School of Excellence Meeting Notes

HMSPTAP March 1, 2018 7pm - 8:43pm

**Guests included:**

Lake Erie Ink

Heights Libraries

Naviance

Moms Demand Action

CHUH Parent Engagement

Reaching Heights

Parent Ambassadors

Empowered and Poised

~NEWS~

**Announcing the 2018 HMSPTA Membership Challenge!! **

From today until April 20, new members will win a chance at a prize!! Drawing takes place at HMSPTAP fundraiser at Bodega on April 22.

* Become a PTA member online for $4.75

[https://heights-middle-school-pta-216.cheddarup.com](https://heights-middle-school-pta-216.cheddarup.com )

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**Night in Morocco**

Join us for a fun night out as we fund programs that create a culture of excellence at HMS. All current HMS parents and incoming 5th graders are welcome! for more details and to RSVP

<http://bit.ly/2EBcL0c> <https://www.facebook.com/events/331255587367718/?ti=icl>

**All UPCOMING EVENTS &volunteer opportunities, including School of Excellence initiatives:**

[volunteer opportunities](http://signup.com/go/gnxYKHm)

**Plant Sale is live online! Sales close 4-15-18** and plants will be picked up at the end of year picnic at Forest Hills Park the week before **Mothers’ Day** (hint, hint)! Follow this link for sale

[https://heights-middle-school-pta-216.cheddarup.com](https://heights-middle-school-pta-216.cheddarup.com/)

**District-wide initiative to prevent Opioid Addiction:** propose CHUH district implement Ohio Dept. of Education Project HOPE, k-12

<http://education.ohio.gov/Media/Ed-Connection/Nov-13-2017/Schools-now-have-HOPE-for-opioid-prevention>

write to [heightsmiddlepta@gmail.com](mailto:heightsmiddlepta@gmail.com), your school leader and health teachers if this is a program you’d like to see.

If you didn’t make it to the **State of the Schools** or **PTA Council’s Speaker Series**, videos are available at the district webpage.

**HMS 8th Grade Farewell Celebration** is scheduled for 5/31/18. There is discussion of some changes, but either way, we’ll need volunteers. It’s a beautiful event every year. If you would like to lead this effort (with guidance from past volunteers) or volunteer, please email HMSPTAP.

MEETING NOTES

1. It’s can be difficult to set boundaries around social media. Still looking for the right way to talk to your child about it? Join us for CHUH PTA Council Social Emotional Speaker Series **event *‘Tips for Managing Children's Use of Media & Technology’*** Karen Farley, child therapist, Jay Berk & Associates on April 23, 2018 @6:30 at the high school mini auditorium.
2. **SAFETY: Please thank our administrators** for keeping our kids safe in these chaotic and scary times these last weeks. The leadership team invites parents to stop in, call, or email HMS leaders with any questions or concerns.
3. **There is time and space before and after school and during lunch to offer community-run programs that support social and emotional health for students. Volunteers must be background checked and flexible- sometimes lunch does not allow for activities.** Reaching Heights offered to background check and train volunteers.
4. **Students planning to participate in the national walk-out to end gun violence on March 14 or 21, must sign up prior to event**. This event is **student-driven**. A lock-in for younger students is being organized. Email: [**p\_mcnichols@chuh.org**](mailto:p_mcnichols@chuh.org) or [**j\_johnston@chuh.org**](mailto:j_johnston@chuh.org) if your child wishes to participate. **Moms Demand Action** is willing to help organize, but kids must solicit their help. Contact info below.
5. **HMSPTAP seeks a church to sponsor HMS** and provide mentors and tutors. Please contact [heightsmiddlepta@gmail.com](mailto:heightsmiddlepta@gmail.com) with referrals. Forest Hills Church was suggested, and there was mention of Faiths Alive. Reaching Heights offered to background check and train volunteers.
6. **It’s Reaching Heights Spelling Bee time**! Consider signing up for the middle school team ASAP by contacting [heightsmiddlepta@gmail.com](mailto:heightsmiddlepta@gmail.com)
7. Reaching Heights offered to help with teacher appreciation.

email: [**nicole@reachingheights.org**](mailto:nicole@reachingheights.org)

1. Attendees were given forms for **nominating executive members for 2018-19** school year. Contact HMSPTAP for more info.

School of Excellence discussion –

**Character and Restorative justice:**

* Ask community and district members / leaders to video encouraging messages for HMS students to be shown each morning including Dr Dixon et al, city council members, staff, etc. link to this under volunteer opportunities
* Empowered and Poised
* Family Room
* Naviance strengths explorer and personality type assessments can be used schoolwide.
* Mentors and tutors from church and Reaching Heights
* Want to mentor or tutor? Contact [heightsmiddlepta@gmail.com](mailto:heightsmiddlepta@gmail.com)

**Mental health and mindfulness**

* Yoga for students/ staff

***UPDATE!! ZENWORKS yoga will give four ½ hour sessions after school. Limit is 25 students per class. Details soon.***

* Meditation / Inner Explorer
* Calming morning music
* Calming lunch room music
* In-house social services ***UPDATE: one option is to encourage the district to hire an additional SAY advocate from Bellfaire. Currently, one advocate is charged with both Monti and RoxMid students, and only works 20 hours / week***
* Encourage independent reading
* Teach students vocabulary for feelings and emotions ***posters, activities***
* Reflective, mindful writing (possibly Lake Erie Ink)

**Safety and Growth mindset**

* Posters in halls
* Classroom exercises

*REPORTS*

**CHUH Family Engagement**

[*L\_hunt@chuh.org*](mailto:L_hunt@chuh.org)

* Be sure to stop by the **“Family Room” and Info Circle @ HMS conference night March 27th**
* Join community partners, other parents, and Lisa Hunt for support, news, programs, and events
* Have an organization or program to help students/parents? Let Lisa Hunt know.

**Empowered and Poised Leah Berdysz**

[*hello@empoweredandpoised.com*](mailto:hello@empoweredandpoised.com)

* Proposed an in-school girls’ group at HMS. Discussed a lunch or after school option. Mr. McNichols said there is time during both on most days. Leah will follow up with him. Email your leaders to let them know you support this!

More info at <https://www.empoweredandpoised.com/>

**Heights Libraries’ Monica Wilson**

[*mwilson@heightslibrary.org*](mailto:mwilson@heightslibrary.org)

* Teen Maker Space: MUSIC (**PAID INTERNSHIPS for teens** available)
* Yoga at Noble branch after school March 13 and 27th
* Window Gardening
* <http://events.heightslibrary.org/teen-events/>

**Lake Erie Ink**

*lakeerieink.org*

* Offers after school programs at Noble and Coventry
* At their center, they have regular guest artists
* open mic at various locations
* **6th Annual Kids’ Comic Con Saturday**, March 17, 2017 from 9:30am-3pm. At this **all-day event**, youth of all ages will have the chance to attend workshops with well-known comic creators.
* Open to more school-based programs / activities

**Moms Demand Action – Laura Lewis**

[*lfcd39@gmail.com*](mailto:lfcd39@gmail.com)

* Laura and other MDA volunteers were invited by students to help with the national walkout to end gun violence on March 14 at the **high school**. HMS student organizers should reach out to Laura if they want to have Moms Demand Action involved.
* Parents can learn how to ask other parents about gun storage safety in their homes through SMART program.
* Volunteer opportunities available.

**Naviance**

For more info: <http://www.chuh.org/NAVIANCE.aspx>

Naviance will follow this year’s 7th grade class through graduation thanks to a grant. Many Naviance tools and programs **available to all CHUH students and parents.**