

CSES PTA Membership Meeting & Parent Ed Speaker
November 3, 2015, 7:30 pm – Media Center

Meeting began at 7:30 pm

1. Principal Palmisano

- a. Parent Volunteers -- Principal Palmisano is currently focusing on increasing parent volunteers. He has asked teachers to open classrooms and encourage volunteers. So far he has met with K and 1st and they report back that only 20% of slots posted are being filled. Principal Palmisano asked attendees to consider signing up and encouraging others to do the same.
- b. PARCC – Our results are coming soon. Seven states and D.C. administered the test. Score results were horrible. Montgomery County scores not great as well. Thoughts on the reasons for the bad results include whether it was the design of the test or the impact of taking it on a computer. Principal Palmisano noted it was harder than the previous Maryland State Assessment (MSA).
- c. Be a Carderock Cub – More information will be coming soon on this new incentive program sponsored by Ms. Gordon.
- d. Peer Tutoring – Peer tutoring continues this year. Program matches older kids with younger kids. Ms. Gordon and Mr. Ghaman are running this program.
- e. Enrichment and Extra Support – This program will start for all grade levels this week. One period of Social Studies/Science will be given up per week for this program. Question was asked why SS/Science was chosen. Principal Palmisano explained they couldn't do the math/reading block. He explained the principle of the program is to get the most qualified person to provide extra support to students as needed. Idea for program based on the book *Leaders of Learning*.
- f. Mindfulness Program – Mindfulness training recently started with our teachers. Lead by Laurie Cameron with Purpose Blue. Amazing, well established benefits come with the program which focuses on breathing, body scans and teaching children/adults to be in the moment. There will be a parent opportunity to meet Ms. Cameron and learn more about the program in the future.

2. PTA updates and key dates – Amy Moore

- a. Book Fair Nov 9th – 13th -- Preview will begin Friday 11/6. Volunteers are needed please sign up at <http://vols.pt/KNx8Xk>. The family night dance party will take place Tuesday, Nov 10th at 6:30 pm.
- b. Community Service – Hunger Helpers benefiting Martha's Table starts Nov 6th. This program is led by Mr. Ghaman and the SGA. Coat Drive benefiting Linkages to Learning - Nov 9th – Nov 20th. Gently used or new items such as coats, hats and gloves are accepted.
- c. Carderock Arts (formerly Carderock Chronicle) – This is a refresh of the former Carderock Chronicle. The deadline for the next issue is December 4th. Publication will be before winter break. Potomac Pizza nights (fundraiser for Carderock Arts) – Nov 23rd **and** 24th. New this year Potomac Pizza will also include deliveries in total for donation.
- d. Directories -- Directories on the way for PTA members – delivery expected mid-

November.

- e. Parent teacher conferences – Sign-ups for conferences are underway. Parents should have received their volunteer spot invitations to sign up.

3. PTA Fundraising – Marcie Fezza

- a. Marcie highlighted two important fundraisers that need parent support:
 - i. TRIBUTE – Tribute fundraising program takes 5 minutes to sign up. Exciting news is that Amazon was just added as a participating vendor. Carderock earns money on each online purchase a parent makes. Marcie noted you should sign up in the browser you use to shop. Sign up before holiday shopping begins! <https://css.tribute.support/dn-css/#main>
 - ii. Giant Gift Cards – Email orders to Sarah Graf at sarahjgraf@gmail.com. Parents give money directly to PTA and then parents get gift cards to shop at Giant. Each \$100 gift cards is sold for \$100. The PTA purchases these \$100 gift cards from Giant for only \$95 each.
 - iii. Stadium blankets. Limited time only thru November 13th. Sold through pay4schoolstuff.com or by cash or check (\$35).
 - iv. Amy noted how important our fundraisers are to Carderock. Money raised supports programs such as teacher start-up checks, subscriptions, principal education fund, cultural arts assemblies, visiting artists and Lucy Caulkins program support. The PTA strives to make fundraisers easy and simple.

4. CSES Education Foundation – www.csesef.org

- a. Save the Date - February 6, 2016 – Mardi Gras at the Bolger Center
- b. Technology program support fundraising still underway. Programs supported include morning computer classes provided to all grades at no charge.

5. Parent Education Speaker – Jerri Shandler and Donna Dennison

- a. Speaker: Augusta Nissly, Family Online Safety Institute (FOSI) – www.fosi.org
- b. Augusta was introduced by Donna Dennison. Augusta works for FOSI, an organization that aims to teach parents and children the best and safest way to navigate online materials. FOSI is funded by business members such as Twitter, Google, Disney, Microsoft and Yahoo. A full list of members is available on their website.
- c. Augusta discussed FOSI's Good Digital Parenting Program.
- d. **7 steps to good digital parenting:**
 - i. **Talk With Kids** – talk with your kids about internet safety early and often. Stay calm and be open and direct. Talk to kids about their online interests. Make sure they know about the different people they will interact with online (1. People they know, 2. People they kind of know, 3. People they don't know). Help them craft safe internet searches. If they have questions or are scared, they should talk to a parent. Identify quality resources. Let you children know the difference between websites that end in .org, .com or .edu.

- ii. **Educate Yourself** – try out apps games etc. Know how to set privacy settings. The FOSI website has many videos showing parents how to set privacy settings for different devices, apps, browsers etc.
- iii. **Use Parental Controls** -- use controls and monitor use and screen time. A deeper look at screen time. The AAP has set new standards for screen time. They now say parents need to decide on their own what is appropriate. Keep in mind, there are two kinds of screen time passive (tv, movies, music etc) and active (You tube instructional videos, coding etc.).
- iv. **Set Ground Rules and Apply Sanctions**– agree and sign a safety contract. Set a charging station in a common place and make sure all devices are there during sleeping hours. Set a time and place for tech use.
- v. **Friend, Follow But Don't Stalk** -- NO SOCIAL MEDIA BEFORE 13. Social media apps/websites don't allow kids under 13 to sign up. Kids under 13 should not be signed up.
- vi. **Explore, Share & Celebrate** – go online with your kids and have fun. Use the internet to enhance learning. Read the book before you watch the movie. Look up a recipe on the internet then make it together.
- vii. **Be a Good Digital Role Model** -- Curb your own bad habits. Know when to unplug. Let your kids know that they cannot act differently online then they do in person. Elementary school is a good time to start teaching our kids the basics of internet safety.

QUESTIONS for Augusta:

Q. Parent expressed problems with relying on parent controls – they seem so absolute. Is there anything on FOSI's website about what content is appropriate?

A. Yes there is an app tip sheet and again videos on how to set parental controls on different devices, apps, and websites.

Q. Is there any program for rating apps?

A. The apple store has a rating system but it is not great. www.esrb.org rates video games. commonsensemedia.org rates a lot of things but tends to be a bit more fear based.

Q. Is there anyone who would come to your house to help you go over your parental controls/strategies?

A. Not really but Augusta said she would be happy to answer any questions if you get in touch with her. You can also search online for resources – for instance if you search for Twitter Safety Center or Facebook Safety Center you will find lots of information for parents.

Q. Regarding privacy and google collecting data, how do we protect our children's identity?

A. There are videos on FOSI's website showing how to be more private on google. Also some browsers have better privacy settings than others. Augusta recommended searching your kids name to see what comes up and what can be deleted.

Closing Remarks:

Augusta brought a very helpful handout regarding cleaning up your digital footprint. This can be found on the FOSI website. There is an abundance of resources on the FOSI website. Please feel free to use as needed – download, copy etc. Please feel free to also reach out to Augusta with any questions or concerns.

Finally, FOSI is having their annual conference in DC November 17th and 18th at the Ronald Reagan Building and International Trade Center. Augusta encouraged anyone interested to come. Registration is free for teachers and parents. For more information visit their website www.fosi.org.

Meeting concluded at 8:40 pm