

# ISC Executive Board Meeting

## Meeting Minutes

September 4, 2018

Present: Andrea Fox, Co-President  
Sarah Altman, Co-President  
Lou Savastani, Vice President Communications  
Peg Wahrman, Treasurer  
Melanie Schafmeister, Immediate Past Co-President  
MaryAnne Potter, Art Show Chair  
Karen Dunleavy, Luncheon Chair  
Laura Banchemo, Mini Grants Co-Chair  
Lisa Prosnitz, Sleep Study Coordinator  
Claudia Baker, Speaker Series Coordinator  
Carolyn Harris, Member-at-Large  
Ali Liu Brown, Member-at-Large  
Mary Donoghue, Member-at-Large

Next meeting: Tuesday, October 2  
9:00 AM  
District Administrative Offices, Room 154

### 1. Introductions

During introductions, Ali Liu Brown talked about the Delta Arts program (Districts Educating and Learning Through the Arts). More information can be found here: <http://www.artsdelta.net/>

### 2. Overview of ISC Activities

Andrea Fox gave an overview of ISC activities for anyone new to the ISC. In summary, the executive board meets the first Tuesday of the month. A general meeting is held the second Tuesday. And a presidents meeting is held the third Tuesday. Because of the holiday in September, the general meeting and presidents meetings are both pushed back a week.

The other main functions of the ISC are the art show, the staff appreciation luncheon, mini-grants, a parent education speaker series, and facilitating communication between the various HSA groups and the school board.

### 3. Art show

MaryAnne Potter discussed the ISC art show, noting that the dates (Feb. 9-17) are not ideal because it goes over winter break. But that was the best the Main Line Arts Center could do. She will ask Main Line Art Center for a better date for 2020, sooner rather than later.

#### **4. Parent Education Series**

Claudia Baker gave an update on the parent education series, which is a collaboration between the LMSD student services department, the ISC, and HSAs. We're doing pretty well getting the HSA groups to set up their talks. See attachment for more details.

#### **5. Luncheon**

Karen Dunleavy gave an overview of where we stand on the luncheon. We don't yet have a date and need to coordinate with Main Line Reform Temple. The date was traditionally the Thursday before Memorial Day, but it's better to have it earlier in the month, before the seniors are out of school. Harriton will be providing the music this year. We are on the lookout for teachers that are retiring or did something special that should be honored. If anyone has ideas about how to better show our appreciation, email Karen.

#### **6. Budget**

Peg Wahrman gave an overview of the budget. We're in good shape overall and with mini-grants. We have money in the budget for a speaker. Peg suggested Kate Fagan, author of the book "What Made Maddy Run?" about teen suicide and the struggles that led to this tragedy.

#### **7. Committee Meetings**

The following school board committees need to be attended by at-large board members:

- Curriculum (usually 1st Tuesday 8:30 a.m.; Wednesday, 9/12 )
- Policy (Friday 8:30 a.m. weeks vary)
- Legislative (Meets sporadically, 1st meeting 10/24, 8:30 a.m.)
- Communications (Wednesday, alternates between 8:30 a.m. & 7 p.m.) - Carolyn Harris
- Facilities (Thursday 8:30 a.m., weeks vary, 1st meeting 9/6 7:00 p.m.)
- Education (Monday at 8:00 p.m., weeks vary)
- General School Board Meetings (Monday at 8:00 p.m., weeks vary)

Instead of getting volunteers at the meeting, we decided to try using SignupGenius. (note: at the current time, the SignupGenius events have been created for September, and response has been good). Lou Savastani will facilitate SignupGenius events and monitor for meeting coverage.

#### **8. Communications**

The ISC Facebook group needs to be updated. (note: at the current time, it has been updated to include all executive board members that are on Facebook). Lou Savastani is creating a public page for ISC communications, and looking at other ways we can utilize social media.

***Attachment: Notes on Parent Education Speaker Series***

**2018-19 ISC Parent Education Series**

SEPTEMBER - NONE

OCTOBER 3 – **Gladwyne – Body Image and Self Esteem** Sherry Pomerantz, PhD will share ways to help children build resilience, learn to deal with difficult situations, problem solve and increase feelings of empowerment. Sherry will also discuss awareness of how parents' language and body image affects a child's self esteem. Discussion of how to help your child to be accepting of others with different body shapes and sizes.

Our series kicks off this year at Gladwyne Elementary School on October 3rd at 7pm. Resilience and Self Esteem.

Self esteem is central to success in life, and can be built, or damaged, at a very young age. We invite you to a presentation by Sherry Pomerantz, PhD, to learn how to support the growth of self esteem and build resilience in elementary children. In her private practice Dr. Pomerantz works with children, young adults and families including those with self-esteem, body image and eating disordered behaviors. During this session she will focus on skills to help children build resilience, deal with difficult situations and problem solve. Dr. Pomerantz's goal is to teach parents concrete ways to help young children increase feelings of empowerment. She will also address how parents can support development of positive body image.

OCTOBER 23<sup>rd</sup> -- **BCMS Drugs and Younger Teens** -Team from The Caron Foundation will present on drugs in a specific target to middle schools. I think that we should include 5<sup>th</sup> grade parents in this target audience as well --- 4<sup>th</sup> maybe?

NOVEMBER 8 – **Penn Valley – Technology, Social Media and Elementary Kids** – Jen Goldberg, LMSD Elementary Technology Specialist and Deborah Wilson-Leslie, LMSD Counselor, will discuss how parents can best educate, support and control the use of technology.

DECEMBER 12th - **LM Vaping** – Gretchen Hagenbuch from The Caron Foundation will address Vaping specifically (so different from middle school presentation, although I think we target middle school parents here as well.

FEBRUARY 27th 7:15 - **Cynwyd – Mindfulness and the Elementary Child**. Lisa Ruzzi, Cynwyd Counselor and Natalie Thibault have developed a mindfulness program for the

district that is specifically designed for younger children. Incorporating more movement and breathing exercises, their before and after school programs are highly popular in the district. Lisa and Natalie will explain how families can incorporate the practice at home to help their children deal with stress and anxiety.

APRIL 2 - **WVMS** topic TBA perhaps something on stress/anxiety

**Notes:**

Other great topic ideas –

Extra Curriculars, how much is too much? –

All Vernachio since he got cancelled last year, and;

Preparing your child to launch: Essential Parenting Strategies, Dr. Pomerantz

There is an increased focus on the struggles of late adolescents and on their transition from high school toward a mastery of the tasks of adult life. Parenting your child as he/she moves closer to this transition can be a new challenge. It requires a careful balance between giving them more autonomy in working through life choices and struggles and continuing to provide the parenting structure and controls.

This presentation will discuss this stage of development, the challenges your child will face, and life skills your child needs to move on after high school, whether to college, other training, or work. More specifically, we will talk about parenting strategies that will help your child develop the tools he/she will need to successfully navigate the transition and the next steps. We will also discuss obstacles parents experience in making the adjustment to parenting an “about to launch” teen.

**Merion** would like to do a session on Talking to Your Children about News but have not given us a date yet. Spoke with Jessie Burkhardt they are meeting this week and will give us some dates.

Have not heard from **Harriton** at all, do they have presidents yet?

**Belmont Hills, Penn Wynne** also have not checked in with dates as of now.