

Minutes – St. Mary (SMA) General SFO

Monday, January 7, 2019

Fr. Dave Desmond – Pastor		Kerry Boetel – President	X
Michelle Shields – Principal	X	Nicki Ellerbroek – Vice President	X
Mary T Grogan – Faculty Representative	X	Nicole Barnes - Secretary	X
		Emily Glatt – Treasurer	X

1. Prayer-Michelle

2. Welcome-Kerry

- a. Introduced guest speaker, Mr. Wade Charron, O’Gorman Junior High Principal
- b. 9th year as OGJH principal
- c. Mr. Charron will be speaking tonight on resiliency in kids and students

3. Mr. Wade Charron-Promoting Resiliency

- a. What is resiliency?
 - i. Coping when things aren’t right or perfect
- b. What have we observed?
 - i. 1 in 7 kids have mental health issues
 - ii. More kids have anxiety, break downs and more kids are admitted to Avera Behavioral Health Hospital
 - iii. It’s becoming a societal issue, not just a grade school issue, mental health issues affect people of all ages
- c. Why is this happening?
 - i. Demands on kids are much greater than they were in the past
 - ii. Kids are very busy and scheduled, over structuring of kids’ lives
 - iii. Social media-kids can’t get away from problems
 - iv. We live in a nervous society, because of this our parenting has changed-“helicopter parents”
- d. What can we do as educators and parents?
 - i. Perseverance is a skill
 - ii. Big solution-reign ourselves in, more of a coach and supporter rather than a problem solver
 1. This applies to grades, playing time in sports and activities, and social relationships
- e. Mistakes we make sometimes-We all want happy kids
 - i. Fighting battles for them
 - ii. Don’t get on the roller coaster ride with them
 - iii. Giving kids too much of a voice-many times we know what’s best for them

- iv. Sometimes we have unrealistic expectations-either too low or too high
- v. Doing things for them that they can do for themselves
- vi. Rescuing them from challenging situations
- f. Junior high focus
 - i. O’Gorman Junior High tries to focus on the process more than the actual grades, but still have high expectations for the students
- g. Two quotes Mr. Charron shared-
 - i. “In raising children who have experienced minimal struggle, we are not creating a happier generation of kids we are creating a generation that has no idea what to do when they actually encounter struggle.”
 - ii. “You have to fight through some bad days to earn the best days of your life.”
- h. Shared handout-20 Ways to Get Mentally Tough
- i. Phone policy at OGJH-all cell phones off and in lockers from 7:30AM-3:15PM

4. Playground Improvements-Michelle

- a. Proposal: Cut into hill by south lot to create a grassy area
- b. Cost: approximately \$50, 000(excavation, relocating lighting, retaining wall, artificial turf)
- c. Pro: Students in K-2 grades would have more grass surface area
- d. Con: Students in grades 3-6 would not have access
- e. Challenges: Fundraising (in addition to fall festival) that doesn’t impede with current needs of technology and enrichment
- f. Alternative: Add basketball hoop and gaga pit to south lot and east lot/continue to purchase toys and games for students to use in all types of weather for both playgrounds
- g. Future goal: Purchase a neighboring house where a lot could be renovated for a playground
- h. Michelle would love to hear and have a wider pool of opinions and thoughts. Please send Michelle an email or stop in to talk with her.

5. 2019-2020 SFO Officer Selection-Nicki

- a. Two positions open at the end of this school year, Vice President and Secretary. 4 executive meetings held in addition to the general SFO meetings, usually these are held over the lunch hour
- b. Vice President: coordinates volunteers, assists President (become President the following year)
- c. Secretary: takes notes and minutes at all meetings, shares minutes and puts out and takes down SFO meeting signs the day of general SFO meetings
- d. Submit your name by April 1, 2019 to Michelle if interested
- e. Officers will be chosen by drawing at the April 8, 2019, St. Mary general SFO meeting

6. School Updates-Michelle

- a. Catholic Schools Week: January 28-February 1, 2019
- b. PS/K Open House: February 7, 2019 5:30-7:00 PM

