



# HOLICONG PARENT COUNCIL

March 17, 2016

# Upcoming Dates

March 18<sup>th</sup>: 7<sup>th</sup> Grade Diary of Anne Frank Field Trip

March 24<sup>th</sup>: NO SCHOOL/ [Parent Conferences](#)

March 25<sup>th</sup>: NO SCHOOL

March 28<sup>th</sup>: NO SCHOOL

March 29<sup>th</sup>: CB Jazz Festival

April 7<sup>th</sup>: End of 3<sup>rd</sup> Marking Period

April 21<sup>st</sup>: 9<sup>th</sup> Grade Washington DC Trip

April 12<sup>th</sup> & 14<sup>th</sup>: PSSA ELA TESTING (7<sup>th</sup> & 8<sup>th</sup> Grade)

April 19<sup>th</sup> & 21<sup>st</sup>: PSSA MATH TESTING (7<sup>th</sup> & 8<sup>th</sup> Grade)

April 26<sup>th</sup>: PSSA SCIENCE TESTING (8<sup>th</sup> Grade only)



Student Council Update

***Please welcome 7<sup>th</sup> Grade  
Student...***

***Zara Lowenthal***



# **Art Supply Drive**

***Who?... Holicong students, staff, and families***

***What?... Holicong will collect art supplies to donate to C.H.O.P***

***Where?... We collect art supplies in the morning outside of the bus platform and in front of the art room during the day***

***When?... Starting the week of March 28<sup>th</sup> and continuing until we reach our goal***

***Why?... To benefit the children hospitalized at C.H.O.P***

***Thank you for your support!***



Student Council Update

***Please welcome KvT  
Chairman...  
Freddy Qiu***

The 2015-  
2016

Has  
Begun!

WHEN

1 event  
each month

WHAT

Competitions that  
range from a variety  
of topics

WHERE

Varying locations  
depending on the  
event

WHO

Students and  
Teachers of all  
Grades



WHY

To foster good relations, to  
spice up the school year, and  
to have fun!

*We have a great year planned ☺*



**WHO**

Students and  
Teachers of  
all Grades



**WHEN**

March 29<sup>th</sup>  
- April 1<sup>st</sup>



**WHY**

To foster good  
relations, to spice up  
the school year, and to  
have fun!

**WHAT**

Connect Four



**WHERE**

Auditorium  
during  
resource



**SIGNUP**

Each Homeroom  
will send one  
person, extra slots  
filled at lunch



We need connect four boards for the  
tournament!

If you have any laying around, please have your  
child bring it in to the office! They will be  
returned, so be sure to have your name on the  
box.





# KvT Yearlong Update

EVENTS	SPIRIT DAY	NAME THAT	COOKING	COTTON MAN	BASKETBALL	PUZZLES
TEAMS	September	October	November	December	January	February
Teachers	2	2	3	0	3	8
9 <sup>th</sup> Grade	0	3	1	1	2	0
8 <sup>th</sup> Grade	1	1	0	2	0	3
7 <sup>th</sup> Grade	3	0	2	3	1	1



Curriculum Spotlight

***Please welcome FCS  
teacher...***

***Yvonne Flath***

# Home Economics



Then.....



# Family and Consumer Science

NOW ...



# What topics are discussed?

- Balancing Work, Family & Career
  - Setting goals
  - Making responsible decisions
  - Being a leader
  - Building positive relationships

## Making Choices

# What topics are discussed?

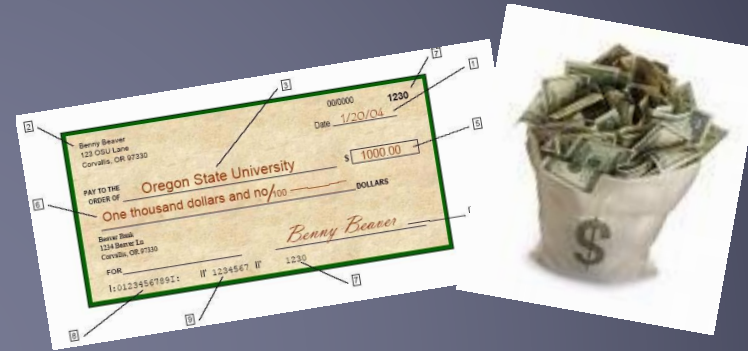
- Resource Management

- Money Management

- Saving
    - Making a budget
    - Writing/Endorsing Checks

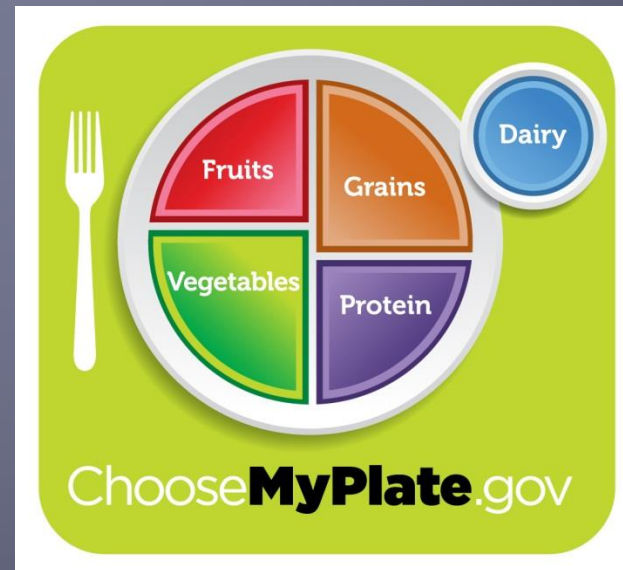
- Other resources

- Time management
    - Material belongings (clothing, consumer goods)
    - Upcycle Project



# What topics are discussed?

- Food Science and Nutrition
  - Safety
  - Measuring
  - Nutrition
    - MyPlate
    - Portion Sizes
    - Label Reading



# What topics are discussed?

- Child Development
  - Responsibility when caring for children
    - Safety
  - Developmental Stages
  - Guidance Techniques
    - Limited Choices
    - Positive Child Guidance





# Beyond the Classroom

- Ask your child to
  - Evaluate the cost of making/repairing something versus buying it.
  - Contribute to the household chores.
  - Make breakfast or dinner for the family.
  - Watch a younger family member for a short time.
  - Show you the correct portion of a packaged food.
  - Tell you what they can do to strengthen relationships at home.

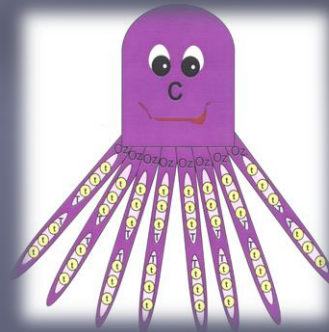
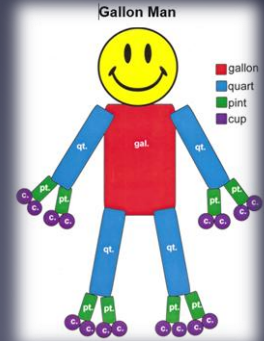
# 9<sup>th</sup> Grade Cooking



Much more than just cooking...

# Kitchen Basics

- Kitchen Safety
- Food Safety
- Measurements and Equivalents



# Breakfast Unit

- Focus on nutrition
  - Healthy substitutions
  - Label reading



Sample label for  
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
<b>% Daily Value</b>	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

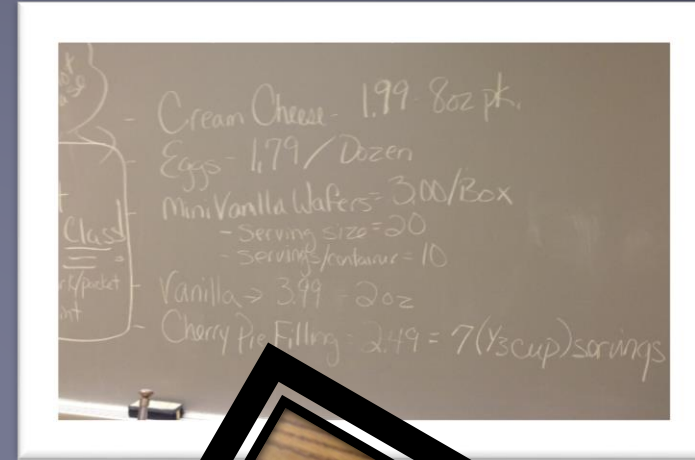
5 Footnote

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

# Snacks and Appetizers

- Focus on costs
  - Compare to prepackaged or prepared food



# Lunch and Dinner

- Meal Planning
  - Time
  - Cost
  - MyPlate
- Cultural Foods



**Cookoff!!**



# Desserts

- Dessert Techniques
- Final project
  - Make meals at home
  - Plan, cook and clean up
  - Not supposed to be a burden
    - Use existing

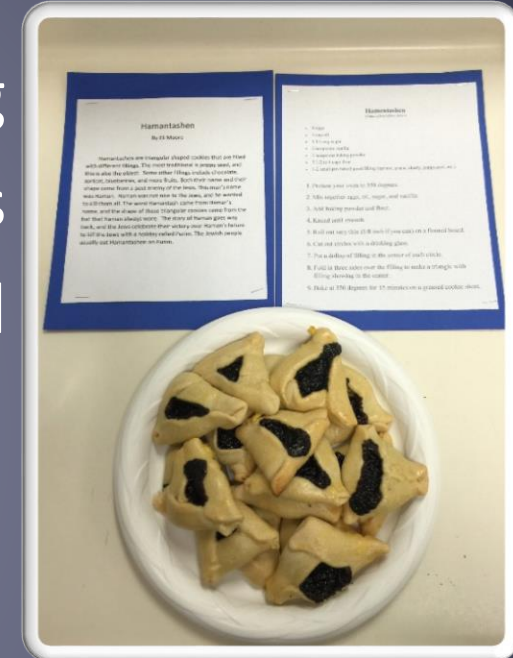


# Important Events

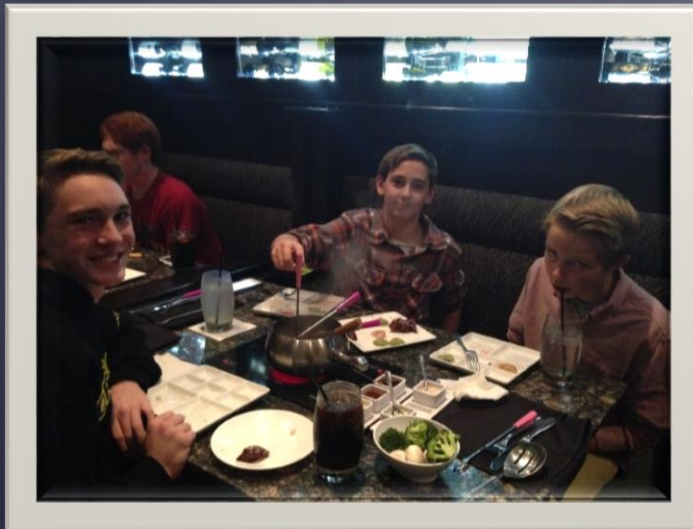
Home  
Cooking  
Project



Winter/Spring  
Arts  
Festival



Melting Pot Field Trip





# Beyond the Classroom

- Ask your child to:
  - Prepare a new/different/healthier recipe for the family dinner.
  - Go to the grocery store with you.
  - Discuss grocery costs for your household and allow them to compare costs/products when decision-making.
  - Calculate how many calories, grams of fat and milligrams of sodium are in your favorite family recipe.

# 9<sup>th</sup> Grade Sewing

Giving Students **Choice** in the Classroom:

- **Layered Curriculum** Instructional Model



# Some findings from **brain** **research**

- ❖ **NOVELTY** is important
- ❖ **STRESS** makes it difficult for us to remember information
- ❖ The brain relaxes if we have **CHOICES**



“Based on current brain-imaging information, Layered Curriculum is a fun and effective student-centered teaching method. This 3-layer model of differentiated instruction encourages complex thinking and holds students highly accountable for their learning.”

--*help4teachers.com*

# Unit Sheets

- ❖ Students choose from a variety of assignments in each level
- ❖ Some are required, some optional
- ❖ All are assigned point values.



In **9<sup>th</sup> Grade Sewing** you may choose to work at your own pace and choose activities that demonstrate your proficiency. Important information about this layered curriculum is outlined below:

- You must complete all required activities in each unit before moving to the next unit.
- All activities should be completed by the target date.
- You will be graded
  - Advanced (4)
  - Proficient (3.5)
  - Basic (3)
  - Below Basic (2.3)
- Only proficient work will be accepted. Students must achieve proficiency in order to receive credit.

## Level C – Activity Sheet

Unit 1		Target Date	
☐ RQ - Required Activities			
Teacher Initials	Activity Description	Standard	Score/Weight
	Sew Safety	Safety	X1
	Fabric Facts	Textiles	X1
Unit 2		Target Date	
☐ RQ - Required Activities			
Teacher Initials	Activity Description	Standard	Score/Weight
	Sewing Terms and Tools	Vocab.	X1
	Parts of the Machine	Basic	X4
	Basic Stitching Papers	Machine	
	Threading the machine	Operation	
	Winding the bobbin		
Unit 3		Target Date	
☐ RQ - Required Activities			
Teacher Initials	Activity Description	Standard	Score/Weight
	Measurements	Measuring	X2
	Using Measuring Tools		
	Body Measurements/ Types	Preparation Techniques	X2
	Pinning and Cutting		
	Ironing Sample		
Unit 4		Target Date	
☐ RQ - Required Activities			
Teacher Initials	Activity Description	Standard	Score/Weight
			X2

# 9<sup>th</sup> Grade Sewing

- Machine and Hand Sewing Techniques



# Learn how to use a pattern



... and common sewing tools

Create new / useful things

# Gym Bag



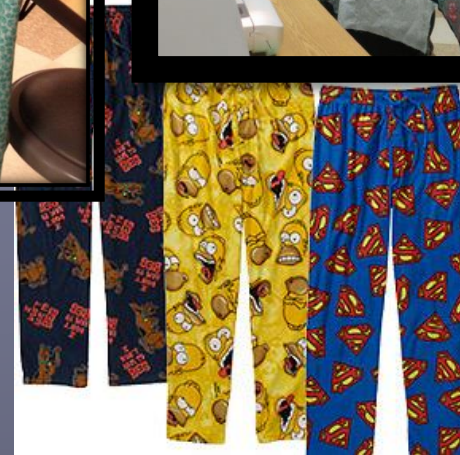
Style choices...



# Sleep Pants/Shorts



Work at own pace...





**Make the most of what you have...**



**Repair....Reuse... Repurpose...**



Opportunities for  
creativity...



9<sup>th</sup> Grade SEWING

# Thank You!!!

- Please contact me if you have any questions at
  - [yflath@cbsd.org](mailto:yflath@cbsd.org)
  - 267-893-2700 x6313

START PROCESS

***Please welcome Guidance  
Counselor...  
Mrs. Kleeman***

# START

**Student Assistance Team:**

- **START** is a program developed to help students, teachers, and staff members deal with concerns about students who are experiencing barriers to learning.

- Students are referred as a result of **observable** concerns in the areas of academics, behavioral, attendance or health. This could include anything from bullying/harassment, problems with peers, relationships, family conflicts, and/or drug and alcohol and mental health issues.

# START



- **Attention Seeking**
- **Fatigued**
- **Aggressiveness**
- **Change in behavior**
- **Seems Sad**

- **Seems Withdrawn**
- **Conflict with Peers**
- **Change in Appearance**

- **Declining Grades**
- **Declining Motivation**
- **Cutting Class**
- **Cutting School**



# Student Assistance Process

## Pre-REFERRAL

- Identify problem behaviors or concerns and collect and observations.
- Referral to **START** or **Child Study team**

## START TEAM PLANNING

- Information gathering
- Parent Conference
- Intervention
- Recommendations/ services for family and student

● How to refer a student to **START**

see the [Holicong Guidance page](#)

# Trained Team Members:

- Kevin Shillingford
- Donna Dome
- Megan Boletta
- Chris Dallas
- Karl Hilbert
- Deb Kleeman
- Barb Louderback
- Pat McLaughlin
- Donna Radice
- Greg Striano

**Questions??**



STUDENT ANXIETY

***Please welcome School  
Nurse...***

***Donna Radice***

Take 2 minutes and write on your card...

Front side

What are 2 or 3 of the things you think cause your student the most “anxiety” (in or out of school)?

Back side

What are 2 or 3 of the things that cause YOU the most “anxiety”?

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a clean white space where the text is placed.

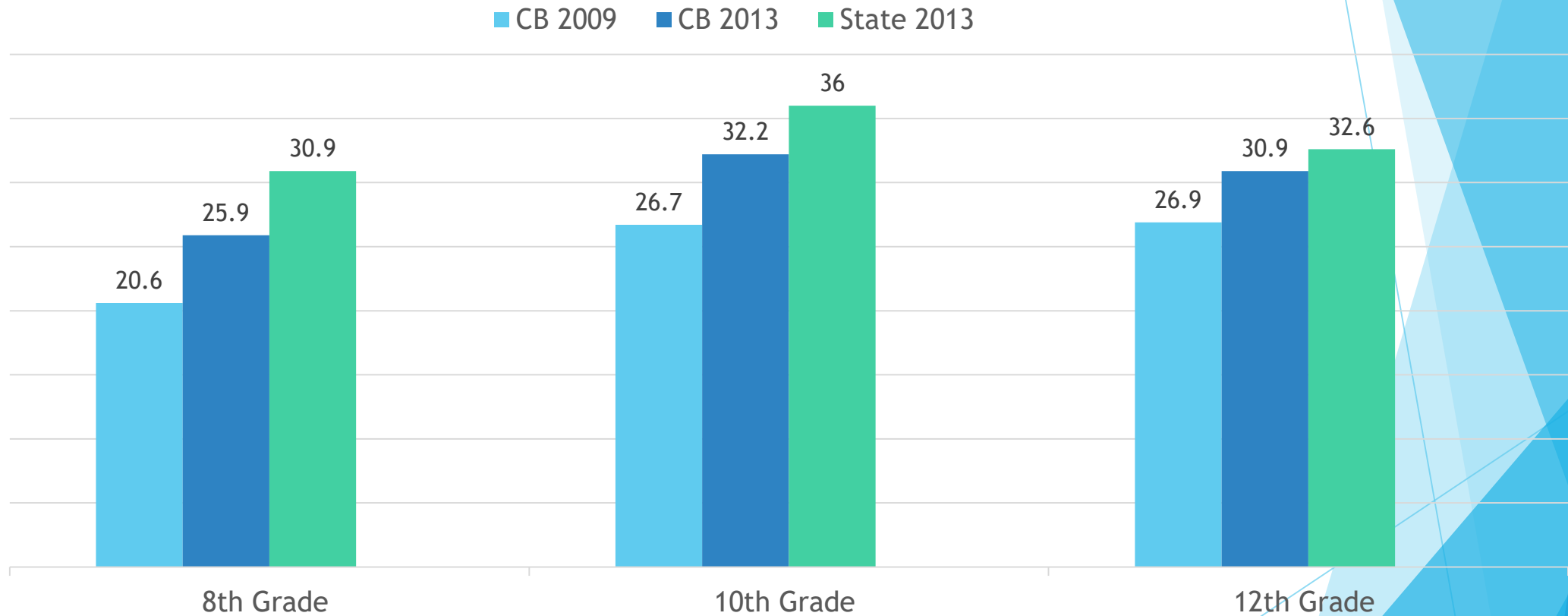
# Worry Woes: Helping Your Child Cope with Anxiety

# Stress and Anxiety: How Big is the Problem?

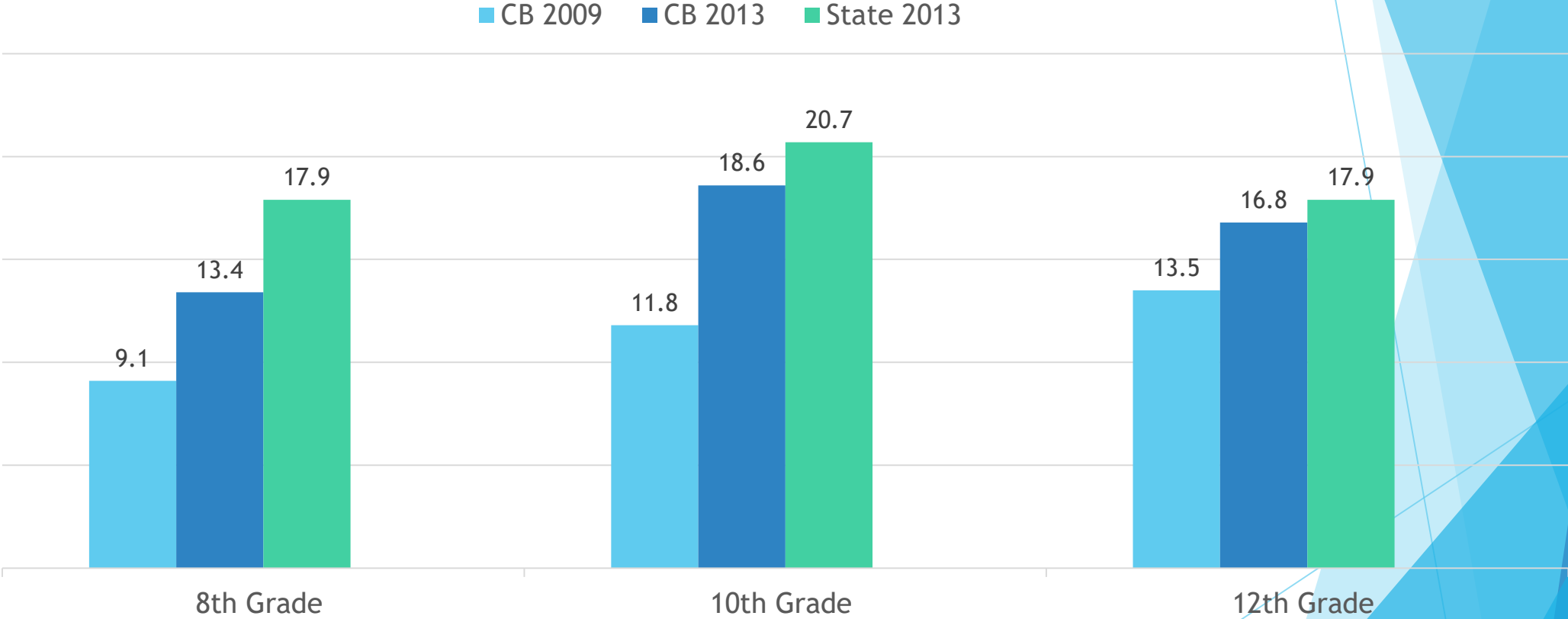
- Everyone experiences stress/ anxiety. It can be useful when it protects us from dangerous situations.
- However, it is estimated that one in every ten teenagers experiences anxiety at a level that causes them to have problems in their day to day functioning.
- In the U.S. about 1 in 20 teens has extreme worry, phobias or panic attacks



# Mental Health Issues: Felt Depressed or Sad MOST Days



# Mental Health Issues: I'm inclined to think I am a failure



# How is Stress and Anxiety Displaying at School?

- Attendance problems
- Frequent Guidance visits
- Frequent Nurse visits
  - Somatic symptoms

# What is Stress?

- The body's response to danger or perceived threat
- Stress affects your body , mind and emotions
- Fight or Flight response

# Physiological Responses to Stress

- Decreased blood flow to the head
- Decreased blood flow to fingers and toes
- Reduced functioning of digestive system
- Increased blood flow to the heart
- Increased blood flow to arms and legs
- Increased breathing rate
- Increased sweat response

# Symptoms of Stress

- Racing heart
- Difficulty breathing
- Choking sensations
- Butterflies or knots in stomach
- Hot flushes
- Dry mouth
- Sweaty hands and feet
- Tight muscles
- Tightness in jaw
- Constricted feeling in chest

# Chronic Stress → Physical and Mental Overload

- Constant activation of the Stress Response impacts the Brain and the Autonomic Nervous System.
- The Sympathetic Nervous System is working over time and the Parasympathetic Nervous System is under functioning
- Stress hormones (Cortisol) affect the immune system, and the parts of the brain responsible for learning and memory

# Chronic Stress=Increased Risk

- Anxiety
- Depression
- Chronic Headaches, Migraines
- Chronic exhaustion
- Sleep disorders
- Chronic Back/ Muscle aches
- Compromised immune system
- Overeating
- Substance abuse



# Frontline Strategies and First Considerations

## ➤ Nutrition

- Well-balanced meals and healthy, energy-boosting snacks
- Limit caffeine which can aggravate anxiety and trigger panic

## ➤ Good Sleep Hygiene

- 3-6 years old: 10-12 hours a night
- 7-12 years old: 10-11 hours a night
- 12-18 years old: 8-9 hours a night

## ➤ Exercise Daily

- Exercise linked with reducing stress and anxiety

## ➤ Balanced Schedule

- Overscheduling leads to increased stress
- Be mindful that children need time to relax and play creatively after school

# What Can I Do to Prevent Stress?

- Create and support routines at home (e.g., homework, breaks, sleep)
- Check in with your child about how they are doing and feeling
- Offer a safe space for your child to calm down

# Helping Your Child to Manage Anxiety

- Help your child detect unhelpful thoughts and beliefs and challenge these ideas
- Help change their actions by taking small steps
- Support them in developing and using active coping strategies

# Stress Triggers

- Triggers are situations, people, places, or things that make you feel stressed or nervous
- Everyone has different triggers
  - Is the roller coaster a trigger for everyone here?
  - What is each person feeling?
  - What is each person thinking?
- What are your stress triggers?



# Cognitive Distortions: “Thinking Traps”

*“For most kids, reality doesn’t need to change, it’s their interpretations”*  
(Chansky, 2014)



## Binocular Vision

Looking at things in a way that makes them seem bigger or smaller than they really are



## Fortune Telling

Making predictions about what will happen in the future without having evidence



## Black-and-White Thinking

Looking at things in only extreme ways



## Making it Personal

Blaming yourself for things that are not your fault



## Dark Glasses

Thinking about only the negative parts of things



## “Beating Up” Yourself or Others

Having unrealistic expectations for what you should do or what others should do

➤ What are your thinking traps?

# Parental Responses to Stress

## ➤ Parent Pitfalls:

- Reassuring
- Dismissing
- Swooping in and helping avoidance

## ➤ How to Best Help:

- Sharing the job - Asking questions to help kids be able to fact-check and dismiss the worry themselves

# What can you say to your child to manage stress

- **Empathize** with your child's distress; don't agree necessarily, but don't disagree or dispute that this is what it feels like to them
- Don't try to talk them out of their perceptions
- Help them ZOOM OUT and correct distortions by asking good questions

# Re-Label

- Worry is unreliable - even if something is wrong
- Don't believe everything you think
- It's not the situation - it's the story that WORRY BRAIN is telling you
- Relabeling helps to distinguish worry from other thoughts
- We have a different plan for how we handle worry from how we handle our regular thoughts



# Rethink-Shrink

- Expose worry's mistakes
- Separates the child from the worry, which gives them choices and distance and perspective.
- Put worry to the test
- Choose a different task, a different approach

# Mindfulness and Calming Strategies

- What is mindfulness?
  - Act with *intention* in whatever you are doing
  - Acceptance, self-compassion, patience
- What can I do to help my child be more mindful?
  - Guide them in taking deep breaths
  - Encourage awareness of the present moment
    - Help bring your child into the here and now
    - “*What is?*” versus “*What if?!*”
    - Model behaviors for your child

# Calming Strategies

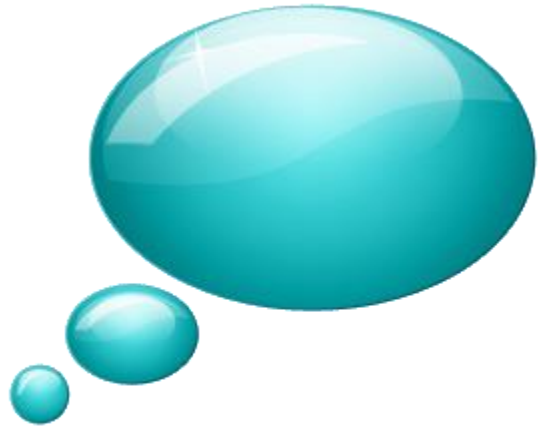
## Deep Breathing



- Slow down
- Take a breath
- Observe
- Proceed

## Relaxation Activities

- Focus on the here and now
- Progressive Relaxation
- Body Scan
- Guided Imagery



Questions?

Thoughts?

Comments?



# Resources: Online

## ➤ General Information and Resources

- <http://childrenwithanxiety.com/>
- [www.childanxiety.net](http://www.childanxiety.net)
- [www.worrywisekids.org](http://www.worrywisekids.org)
- [www.nasponline.org/resources/intonline/anxiety\\_huberty.pdf](http://www.nasponline.org/resources/intonline/anxiety_huberty.pdf)
- [http://www.huffingtonpost.com/daniel-b-peters-phd/10-steps-for-parent-and-kids-to-taming-the-worry-monster\\_b\\_4345171.html](http://www.huffingtonpost.com/daniel-b-peters-phd/10-steps-for-parent-and-kids-to-taming-the-worry-monster_b_4345171.html)

## ➤ Activities

- <http://anxietybc.com/parent/index.php> & <http://youth.anxietybc.com/>
- <http://childrenwithanxiety.com/articles-and-resources.html>
- [www.kidsrelaxation.com](http://www.kidsrelaxation.com)

## ➤ Apps

- **Mindshift**

# Resources: Books & Workbooks

- *What to do when you worry too much: A kid's guide to overcoming anxiety.* Dawn Huebner
- *Sitting still like a frog: Mindfulness exercises for kids (and their parents).* Eline Snel
- *Ready, set, relax: Research-based program of relaxation, learning, and self-esteem for children.* Jeffery Allen & Roger Klein
- *Mindfulness for teen anxiety: A workbook for overcoming anxiety at home, at school, and everywhere else.* Christopher Willard
- *Worried no more: Help and hope for anxious children.* Aureen Pinto Wagner
- *Freeing your child from anxiety.* Tamar Chansky
- *The anxiety cure for kids: A guide for parents.* Elizabeth DuPont Spencer, Robert DuPont, & Caroline DuPont
- *Relaxation and stress reduction workbook.* Martha Davis, Elizabeth Robbins Eshelman, & Matthew McKay
- *Anxiety and phobia workbook.* Edmund Bourne

# Superintendent Report

*Please welcome...*

**Nichole Farrior  
&  
Christina Mirarchi**

# Aramark Morning Snack

**Morning Snack Pack  
Now Available at Breakfast**



**Includes an assortment of whole grain choices,  
fruit and a bottle of water.  
\$1.65, \$0.30 reduced**





# Backpack Newsflash

March 2016



# Spring Reminders – The BIG 3

- [Dress Code](#)
- [Absence Notes](#)
- Pick up Students during day

Please send in a note in the morning - this allows for students to leave class without class being interrupted



# HOLICONG PARENT COUNCIL

March 17, 2016