

Arrowhead PTA
May 2021
General Membership Meeting



—
Welcome!

Tonight's Agenda

- Voting - March Minutes
- Voting - Budget
- Election!
- Treasurer Update
- Guest Speaker: Jerry Abraham,
School Counselor
- Golden Acorn Awards
- Principal Bailey

Chat box:

- Important links

Attendance - Please state your name and email in the chat box.

Please add any question for the PTA to the chat during the presentation - on topic or not

Vote to Approve:

- March Meeting Minutes



Please only vote if you have renewed your membership for this year.

Vote to Approve: Budget for 2020-2021

Initial Budget for next school year.

Election

Do we have any nominations from the floor?

Nomination Committee

Speaking on behalf of the Nomination committee: Erin Reoyo will read the Nomination Committee Report.

Nomination Committee Report

The 2021 Arrowhead Elementary PTA nominating committee hereby places the following names into nomination:

For the officer of President: Amy Thompson;

For the office of Vice President: Amanda Stephen

For the office of Secretary: Alicia Terrenzio

For the office of Treasurer: Jessica Clayton

The nominating committee has confirmed that all nominees have been a member of a PTA for at least 15* days prior to the election, and meet other requirements as stated in the WSPTA Uniform Bylaws.

Election:

Since there are no nominations from the floor, we may proceed to a “voice” vote via the chat box.

If you have paid for membership this year, please vote Yes or No for each candidate as their name is called.

Election!

President: Amy Thompson

V.P: Amanda Stephen

Treasurer: Jessica Clayton

Secretary: Alicia Terrenzio

Election Result:

Please let the minutes show that the signers on the bank account after June 30 will be Jessica Clayton, Amy Thompson and Amanda Stephen.

Treasurer Update

For detailed budget information, please go to the members only page on our website.

<https://www.ptaarrowhead.org/members-only-info/>

The password is provided to members through highlights emails.

If you need help, contact execteam@ptaarrowhead.org

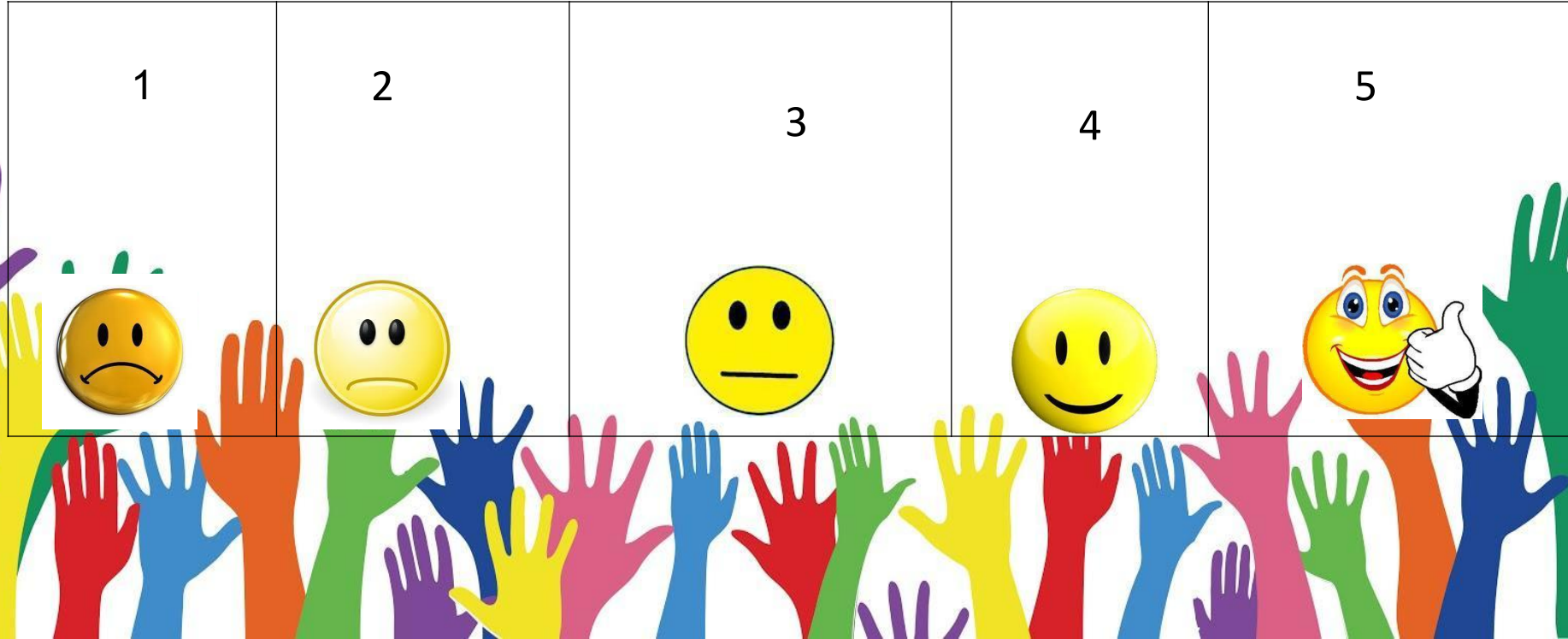
Welcome!

Guest Speaker:

**Jerry Abraham
School Counselor**

Good evening!

How Are You? No Really, How Are You?



Grounding Exercise

Mindful Breathing

[Mindfulness For Children - Take Five Exercise - Blissful Kids](#)



Secondary Trauma

Secondary traumatic stress is the emotional duress that results when an individual hears about the first hand trauma experiences of another.

The National Child Traumatic Stress Network (NCTSN)



Example of Secondary Trauma

Students/families/colleagues shares the death of a pet or family member or shares other traumatic events.

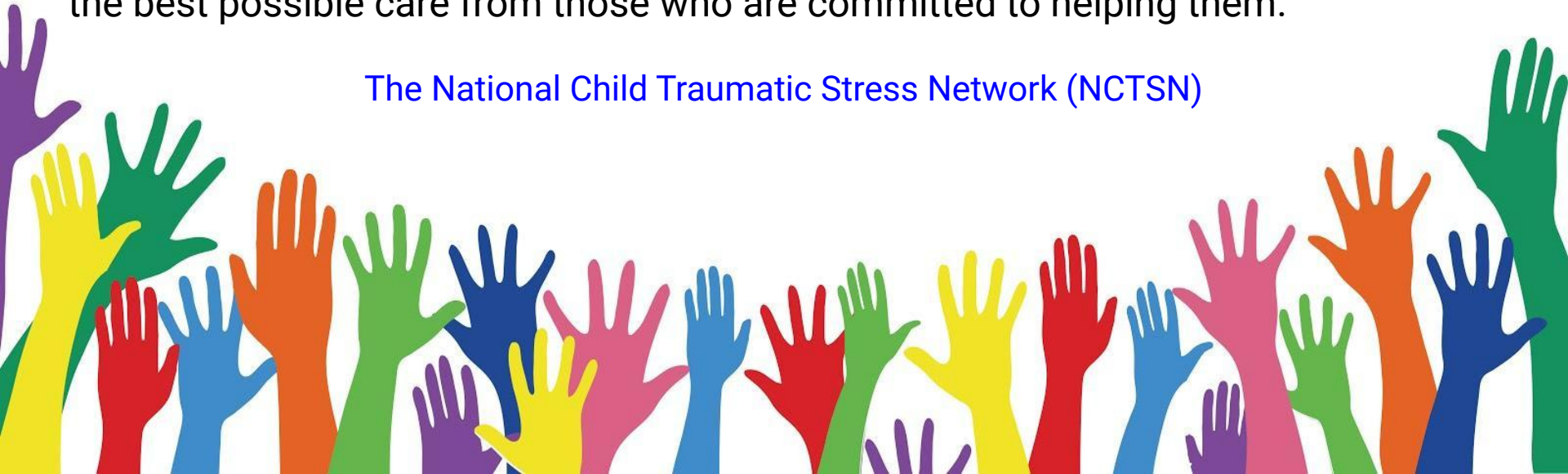


Secondary Trauma Consequences

Listening to trauma stories may take an emotional toll that compromises professional functioning and diminishes quality of life.

Awareness of the effects of this indirect trauma exposure is a basic part of protecting the health of the worker and ensuring that children consistently receive the best possible care from those who are committed to helping them.

[The National Child Traumatic Stress Network \(NCTSN\)](#)



STRATEGIES FOR STAYING MENTALLY HEALTHY

Secondary Trauma-

Make self-care a non-negotiable priority.

Schedule time for yourself.

Stay connected to others.

Reframe negative thoughts.

Show yourself grace and compassion.

Ask for help.

NEA Today-Wendy Turner teaches second grade at Mount Pleasant Elementary School in Wilmington, Del., and was the 2017 Delaware Teacher of the Year.



STRATEGIES FOR STAYING MENTALLY HEALTHY

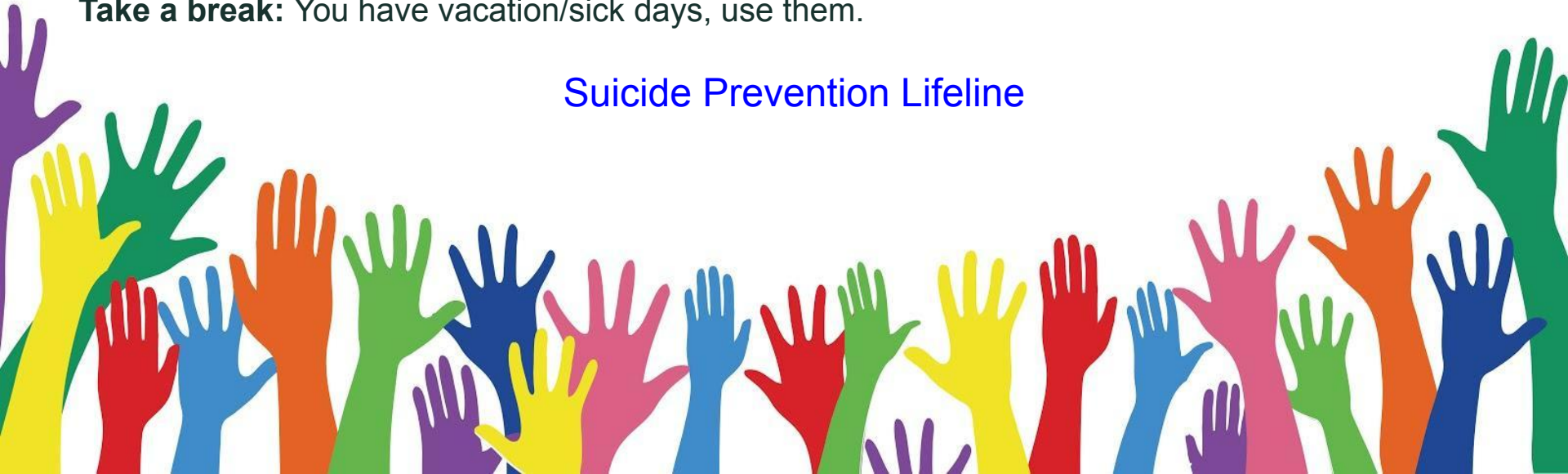
Do what feels right to you: Don't feel pressured to talk right away. If you choose to discuss your loss, speaking can give your friends and family the opportunity to support you in an appropriate way.

Write: You may find it helpful to write your feelings or to write a letter to your worries. This can be a safe place for you to express yourself and process the situation.

Ask for help: Don't be afraid to let your friends provide support to you, or to look for resources in your community such as therapists, co-workers, or family members.

Take a break: You have vacation/sick days, use them.

Suicide Prevention Lifeline



THANK YOU, THANK YOU, THANK YOU!!!!!!!!!!!!!!!!!!!!!!

Thank you all so much for your passion, compassion, and creating a safe and nurturing learning environment for all of our students and each other!

You are not alone! We are with you!!!

Jerry Abraham
Arrowhead Elementary School Counselor



Reference/Resources

[The National Child Traumatic Stress Network | \(nctsn.org\)](https://nctsn.org)

[secondary_traumatic_stress_child_serving_professionals.pdf \(nctsn.org\)](#)

[How to Prevent Secondary Trauma | NEA](#)

['I Didn't Know It Had a Name': Secondary Traumatic Stress and Educators | NEA](#)

[Helping Teachers Manage the Weight of Trauma | Harvard Graduate School of Education](#)



References/Resources

[Adverse Childhood Experiences \(ACEs\) | VitalSigns | CDC](#)

[Lifeline \(suicidepreventionlifeline.org\)](#)

[Fostering Resilient Learners](#)

[Grief Watch | Books, Gifts and Resources for Grieving |Tear Soup](#)

[Home - Blissful Kids](#)



Arrowhead Elementary

ART SHOW



www.ptaarrowhead.org

www.ptaarrowhead.org/artnight2021

School Supplies



ARROWHEAD

PTA SCHOOL SUPPLY FUNDRAISER

For Fall 2021 for every student!

Suggested Donation: \$25

WWW.PTAARROWHEAD.ORG

<https://www.memberplanet.com/campaign/arrowheadpta/schoolsuppliesfundraiser>

PTA SOCIAL HOUR



Tuesday, June 8
8pm on Zoom

SEE HIGHLIGHTS EMAIL FOR ZOOM INFO

Golden Acorn Awards

Golden Acorn:

The PTA Golden Acorn Award is presented each year to people who have given exemplary volunteer service to the children at Arrowhead Elementary and our PTA.

Outstanding Advocate: To recognize and honor individuals for their advocacy work on behalf of children and youth.

Honorary Lifetime Member: Members who have contributed significantly over the years.

Golden Acorn Winner:

Rosemary Warren.

Rosemary is one of our most enthusiastic art docents AND clay docent, always willing to lend a helping hand whenever needed. This program depends on volunteers and Rosemary has made a big difference to children throughout Arrowhead.

Golden Acorn Winner:

Karen Ciubotariu

Karen has worked hard this year and thought outside the box to keep our Clay Docent program going. When using the kiln wasn't feasible this year, Karen quickly pivoted, testing various air dry clay options, and made sure the program could continue remotely. Having a clay project at home has been a bright spot for our kids this year.

Golden Acorn Winner:

Jessica Clayton

Jessica stepped into the challenging position of treasurer and has filled the role very well. She diligently attends to the other work of the executive team and has been wonderfully communicative regarding the budget and board duties.

Golden Acorn Winner:

Zona Kavanaugh

Zona is a dedicated member of our board, our fundraising committee and our PTA. She has worked to make sure we raise enough money to cover our expenses, is always there to see that important decisions are made and projects are completed.

Golden Acorn Winner:

Amy Thompson

Amy has continued to be a critical member of the fundraising committee, coming up with creative themes and fundraising ideas each fall. This year, she also became a valuable member of our board helping to make critical decisions that keep us going. We know that our PTA will be in good hands with her next year!.

Outstanding Advocate Winner

Erin Reoyo

Erin has worked hard this year to serve as a liason between the Arrowhead/Northshore Community and the Arrowhead special educators. She chimes in helpfully on social media to answer questions, offer guidance, and help coordinate. She also brought the specialists to our January PTA meeting, giving parents and caregivers valuable tools and techniques to help with at home learning. She has served as co-chair of the special needs committee and championed epilepsy awareness for our community.

Honorary Lifetime Membership

The purpose of the Honorary Life Membership is to recognize an individual who has contributed significantly to a PTA at the local unit, council, or state level.

This year we made an exception and have two winners.

Winner #1

Maggie Rynearson

Maggie has been an important fixture within the Arrowhead PTA for several years. She has brought us all together with her wonderful fall and spring dances each year and has traveled to be a legislative advocate to vote for Arrowhead's best interests. In spite of this being a historically difficult year for everyone, she has served to help our Arrowhead staff feel appreciated and give our 5th graders a send off they will always remember.

Winner #2

Joanna (Jojo) Matthewson

JoJo is a big reason those of us who are staff at NSD hear the words "inclusion," "push in," and "equity" so much when it comes to instruction and services.

Her advocacy for each child's right to be included in every school opportunity and setting, her leadership in organizing parents and creating avenues of collaboration with district leadership, her positivity and her energy have forever improved the educational and social landscape for Northshore students.

Big Thank you!

- Everyone for being here with us through a pandemic
- Sumaya Harrison for Art Night happening remotely
- Valencia Carroll and Christine Kistner for doing a fabulous job keeping the art docent program going this year.
- Jonathan Budden for getting the Equity and Diversity committee going

Thank You!

- Amanda Stephen for Chairing Legislation
- Rebecca Perry for taking charge on our Safety committee
- Megan Rising - Leading our audit this year
- Katie Miller - Highlights emails and Facebook!

Thank You to our Art Docents

Amelia Keely

Katy Taves

Sara Zeller

Christine Kistner

Kelli Friedlander

Sarah Kim

Cindy Tidball

Kristen Wright

Sharon Williams

Holly Slater

Maggie Ryneason

Sumaya Harrison

Joanna Franklin

Nikki Noble

Tiana Bourn

Jodi Rieman

Rosemary Warren

Valencia Carroll

Karen Ciubotariu

Sara Rhodes

Thank you to our Teachers!

A huge shoutout to our teachers that have been with our kids (and us) every step of the way.

Their patience and dedication are appreciated beyond words.

THANK YOU

Thank you to our Staff

- Thank you to the amazing Amy Smith for her technology help. Her patience and troubleshooting skills have been key to making this year work.
-
- To the office staff - Heidi Smith and Jo Wild - The amount of work they have been through this year does not go unseen. We know they are heroes working hard to make everything work and deal with the massive coordination that is involved in every materials pickup.
-
- Thank you to Principal Bailey for all of your flexibility, patience and resilience in getting our children where they need to be. On top of everything else.....

Thank You to the Booger Fairy



Board Thank You

- Big thank you to the board. The amount of effort these ladies have put in behind the scenes isn't always visible. Jessica, Ashley, Alicia, Amy and Zona have been dedicated to voting on critical decisions all year to keep our PTA going.
- A Special thank to Ashley who has always been there for for projects all over the place including activities, rewriting policy, editing on the website, directory creation, facebook postings, acorn awards help, expert copying editing and a voice of reason!
- I'm lucky to have worked with such a good team!!

Principal Bailey!



How To Stay Informed

PTA Website: www.ptaarrowhead.org

Highlights E-Mail Newsletter

PTA on Facebook - Public Page for Announcements

NEW - Private Parent Group on Facebook -

Arrowhead Elementary Community Discussion Group

execteam@ptaarrowhead.org

