

Joint Elementary PTA Meeting - Thursday January 12, 2021 @ 7:15PM

Welcome from Michelle Persaud, Stratford PTA Director and Zeynep Vitale, Stewart PTA Director

Committee Updates

Presentation by Mrs. Vincent, social worker for Stratford and Stewart, Ms. Saavedra, school psychologist at Stewart, Dr. Torinincaso, school psychologist at Stewart and Mrs. Warnke, school psychologist at Stratford.

The topic is Supporting the Social and Emotional Health of Families in the Era of Covid-19, touching on the topics of quarantine fatigue, how to keep spirits up during the winter months, how to socialize and screen time.

A list of books that address mental wellness was put out by the Child Mind Institute and can be found at:

<https://childmind.org/article/best-childrens-books-about-mental-health/>

Important Dates to Remember:

- January 18: Schools Closed, Martin Luther King, Jr Day
- Parent University: February, exact dates TBD, watch for PTA updates
- February 10: All Schools PTA Meeting @ 7:30PM
- February 15-19: Schools Closed, Winter Recess

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