

**Carderock Springs Elementary School  
PTA Meeting  
February 4, 2014**

**Welcome and Introduction**

Karen Roman welcomed everyone and began the meeting at 7:37 pm. Karen began the meeting by showing everyone the improvements to the PTA website, highlighting the Quick Links section that includes the e-calendar and links to the PTA newsletter. She also pointed out links to Amazon.com and TinyPrints.com, which are ongoing fundraisers. The Carderock Chronicle can also be found online here. There is also a link to the NBC News story regarding the Lemonade Ripple Community Service project from the fall.

Karen reminded everyone of the upcoming Winter Wonderland Gala benefiting the CSES Education Foundation. She shared several of the art projects done by the grades that will be auctioned off on Saturday night. She also showed the laptop carts that the Foundation funds for our school.

**Parent Education Speaker**

Karen introduced tonight's speaker, Dr. Louisa Alvizu, who works at the McLean School in Potomac. She will be speaking on Mindfulness Meditation. Mindfulness is an awareness that emerges through paying attention on purpose in the present moment, without judgment, to any unfolding experience.

Julie Weber will distribute a mindfulness handout from Dr. Alvizu via Carderocknet.