



Harper PTO General Board Meeting Notes
Wednesday, January 25, 2023 9:00 a.m.
LOCATION: Harper Elementary Auditorium

Call to order 9:02- Kari Darmstadter

Welcome – Kari Darmstadter

- Thanks to iGNITE for bringing us this program. iGNITE covers so much including field trips, crossing guards, student council, programming, etc. Please consider giving your suggested donation of \$130 per student- we are only \$4K short of budget.

Teacher Liaison- Lyndsey Incandela

- Student Council met this morning
 - Collecting for new Drive for the Grace Network- travel size toiletries for children in Chicago land area who are moved from different shelters/homes. Donation collected through January 27th.
 - Composting- learning a lot- they have enjoyed and have lots of questions
- Mindfulness
 - Kids really look forward to it. They seem to get more out of it now since they have been doing consecutively for so many years.
- Thank you from the teachers for the holiday gifts- very much appreciated
- MAP Testing
 - 2nd through 4th had reading portion on Monday (23rd), testing again today (25th) and makeups are this Friday (27th).
 - Testing anxiety covered with students and multiple tools given.

Speaker- Katie Kolbe, Harper Mindfulness Program

- Short mindfulness session for audience members given
- Katie is a Harper Mom alum and started this program with Dr. Kick 7 years ago
- Mindfulness jar- making them with the children in their classes and showing them the clearness of their heads in the morning and then how the clutter infiltrates once the brain starts thinking.
- Mindfulness is noticing how you are feeling and having choices and agency
- Once you begin (sound of bell) notice the sounds in the room/outside. Attention muscles getting stronger by those observations
- Some like these noises/distractions while others are unsettled. Use Mindfulness to use sounds to anchor your attention and get the ‘clutter in the jar’ to settle down
- Mindfulness is a muscle you need to continually workout
- ‘Puppy Mind’- Mindfulness is the leash

- Katie has given the children the inner resources to help guide- Daily Practice: NOTICE- BREATHE- DECIDE
- Curriculum for older kids goes into a bit more detail. Example: Life gives us stuff we'd never pick- like Covid. Mindfulness teaches us to take what's in our control and focus on those things- breath through the feelings.
- Younger children given the tool, 'You get what you get and you don't STAY upset'
- Anchor breath- when distracted/stressed put hands on belly, then heart, chest, nose, etc. and move your attention to your breaths
- Mindful eating- 1 mindful bite for very minute
- **Open floor Q & A session**
 - Q: Are there practices at home you recommend?
 - A: Lots of free apps that are wonderful. Favorite is *Insight Timer*. Others include CALM, Head Space- play around with them and find one that connects with you. Also, games/tools such as expanding ball or snow globes.
 - Q: Is there a common curriculum used throughout grades?
 - A: Conversations grow with older grades; K- basic ideas of Mindfulness (sounds), 3rd/4th- deeper conversations about practices (Notice- Breathe- Decide). All grades taught Hot Coco breath, Cozy place, flower candle and 5 senses.

General Announcements:

- Half day this Friday (27th)- dismissal at 11:55pm
- Fill A Heart for Kids after school this Friday (27th)
- February 3rd- Parent Social- Après Ski

Adjournment:

- 10:003 a.m.