

Cantiague PTA

PTA MEETING 3/2/23

2 March 2023 / 8:45AM / In Auditorium and streamed on Facebook Live

ATTENDEES

PTA Executive Committee, Dr.Sapienza, Central Office and Board of Education members, parents (sign in sheet on file)

AGENDA

PTA Updates- Jennifer Cohen

- Welcomed all in attendance
- March 23rd is the return of Game Night. Dr. Sapienza will be calling BINGO, food and snacks will be for sale, and there will be great raffle prizes to win. You can prepurchase tickets on Memberhub. Cash will be accepted at the door.
- Spring Book Fair will be held April 4th and 5th. Tuesday night will be Family Night so parents can come purchase books with their children. Dr. Sapienza will also be reading books in the auditorium.
- The PTA Bylaws were renewed based on the vote taken from all in attendance.
- SEPTA's Virtual Cookies and Canvas is 6-7pm May 8th.
- Executive Committee applications are now being accepted for positions in the upcoming 2023-24 school year.

Principal Updates- Dr. Sapienza

- Welcomed everyone
- Dr. Eisman, the scheduled speaker today, is out sick so he will take over the discussion of today's topic.

Topic of discussion: Resiliency in Children and the importance of giving children the opportunity to fail.

Highlights of discussion:

- As we put pressure on kids to do well, we tend to pave the way for them instead of letting them feel the bumps in the road.
- What is resiliency? The best way we explain it to kids is it's the ability to bounce back.
- Being resilient doesn't just apply to school, but life in general.
- Times when kids may need to be resilient: moving to a new grade, having a new teacher, learning new academic content, moving, illness, death.
- Why is resiliency important? Not everyone is born with it, scientifically some kids develop it, some don't. It's also not the same for every student. A factor found that is responsible for a child to develop resiliency is having strong support from at least one trusted adult.
- Children can build their ability to adapt and respond to "bumps" or issues that arise if that adult models it for them. As parents we need to recognize how we react to a "not perfect score" on a test.
- Snowplow parenting—parents that clear the road for their kids so they have a clear path without any obstacles.
- Some behaviors we fall into that might contribute in not the best way: taking things off the table instead of letting them marinate and process a "not perfect" result (I.e not a perfect test score, not making a team their friends are on.) Our gut reaction is to remove whatever is upsetting our child (I.e call the coach to ask why their child didn't make the team) Instead, we should talk to the child about what he/she can try next time or things they can work on together. As parents we don't want to see our kid hurt or suffer, but it is a part of growing up. "There is some value in a skinned knee."
- Giving in short term instead of thinking long term is a pitfall we easily fall in.
- As parents we need to be consistent. We don't like giving consequences but we have to let kids learn from them. It's not always best to be their friend instead of being the parent.
- Be the person you want your child to be. Show kids the path and try to model how you would want them to navigate the path.
- What's the best way to react when your child comes home with a not perfect score? It is ok to show some disappointment, to some degree, but

we should explain why the child needs to learn the material. They need to understand it wasn't a "win" but you still need to learn it. Just because they didn't know all the answers for the test, it's not that they don't know it or can't learn it, they just didn't learn it yet.

- Sometimes you need to react differently with each of your kids. Developmentally kids struggle with accepting this when they see how you react with another child in the family. Kids need to learn how you react is special to them.
- Kids need to learn how things work for them as they get older and it will get them doing things on their own.
- Be proactive- pushing them to do their best but also accepting limitations.
- As an adult we want our kids to be successful in all things. To kids, if they are not good in one thing, sometimes they think they are not good at all things. Instead help them focus on the one thing first. Help them pick a goal first that you know your kid can accomplish and then build up on that with the next goal.
- Coping vs resilience-you need to cope in order to bounce back. "There is value to feeling the feels." There is nothing wrong with feeling upset when something happens. Kids need the time and space to cope and develop those skills. This is when having a strong support, the one adult they know they can go to, is important.
- Model behavior- validate their feelings and then talk about how proactively they can take steps to improve. Let them express what they feel and let them know it is ok. Have them try to describe how they are feeling.
- How do we teach them to deal socially? Give them the opportunity to feel. In Elementary School, I.e. a kid is left out at recess, they should go to an adult. We do need to teach kids the skills to deal with these situations however. Naturally at this age kids do have a sense of empathy whereas if a friend says how they feel, ie feeling hurt they were not included in a game at recess, their peers will usually understand. Kids need to feel comfortable putting their feelings out there.
- What happens if we, as parents, "snowplow?" The kids most likely will not be able to tolerate failure and this will lead to anxiety. They may give up on even trying. Ie, a kid may think if there is a chance they can fail at something, and they know how bad it feels to fail, they know

they do not want to risk feeling like that, so they decide to not even want to try.

- In the real world, little things go wrong during the course of the day, kids need to know how to deal with these things now so when issues get bigger down the line, they can handle them. As parents we need to model how to deal with things.
- “We don’t lose, we win or learn.”
- Put things in perspective in positive ways.
- Redefine failure or lack of success so that failure is a learning lesson.
- Dr. Eisman starts pushing into classes in kindergarten to start teaching coping mechanisms
- The power of “yet.” “I don’t get this yet.” Teach them there are things they know and are good at now, but also a lot they just don’t know they are good at yet.