize that someone is at suicide risk. There is also a formal screening process for students called for COLUMBIA SUICIDE SEVERITY SCALE and the counseling team can provide a screening and response if the student is referred by the student, the family or staff members/teachers.
 - “Return to learn” is a process that is for students returning to school due to mental health or other medical crises to assess and provide the levels of support as may be needed so that the student is able to get back into the flow of things. Examples of levels of support: every other day due to day treatment (counseling helps work with teachers to reduce academic demand as needed/critical assignments); students can be issued a flash pass to go to the counseling department as needed; if students are working with outside counseling, they encourage families provide to the school a release of information so that the school can provide information to the outside counselors and vice versa.
- Veena input/ Questions: Loudoun County Mental Health has a free training program spread over 2 half days (<https://www.loudoun.gov/3757/Mental-Health-First-Aid>) for mental health first aid that also can help parents (and youth) recognize the signs.
- Dr. Lichtman comment: the message given to the kids is that there is no joking when it comes to suicide, if you hear someone say that, take it seriously. The program in ninth grade teaches symptoms of depression, warning signs for suicide, and teachers help seeking behaviors. In 10th & 11th grades, during the program they incorporate sources of strength components and play a game, review 9th grade content, and emphasize sources of strength protective factors. Twelfth grades review Signs Of Suicide content and emphasize help seeking behaviors post graduation.
- The School Unified mental health team includes: school counselor, social worker, school psychologist; student assistance specialist (substance abuse); and nurse
- Ms. Zappala: Needs assessment was sent out to all students during English class and they asked kids what were some of the things that were challenging for them (e.g sadness, self-esteem, anxiety, LGBTQ, etc) Some needs listed were academic; the social-emotional concerns were divided up between the team to interview identify and assess how they could best support them

- Dr. Lichman: Uses these assessments, the team develops groups for support to address various category of issues (anxiety, social skills, coping skills, LGBTQ, al-anon, substance abuse issues, etc)
- Ms. Kablan: there is a waiting list for the county for the student assistance specialist for when students need help with substance abuse issues; vaping is a big addiction problem; county needs more because prevention activities can't take place
- Dr. Lictman: More services provided by the Unified mental health team
 - Consultation services - if students come into the office and they are under distress, they will meet with them and their families and connecting them to community based services or PEERS or groups; they educate teachers as needed to recognize concerns in students; school psychologist also handles referrals to "child study" which is a multi disciplinary team that investigates different interventions or special education;
 - Restorative practices; at its core, teaches students conflict resolution; helps resolve an issue if a harm has been done or a miscommunication has occurred, brings kids together and discuss the incident, how people were impacted by it, and what needs to happen to make things right. depending on the nature of the conflict, parents may be invited; and can involve teachers as well.
- Let them know if you need assistance.!
- Handouts/Links: Sources of Strength; Restorative Practices
<https://www.lcps.org//cms/lib/VA01000195/Centricity/Domain/28227/RPParentBrochure.pdf>; School Based Mental Health Services
https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/4539/School_Based_Mental_Health_Services_Community_Partners.pdf; Return to Learn Program
https://www.lcps.org/cms/lib/VA01000195/Centricity/Domain/4/2017%2018%20Uploaded%20documents/LCPS_RTL_%20Brochure.pdf

President Report: Jen Cramer-Marden

- Staff survey results - We received 60 responses, Good feedback - How can we support them better - responses include providing school supplies (e.g. tissue drive), teacher wish lists for parents to fulfill (idea: PTSO can come up with a sign-up genius for teachers that include things they need), more lunches/breakfasts; small treats are nice, too. Dr. Lichtman suggestion: wish list for counseling department.
- Our December meeting is cancelled. Our next meeting is Tuesday, January 7, 2020.

Secretary Report: Jeanne Murck-Meyer

- October minutes posted and are approved unless changes are needed

Hospitality/Fundraising Report: Saige Burns

- Handed out candy to staff as they walked into school on Halloween. THANKS to our Volunteers who stood out in the rain to help out. Ms. Kablan upset she didn't get any candy.
- Spring Expo (bazaar) and Fundraising Raffle - We are working on getting better exhibitors for the spring expo - real artisans, less commercial type items. We need a raffle coordinator - this person will help us sell tickets for raffle prizes - to obtain donations and distribute tickets for sale. We need more volunteers on the Spring Expo committee.
- Thanks to Mary Reilly for being the POC for Dulles Golf Center & Sports Park (DGC&SP) Stone Bridge "Spirit Night" We had one family participate. PTSO made \$9.00. We will do a second activity in the spring (Mary Reilly will let us know)
- Holiday Treats Day - Friday, December 13th, 2019 during lunch periods in the career center - Sending out Sign Up Genius soon for cookies, supplies, and other donations We need 4000 cookies to have a good amount to give to each staff member. We plan to add teacher/staff wish list items for pick up as well.
- January 31st 2020 Staff Luncheon "Chili Cook-Off" - NEW! this year- Chili, baked potato, salad, dessert - Sign Up Genius will be sent out for all items being served. Date will be confirmed and room request submitted shortly.
- Bus driver appreciation was October 23rd and PTSO donated a dunkin donuts gift card for each bus driver and bus driver assistants!

VP Programs Report: Lori Steger

- Turbo Tutoring: a new class has been added, December 4 from 6:30-9:15pm (before the 12/7 SAT) practice test. To register go to <https://turbo-tutoring.com/act-sat-class-registration/>
- Huntington Learning Center will be offering a practice SAT test \$25 (all funds go to PTSO) on Saturday, January 25, 2020. It will be in the Stone Bridge library in the morning. To register go to <https://huntingtonhelps.com/registration/isept?type=grouptest>

Treasurer Report: Gini Howard

- Review of treasurer's report - We need PTSO members! Current dues income \$6,500 (teachers and families) Income from parking painting \$4800
- We will be switching to BB&T. Once new account is set up - we will link to Amazon Smile. \$600 for switching banks.

VP Membership/Webmaster Report: Emily/Dan Rittenhouse

- Current membership: 215 family members and 65 staff members
- Our goal = 250 families, 100 staff

Scholarship Report: Jeanne Murck-Meyer

- No new updates

SEAC Report: Veena Sajjan

- SEAC Meeting was held on 10/02/2019
 - Topic: The Role of SEAC in Identifying Unmet Needs:by Hank Millward, VDOE and a Review of the Top Special Education Areas of Concern 6:00 - 7:00 p.m.
 - SEAC Business Meeting, 7:15 - 8:30 p.m. Update on Restraint and Seclusion
- Meeting 11/5 -Update provided on dyslexia education
- MSAAC and SEAC will hold a joint meeting Wednesday, November 20th to address discipline disparities within LCPS
- Loudoun Mental Health & Wellness Conference will be January 11th.

MSAAC Report: Aundrea Foster (by Jeanne Murck-Meyer, alternate)

- MSAAC met on October 16, 2019.
- LCPS Director of Equity, Ms. Lottie Spurlock, provided a LCPS Equity update on professional learning, student support, Social-Emotional Learning and engagement opportunities extended by LCPS to MSAAC.
- New equity web page was introduced <https://www.lcps.org/Page/222509>
- LCPS leaders for social-emotional learning were also introduced and had a Q&A session
- MSAAC and SEAC will hold a joint meeting Wednesday, November 20th to address discipline disparities within LCPS

ANGP Report: Jen/Mike Marden

- Come to meeting for more details

- Adjourned 7:32pm

Please Like and Follow us on Facebook at Stone Bridge PTSO
PTSO Membership - <https://www.lcps.org/domain/4657>
PTSO Meetings - every 1st Tuesday of the Month in the Library @ 6:30!
(No December Meeting)