



**NFS PTO PTO Minutes**  
**Wednesday, December 7, 2016 @ 7 p.m.**

**Stress and anxiety in our children during the holidays: Parkie Boley, child and family program Director from Families First Health & Support Center**

- Parent support class, play group, health care and dental, mobile van at Families House
- Anxiety in our kids and the holidays
- Lots of stressors in our environment, over scheduling, stressed parents, etc.
- Things you can control, let kids make mistakes,
- Containment: Take your anxiety and put it in a box. Only talking about it at a certain time, tell be all about your worries. Whatever you pay a lot of attention is going to grow, so if you feed into the anxiety and always talking about your worries, it will grow. Give it a certain amount of time. Talk about it, put it in an imaginary box.
- Externalization: take the worry and it is something separate. Go away worry, you are not welcome here. Empower your child, feelings are temporary, they don't have to stay, you have power over worry, and you can be a team against the worry. Separate from the child, not part of them.
- Competing demands: whatever you fill up your life with fills your child with other things. Fill your time with outdoors, friends, and playtime.
- Be logical about it. If they are anxious about dogs and they are going to a play date, set a plan so that you know how it will be addressed.
- Resetting your body. When anxiety gets high, look for ways to reset; breathing is great, blowing bubbles, being outside, physical exercise reduces stress.
- The holidays: What do you and your family wants to get out of the holiday.
- The experiential time is what is so important to kids. Traditions help kids know what to expect. Keep expectations low. Think about your values and how you want to portray.

**Review and approval of November Meeting Minutes**

- November to be approved next month along with December

**Treasurer's report-Gloria Manchego**

- Short recap of ins and outs for November
- Copies of budget on the table

**Principal's Report-Joanne Simons**

- Wonderful to have Families First here, the Helen Van is a tremendous gift to the community.
- Early release, Dec. 14
- Music, all city band, chorus and concert coming up, on the calendar, Dec. 14 at 7 p.m. at high school
- NFS Concert K-2, Dec. 20 at 6:30, big event, come early to get seats, dress cool, bumper to bumper in the gym
- Elementary and middle schools are beneficiaries of the Little Harbor Foundation, connecting with schools around healthy living, two lessons for 5<sup>th</sup> grade students by FDC Works, healthy living and communicating no, carried over to middle school as well
- Lynn Lions, national known, Feb. 21, psychotherapist, more to come
- What the new start times mean for NFS: Changing start times for middle and HS. It does not impact NFS from start times. Dondero and Little Harbor shift to an 8:30 start, middle and HS at 8:30. Elementary schools will have

**Free Daycare in the Gymnasium.**

**Please join us at the Roundabout for post-meeting fun! We will visit a different local restaurant each month to support our local businesses!**



10 minutes added on at end of day, so ending at 2:50 p.m. May be some tweaks. Busing is the big wondering. Consolidating bus stops, where are boundaries are for pick up, streamline bus routes, some routes will remain elementary specific, some buses will be blended with a monitor (not sure if all year or just temporary to get rides to go smoothly). Bus monitors would be paid adults from the bus company, but they would be training peer HS kids to step in to help set tone to bus. School board is clear that the additional bus expense is not to come out of any existing program, teachers, or other. We will need to work with City Manager on how to come up with funds. It will be an interesting budget season. Portsmouth as a community has really supported the school with the right systems in place for our students. Email Joanne with any questions and she would be happy to track down and answer for you. Details are being worked out, it will take some time. Some questions will have an answer we don't know yet.

- Playground equipment has been ordered, still waiting for front and back.

### **30-day review- Stephanie Hausman and Becky Bernier**

- Directory, made a lot of money and out earliest it has ever been, thank you Heather and Tom
- Election Day Bake Sale, made more money than expected as well, thank you Julie and Marie
- Seacoast Half-Marathon, Heather needs someone to help run this in May, we are at mile 2, done early, but fast and furious, we get \$300, runner vote on best water stop
- Margaritas, another one in spring as well

### **60-Day Outlook**

- January and February meetings. Mark your calendars. (Stephanie Hausman); January meeting will be about the \$40,000 we have extra, how it will benefit NFS, trying to get everyone involved, reflect our values and dovetails with staff needs and enrichment for our students. If you have suggestion please email us. February's meeting is the start of budget planning; we want to articulate our needs of the school to share with the school board and superintendent. Good opportunities for us to articulate what our priorities are for NFS. Joanne's January staff meeting will address some needs as well, our top hopes and dreams on the table for us.
- December 15, Healthy Try-it Day (Tara Kennedy), email to teacher liaisons will go out tomorrow. Need help with prep and help serving at lunches. January we are starting something new, will involve students voting
- December 18, Barnes & Noble fundraiser (Kim Kumph), Dec. 18 some crafting going on, proceeds from sales will come to us.
- December 20: Holiday concert raffle (Tara Kennedy), winners will know Monday, Dec. 19
- January: Pasta dinner (Christy Greco)
- January 25: staff luncheon? (Stephanie Hausman)
- January 29: Summer camp expo (Stephanie Hausman), at the Connie Bean Center.

**Meeting adjourns at 8 p.m. Please join us at The Round About directly after.**

**Next PTO Meeting, January 11, 2016 at 7 p.m. Please note, this is the second Wednesday of the month.**

**Free Daycare in the Gymnasium.**

**Please join us at the Roundabout for post-meeting fun! We will visit a different local restaurant each month to support our local businesses!**