

West Hillsborough Elementary School
Site Council Meeting
February 26, 2014

1. CALL TO ORDER

Members and guests present:

Roger Avedon (Chair, Parent), Jay Beams (staff), Sheri Gavin (staff), Katie Pierce (parent), Megan Medvitz (staff), Sarah Adams (parent), Valerie Lueung (parent), Jamie Evans (staff), Chris Flores (staff), Jamie Adams (Principal), Leslie Huie (parent), Don Geddis (parent), Anu Hoey (parent)

2. APPROVAL OF MINUTES FOR JANUARY 22, 2014

Approved

3. NEW BUSINESS FROM JAMIE ADAMS, PRINCIPAL

- Local Control Accountability Plan and the State Priorities handout: 8 priority areas. Think of it as district site plan. Eight criteria. Looking for input from Site Council. Homework is to read and discuss at next meeting.

- Distinguished School Visit, March 12th, 1:15-1:45, would be nice to have Site Council members present to discuss signature practices, Project Risk, etc....

- Second grade field trip moved to March 19th.

4. CURRENT DISCUSSION ABOUT MINDFULNESS

- Jay Beams (West School music director) brought in a film show about Mindfulness. Tiffany Schlain's "Tech Shabat", a Past Future film about the beauty of Mindfulness and unplugging.

- Meghan Medvitz (West 4th grade teacher) is teaching meditation in 4th Grade for 15 minutes Fridays to relax kids. Shared books "Planting Seeds", "Thich Nhat Hanh & Mindful Movements"; "Sitting Still Like a Frog", etc.

- mention of some staff members taking classes through Mindful Schools.org, Emeryville, on-line courses for educators. Help kids to recognize distractions yet stay balanced.

. www.mindfulschools.org **Cached Mindful Schools: Integrating Mindfulness Into Education; Take a Course. ... Emeryville, CA 94608 | (510) 858-5350 Mindful Schools is a 501(c)(3) non-profit organization.**

-Fun experiment idea for students might be to wear watches and turn the school alarms off to help kids understand time!

-Being on time is reflection of executive function.

-Roger: being introspective and reflective about homework wrong...suggests the WHY analysis about how/why the student got it wrong and how would you change the Why? It also takes the sting out of it, and allows a more cooperative experience.

-Kids who are more impulsive can benefit from this awareness.

-First graders in Ms.Gavin's class, write down their Help question on a tri-card, to give to an adult. (wow!)

-Third graders (Mr.Flores) buddy-up to help each other figure out math problems. Take it to another level to ask how to work through problems.

-Singing is a belly-breathing event .

Common Core.... Now 5 classes at Crocker (65 min each). Half instruction; half workshop/moving around.

-*National Anthem over the loudspeaker right now, but would be okay changing it to classroom by classroom. Have student leaders in each class. Serves educational and group presence.

5. FUTURE AGENDA ITEMS

Gender Differences to be discussed at next meeting

6. ADJOURNMENT

Minutes submitted by Sarah Adams, parent, for approval.