

PAC Meeting Minutes – October 28, 2019

[Minutes recorded by Stephanie Joumas, PAC Secretary]

6:3-6:32: Meeting called to order by Ms. Fiona Barshow, PAC Chair.

Fiona welcomed two guest speakers, Shannon Welteroth, School Psychologist and Ms Romano, School Social Worker. Other new meeting attendees introduced themselves and what group each represented.

6:33-6:40: Superintendent's Advisory Council on Instruction (SACI) – Ms. Barshow

Ms. Barshow presented information about the SACI, including a powerpoint presentation about 10 Reasons to be Excited about Prince William Schools (this was shared at the last SACI meeting). Next month's focus will be mental health. Ms Barshow asked for volunteers to attend future SACI meetings.

6:41-7:00: BHS Mental Health Plan – Ms. Shannon Welteroth, School Psychologist

Ms. Welteroth discussed the various mental health initiatives going on at Battlefield. This includes Mindfulness as a coping mechanism during stressful times (stop – pause – think). 14 interested teachers participated in a Mindfulness workshop on 10/28. A video about mindfulness will be presented to teachers and students, and a planned school-wide mindfulness practice will begin later in November. May also push out the Mindfulness program to parents sometime in the future. The school has a therapy dog, Copper, who visits the school during stressful times. Ms Weteroth also discussed "The Teenage Brain" and how the frontal lobe in teenagers is not fully formed until mid-20's. Right now the emotional part of brain leads teen's actions. Dr. Tori Stone, a former employee and current professor at GMU, will provide teachers with information about adolescent brain development on 11/5. She will also do a Bobcast, focusing on students. There will be various Wellness presentations/videos in the future. A student-led yoga class will occur during flex in late November/December. Key Club members offered to help with the various sessions/classes. May 2, 2020 will be the first Wellness Walk & Fair. Students will have interactive activities at various tables.

7:01-7:08: Budget/Enrollment – Mr. Ferrera

Fewer students ended up enrolling at Battlefield for the 2019-20 school year, so money had to be returned. Next year Mr. Ferrera will be more conservative in his planning from the projected numbers given to him.

7:09-7:20: Vaping Update – Mr. Ferrera

Last year 10-15 students found vaping per quarter. This year only 4. Technology has improved so it's easier to hide the vaping mechanisms. County needs a comprehensive education plan to address vaping.

7:21-7:44: Continuous Improvement Plan – Mr. Ferrera

Mr. Ferrera provided a brief overview of the Plan; more will be discussed at future PAC meetings.

7:45-7:57 Open Agenda

- Kudos to Communication about the 11/6-12 Naviance Information for 9th graders.
- A Sophomore student rep recommended parents say "I Love You" to their kids more often.
- Ms Byrne and the counseling staff provided SOS lesson to 9th graders over 3 days. Had 80 students visit counseling with concerns after.

7:58 Meeting adjourned. Next meeting December 16, 2019 at 6:30PM.