

PTA General Meeting 3/1/17

Minutes approved

Mother/Son dance is 3/19 from 3-5pm at Michigan Shores Club

PTA Meeting 4/12 at 9:15 with 5th grade GLAD Aaron Dubnow

STEAM Night—Kim Hoffman

Friday 4/7 Family STEAM night (including arts integration into STEM) Families participating together. Hands on building with cardboard. There is a fun testing activity with each building activity. Find solutions to challenges. Free event. Donations to the PTA fund this event. Need shoe boxes and cardboard. Drop off to Lisa Hirschle's house.

Contact Andrea Taylor if you are interested in being on the PTA general board.

Sarah Boyd is replacing Elsa Teotia as assistant treasurer. Elsa and her family are moving. Please send reimbursement requests to treasurer@centralschoolpta.com

Principal's Report

Teach children how to meditate and be mindful can be more present for tests and projects at school.

Mr Elman's Report

K-upcoming events: High Tech High Touch Dig it and Science magnets to go along with our science curriculum. Julie Zielke will be leading a Now and Then enrichment to go along with social studies, an artist is coming to do a project with the kids since we do not have art class in kindergarten.

1st-Giant Map skills with Katie Clark, an amazing enrichment with Abraham Lincoln, Julie Zielke will be conducting a few enrichment lessons in the classroom featuring changes over time.

2nd-Julie Zielke enrichment lesson in sound and instrument making, Mad Science for sun, moon, and stars.

3rd-Rives Collins, a storyteller who shared folk tales with 3rd graders. This went along the fairy tale adaptations in our new writing curriculum. Lewis and Clark Trunk-the trunk contained a number of "artifacts" for students to unpack and better understand the explorers journey.

4th-High Tech High Touch will have an in school field trip focusing on magnetism, Shedd Aquarium and Lake Forest Open Lands to support our ecosystem unit.

Dr. Michael Maslar, licensed clinical psychology and works at Northwestern University worked with the Central staff yesterday and is presenting to the PTA today.

What is mindfulness? Awareness in the present moment, not the past, or future happenings, and acceptance. (not necessarily approval, just acceptance)

This is not a cure for a disease, but it can make a lot of things in life a little easier.

4 foundations of mindfulness

- of the body
- of emotions
- of contents of the mind
- of the process of the mind

Having your own personal practice of mindfulness is the most important thing to do. Daily for 5 minutes can make a difference. Most people can carve out 5 minutes.

One meditation session can boost creativity immediately after meditation (it will then fall off, not a permanent change)

Daily meditation of 30 minutes has been shown to increase gray matter in the brain.

Meditation produces more control over emotions, positively affects the limbic system.

Important point being that regular meditation practice every day will help you.