



Holicong Parent Council

3/19/15



Let's Kahoot











Parent Superintendent Report

**Linda Szymanski
and
Lauren Tracy**

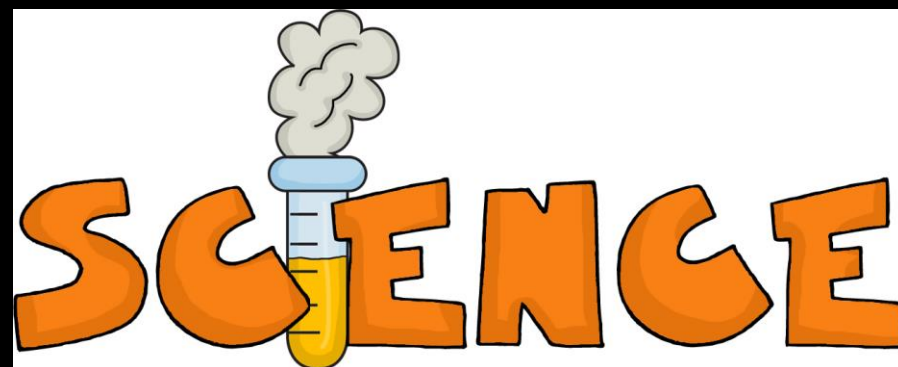
Upcoming Dates

- March 20th – Half Day
- March 28th – National History Day @ Ursinus
- March 31st – CB Jazz Festival @ 6:30
- April 3rd & April 6th – Students Off
- April 9th – 9th Grade Washington DC Trip
- April 10th – Dodgeball Tournament
- April 14th, 15th, 16th – ELA PSSA
- April 21st, 22nd, 23rd – Math PSSA
- April 28th, 29th, 30th – Science PSSA

**NO
PARENT
COUNCIL
APRIL 16th**

Holicong Video Page

What's better than pictures?



Opportunities @ Holicong

Google Science Fair

Bucks County Science Fair

You Be The Chemist Challenge

#girlSTEM Conference



Google
Science
Fair

COMPETITION OVERVIEW

HOW TO ENTER

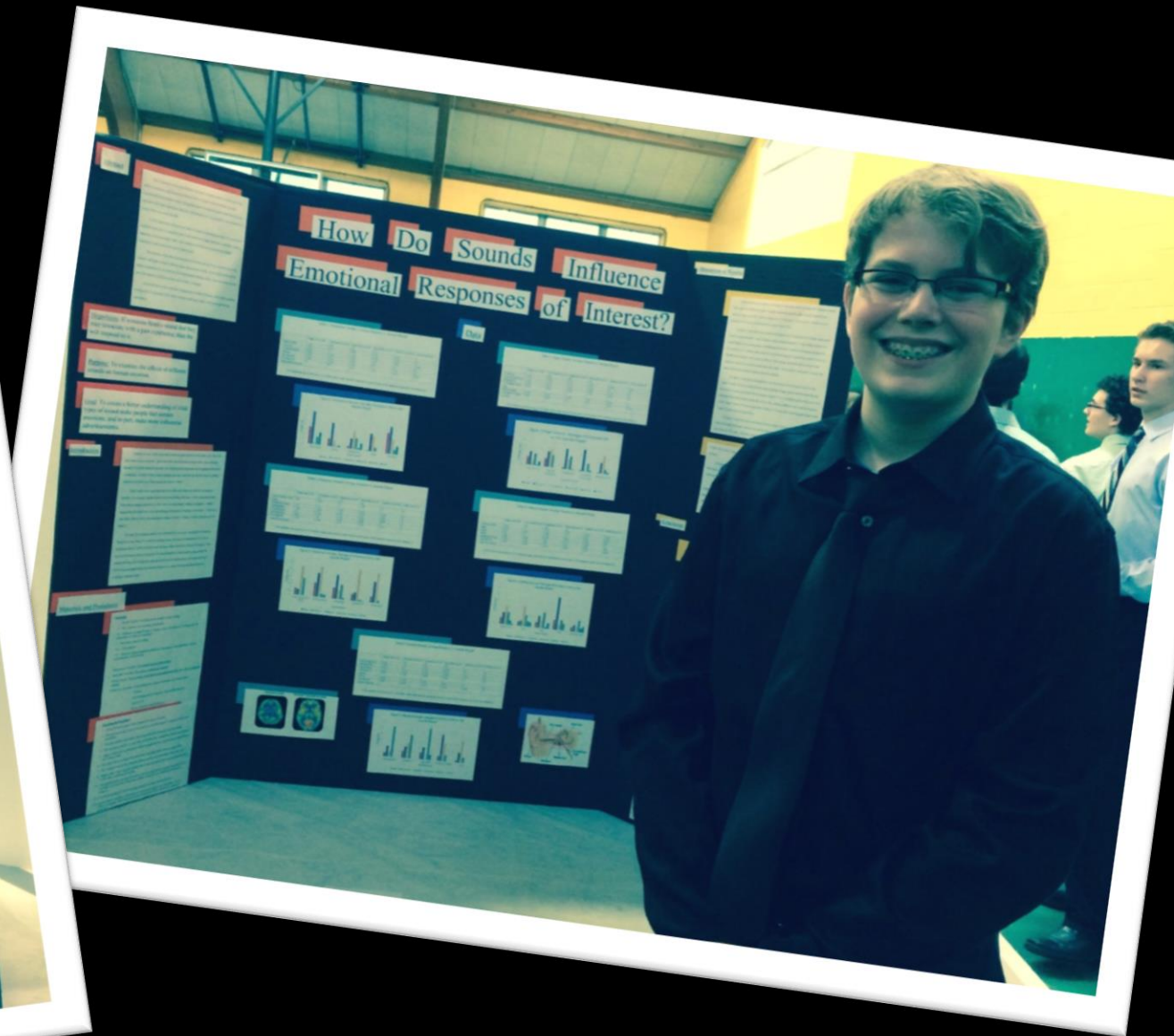
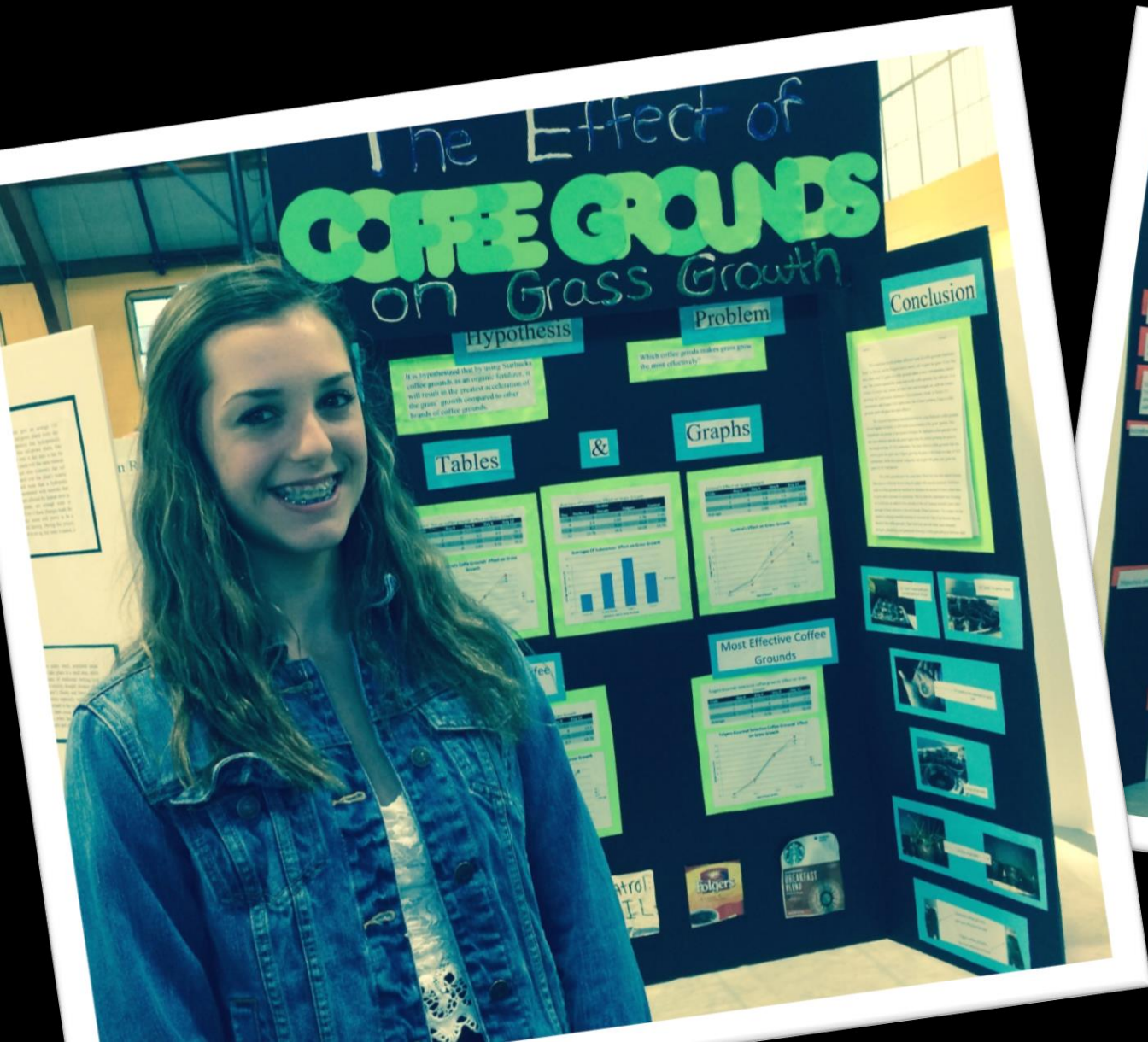
TEACHERS & PARENTS

SIGN IN

Google Science Fair

- 8th grade Advanced Science students
- 9th grade students by choice
- Design and perform their own original experiment
- Some choose to also participate in the Bucks County Science Fair at Delaware Valley College.

Bucks County Science Fair 2015 at Del Val College



Students Recognized at Bucks County Science Fair

Student Name	Award
Ashley Balderson	Honorable Mention in Chemistry
Molly Eron	1 st place in Microbiology; Society of Women Engineers; Special Award from DOW
Darby Henn	Honorable Mention in Botany
Jack Haggerty	2 nd in Math
Mikayla Horvath	Honorable Mention in Botany
Kendall Hudson	Honorable Mention in Consumer Science
Erika Ives	Honorable Mention in Behavioral & Social Science
Emma Lehmann	2 nd place in Microbiology
Erica Marino	Honorable Mention in Zoology
Neel Mehta	1 st place in Engineering
Nina Miller	1 st in Earth and Space: Female Young Scientist Award
Elena Napoletano	Honorable Mention in Behavioral & Social Science
Frederick Qiu	Honorable Mention in Medicine and Health
Michelle Schroeder	Honorable Mention in Microbiology
Graeme Sutterlin	2 nd in Behavioral & Social Sciences
Sasha Temerte	2 nd place in Botany
Andrew Zhang	1 st place in Biochemistry



March 17, 2015

- national academic contest that encourages grade 5-8 students to explore important chemistry and STEM concepts and their real-world applications
- unique opportunity for a variety of community partners—including schools, industry, higher education, and community groups—to come together and show their support for STEM education
- participation starts at the school level with qualifying exam
- continues with Local, State, and National competitions
- individual (not team-based) quiz-bowl format competition



Holicong Students
Daniel Heinrichs, Finalist – 5th
Freddy Qui, Semi-Finalist
Connor Bates, Semi-Finalist







Coming in May....

- The fourth annual #girlSTEM conference will be held on Thursday, May 21, 2015 at Delaware Valley College.
- #girlSTEM seeks to inspire middle-to-high school girls to pursue STEM- related fields (Science, Technology, Engineering, Math).
- #girlSTEM features interactive seminars with professional women, hands-on workshops, and open forum discussions.

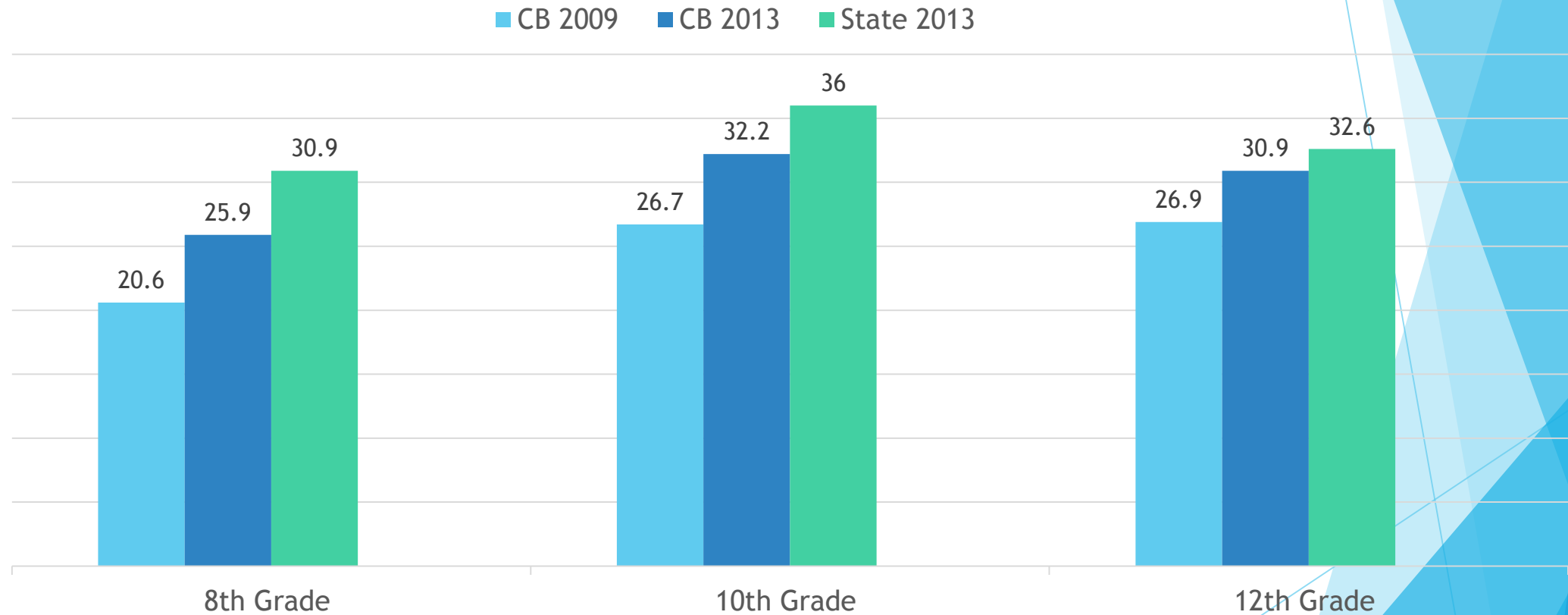
The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the frame, creating a modern, layered effect. The central area is a clean white space where the text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

Worry Woes: Helping Your Child Cope with Anxiety

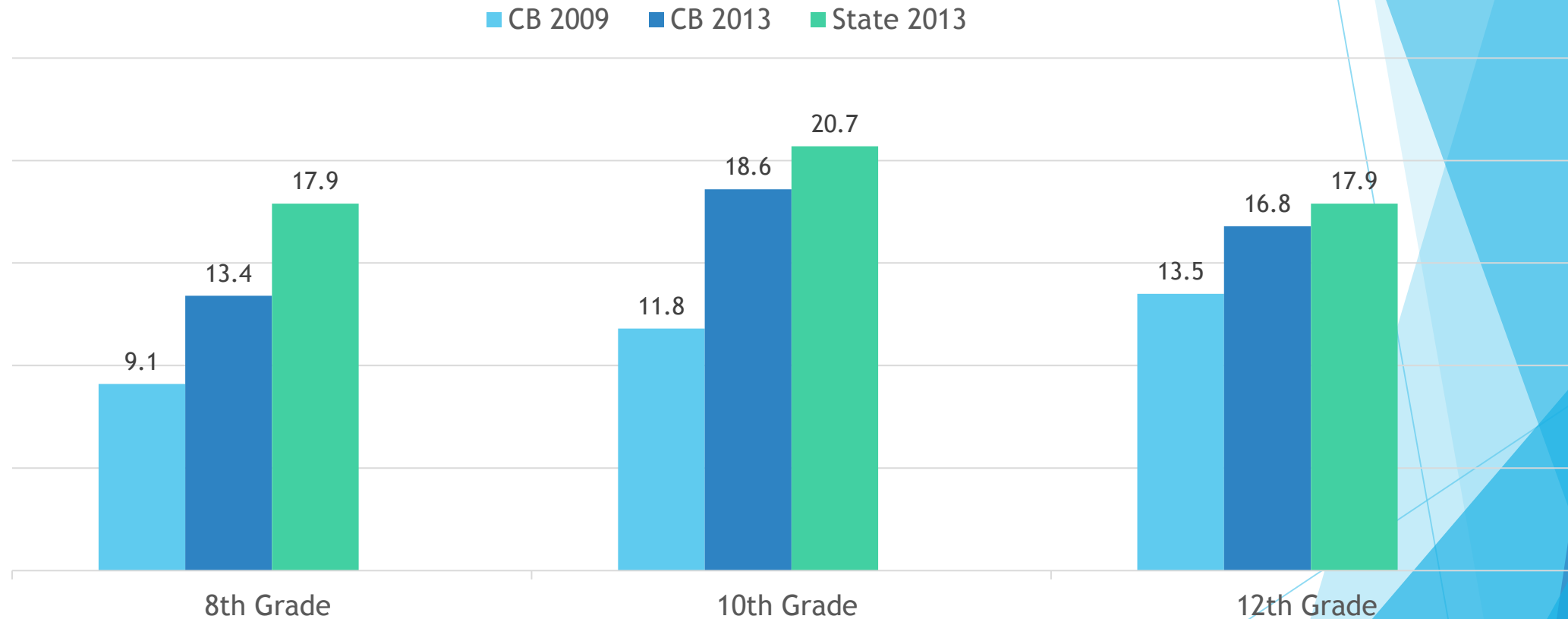
Stress and Anxiety: How Big is the Problem?

- 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

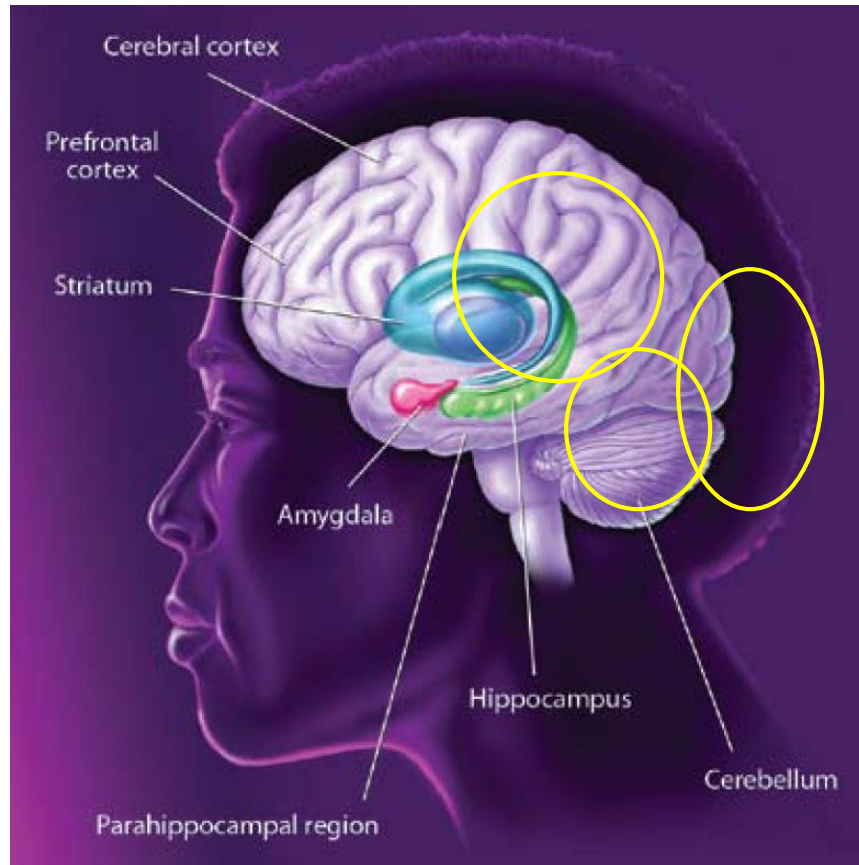
Symptoms of Stress

- 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

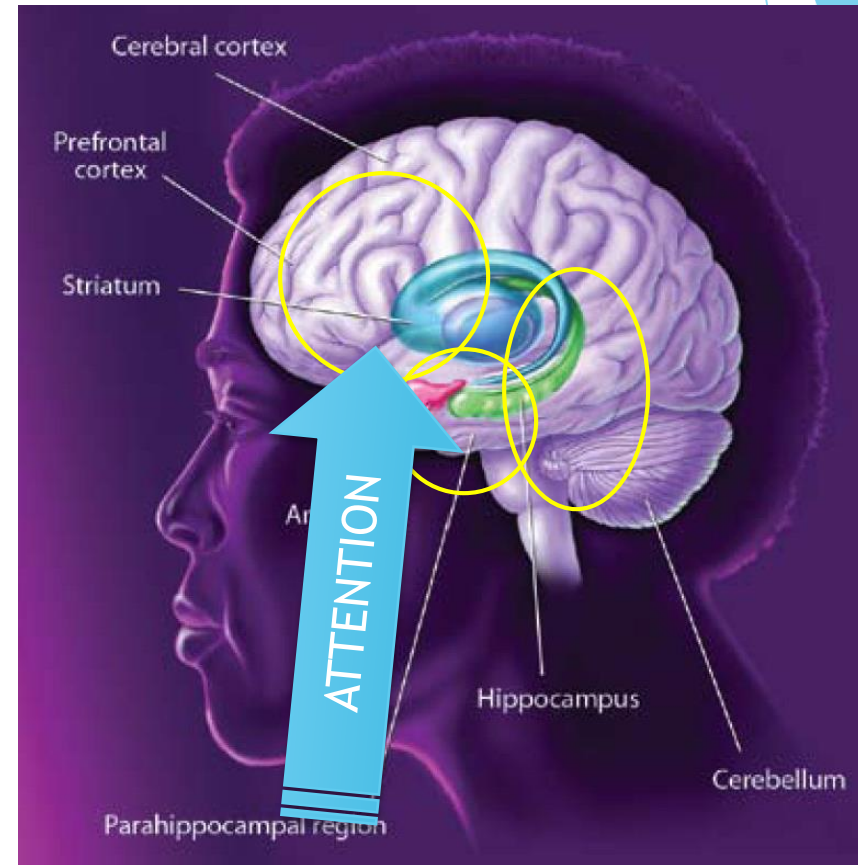
Chronic Stress → Physical and Mental Overload

- 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

Stress Matters



Brain Architecture of Stress and Anxiety



Brain Architecture of 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

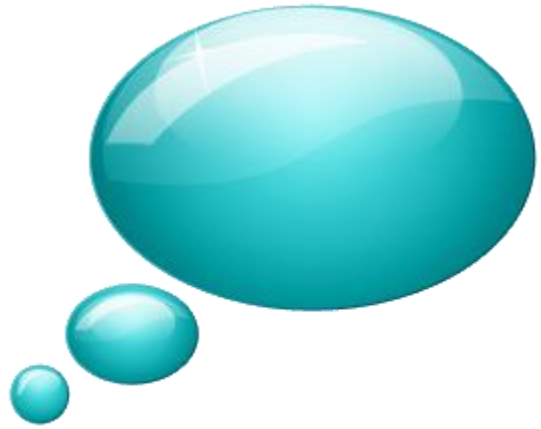
Deep Breathing



- 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
- www.worrywisekids.org
- 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

➤ Activities

- <http://anxietybc.com/parent/index.php> & <http://youth.anxietybc.com/>
- <http://childrenwithanxiety.com/articles-and-resources.html>
- 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



Exit Ticket

Please provide feedback for last evening's
Town Hall or offer future ideas for Parent
Council presentations



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