



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

10/20/20 PTSO Meeting Minutes

Attendees: Lori Steger, Veena Sajjan, Amber Talbert, Valerie Daniel, Saige Burns, Jen Underwood, Jeanne Murck-Meyer, Gini Howard, Sue Fuller, Dr. Theresa Lichtman, Allyne Zappala, Tim Lucas, Jennifer Jackson, Mary Ryan Reilly, Tim Flynn, Jennifer Jackson, Carolyn Brooks, Fernando Montanez,

General Info/Announcements: Lori Steger

- Welcome

Secretary updates: Jeanne Murck (Meyer)

- Meeting video & presentations are posted to the PTSO minutes page for review
<https://www.lcps.org/Page/34114>

Membership: Jen Underwood

- Family recruitment numbers - 159 families to date
- Staff : 40 teacher memberships to date
- Prizes - August drawing winners, Shane & Sheyna Axtell and Marjorie & Mark Lee
September drawing winner: Glory Ezeogu; one more prize at end of October

Treasurer: Gini Howard

- Total Deposits To Date: \$8900.00
 - Membership Dues to date \$4828.00
 - Turbo Tutoring \$720.00
 - Parking \$1400.00
 - SBBC Booster 5K \$1591.00
 - Designated Dad \$360.00
- Total Expense To Date: \$2675.00
 - Teacher/Staff back to school gift \$2000.00

SEAC info/updates: Veena Sajjan

- SEAC meetings, first Wednesday of each month
- A SEAC task force has been formed to address issues faced by students with IEPs.
- Parent Resource Services offers several online workshops:
<https://www.lcps.org/site/Default.aspx?PageID=179754>
- October has been recognized as Disability Awareness Month and Dyslexia Awareness Month by LCPS

MSAAC info/updates: Amber Talbertn

- Meetings are held from 7-9 p.m. on the third Wednesday of each month. All meetings are being conducted virtually right now, with links being shared prior to each meeting.

- Oct. 21 meeting topic: Anti-Racism -Amber will provide a report next meeting; MSAAC meetings are open for anyone to attend

Fundraising: Saige/Valerie Daniel

- Valerie will be joining us as PTSO fundraising chair
- Painted parking spots - 40 students, 3 teachers, fundraiser suspended until Spring 2020
- Virtual 5K results - PTSO received over \$1500
- Outdoor movie night is being planned - more details to come
- Chipotle spirit night - Monday, Nov.16, 4-8pm

Hospitality: Saige Burns

- We are planning two events for SBHS teachers and staff, one before Thanksgiving and one before winter break. If anyone is interested in helping please reach out to us.

Project Grad: Lisa McGrail/Carolyn Brooks, 2 mins

- All night grad party is now known by its original name “project graduation”. The committee is aware that an end-of-the-year celebration may not look like it has in the past, so stay tuned for plans! In the meantime, we are looking for parents of younger students to shadow those committee leads with graduating seniors and therefore finishing their time at Stone Bridge. Please email sb.pg.ANGP@Gmail.com if you are interested in learning more. We have already sold more than half of our White House association ornaments (\$25 each) that we are offering as a fundraiser (½ are already sold!). Go to the Project Grad tab on the PTSO website: <https://www.lcps.org/Page/142804> or email SBHS ornaments@gmail.com if you’re interested in purchasing.

Parent Liaison: Jennifer Jackson

- There is a survey for families to address any needs (it went out in the weekly newsletter). If you family needs assistance: <https://forms.gle/P6A36JKpYgd4B4nH8>
- “Bridge Builders” is the name of a new parent network of volunteers to help assist families in need. Google form for volunteers: <https://forms.gle/5L9WhYxiUA3xrhwdA>
- DECA is doing a toy drive from first week in November to the first week in December
- Free COVID testing for families is available-contact PTSO or Mrs. Jackson
- Many virtual college visits are coming up if families are interested.

Principal’s briefing: Mr. Flynn, 5 mins

- Thank you to all parents to support our school during this time.
- We want to acknowledge the SB teachers who were present for the small number of students who started in person learning last week; great to have some students in the building.
- SCA and Seniors were in the building today doing some work and Mr. Flynn encouraged the seniors to update the SB Rock out front to say 2021
- Mr. Flynn looks forward to having all 1800 students back in the building soon.
- Mr. Flynn is amazed at how the teachers are doing this year with distance learning - however he understands that there are issues and challenges. The admin team will

continue to work through these things including interventions to help special education learners.

- Mr. Flynn values the SB parents who have been patient and provided a lot of grace in working through the issues.
- UPDATE: Principals meeting today: They have received some guidance on how to safely open up for co-curricular activities - band, guitar, art, etc. They are planning some events that will require parent participation (fine arts events, fall concerts, etc) here at SB to get families back on campus to rebuild a sense of community.
- SB purchased the 25' movie screen that goes outside for movie nights - 1st week of November - in conjunction with other groups to get families on campus to have some fun.
- As we move into the second quarter, please check the current grade books - there have been some issues getting things to sync up. Mr. Flynn values patience as we are all learning the new tools
- The UMHT are outstanding individuals and he is happy that we are having this meeting. It is clear that we have had an increase in students who need assistance in the area of mental health. Gaggle (school monitoring system for internet use on school owned devices) has picked up a lot of chatter about kids who may harm themselves (steady reports) and government agencies support the school in helping with welfare checks. Additional interventions and support have had to happen and the UMHT members have all worked hard to help struggling students. Incredible work & thank you to them.

Guest Speakers: (35 mins) Dr. Theresa Lichtman School Psychologist, Ms. Allyne Zappala, School Social Worker and Ms. Kim Hager, our student assistance specialist.

- Topic: School-wide mental health initiatives and the support available to all students and families.

UMHT Presentation

Welcome - They are happy to have had the opportunity to meet with us.

Dr. Lichtman has been with LCPS for 13 years, 6 years with SB.

Ms. Zappala - has been with LCPS with 22 years; worked originally working with substance abuse issues in the army

Kim Hager - Student Assistance Specialist (education, early intervention and referrals - also works with restorative justice in the region including at Riverside HS)

School wide initiatives (Ms. Zappala)

Schools provide access to a school counselor and other UMHT members to all students;

Prepared lessons were given in advisory to introduce the UMHT to the students

- Social emotional learning is being provided through advisory (coping mechanisms, overcoming challenges)
- Strengths-based programs- focus on strengths and not just the challenges of students
 - Sources of strength - to try to encourage students to recognize their strengths - 25 diverse students were trained to drive the program and implement it in the school; everyone in the entire school is a part of sources of strength

- PEER - positive experiences in educational relations - students are selected to be trained to help talk to other students; “Bulldogs don’t bully”- PEERS are working on this
- Mental health and wellness education lessons taught are being taught in advisory
- The UMHT team uses Restorative Practices to help students resolve conflicts through conferences to discuss and work through issues

Individual Student Supports (Dr. Lichtman)

- *School counselor, school psychologist and school social worker are assigned to each school and are assigned to each student
- They provide short term mental health support to address student concerns that impact learning including:
 - Responsive services (consultation via telephone, email or Google meet to address immediate needs, may involve short term counseling)
 - Periodic Check-ins (families ask if counseling team can check in on their student as needed)
 - Develop strategies to support student engagement - team takes positive approach to re-engage students who have issues with attendance, for example
 - Outreach to disengaged students
 - Telecounseling (individual and skill-based support groups - with parent permission)
 - In early November, “Simply mindful” mindfulness group will be offered once a week; a short-term group will be open to all students (more information to come regarding these programs)
- Return to Learn plan is offered to students after an extended absence from school (this is a regular program)
- Suicide Screenings - referrals to outside providers & follow-up
- Threat assessments -identify and link those students to additional supports
- Insight Class - substance abuse intervention class for 3 days as needed for students who have violated the schools alcohol or drug policy; the Student Assistance Specialist and the school social worker would be involved to educate and listen/counsel students as needed to help them look at things a different way or to get involved in positive alternate activities
- Referral to community services
- Responding to “Gaggle” reports (related to use of technology)

How to access help

Stone Bridge High School School Counseling Page to find out about the UMHT

<https://www.lcps.org/domain/4621>

Resources for families: mental health and wellness website:

<https://sites.google.com/lcps.org/resourcesforfamilies/home>

An unexpected and unwelcome interruption ended the meeting.

We are very sorry!