

**APT Meeting
November 15, 2017**

Committee reports

Mr Simeck -

Spoke about the book How to Raise an Adult. We shouldn't be worried about your children's academics. The homes, literacy and expectations they are given puts them way ahead. What is much more important is that kids are socially secure. Can they work well with others and can they overcome issues and stand up for themselves.

We have a number of new administrative people in the district. The feedback is that parents are doing a lot for their kids. One of the largest problems kids face when they get to college is they don't know how to do things for themselves.

We are in the age of Bulldozer parenting and it is showing up later in life as anxiety.

Overparenting is doing things for our kids that they can already do for themselves.

Julie Lythcott- Haims, the author of the book, is coming on December 4, 2017 at 7pm at the Lake Forest High School.

President's Report- Emily Savage

Thank you to Mr. Simeck for coming to the meeting and speaking

Thank you to Meals for teachers committees for the lovely meals during conferences

Thank you to the cabinet members for their work so far this year.

Kelly- Treasurer report

All of the buildings APT budgets were cut. We are down by 2 dollars for each student this year. The budget is finalized. If there are any big ticket items that are different for your committee please let Kelly or Emily know. If you are needing to purchase anything please consult the budget on the web site for your committee's allocated funds before purchasing and submitting a check request. Attached is the link to the website: <https://sheridanapt.weebly.com> ! Contact Emily or Kelly with any questions!

Teacher Rep: Mrs Schlemm- Report cards are coming home on Friday in the folders. Please let the office or your teacher know if you are leaving early for Thanksgiving or Holiday break.

Update/minutes

* **Attach** Attach LFHS fundraising calendar/poinsettia sale, Attach photo of turkey

Emily –

Thank you – HUGS, turkey feathers, Veterans, Monster Bash, Meals for Teachers, cabinet (Megan, Suzanne, Kelly)

Our theme this year is, “You are stronger than you realize.” Another way of thinking about this is that OUR CHILDREN ARE STRONGER THAN WE REALIZE. Julie Lythcott-Haims of How to Raise an Adult explains, “When children aren’t given the space to struggle through things on their own, they don’t learn to problem solve very well. They don’t learn to be confident in their own abilities, and it can affect their self-esteem. The other problem with never having to struggle is that you never experience failure and can develop an overwhelming fear of failure and of disappointing others. Both the low self-confidence and the fear of failure can lead to depression or anxiety.” She states, “The research shows that figuring out for themselves is a critical element to a person’s mental health. Your kids have to be there for themselves.”

We need to get each committee to update their job descriptions please; Megan and Emily will send a note that includes key bullets to be included in each description (below)

Budget update

Nominating committee

Key info:

Executive APT Board nomination forms will be out in the next few weeks - watch for it in the Friday Flyer

- Return no later than January 3, 2018
- Nominees must have APT Board experience (room parents are considered to have had APT board experience)
- Open positions:
 - Executive Board Vice President
 - Executive Board Recording Secretary
 - Cherokee Building President
 - Sheridan Building President

Treasurer-Kelly Cohen We will be approving our budget at our 11/15 meeting and will circle back with any updates

Monster Bash- Rachel Baker, Elyse Butler, Kimmy Taylor, Melissa Pant, Heidi Clifton, Meg Lynch, Katie Donovan, Noel Dolan, Megan Engelberg, Lindsey Kelly, Kim Strothman Monster Bash took place on October 20. Fun time had by all! A few things were different this year. The dads pulled off an amazing haunted courtyard with a frightening chainsaw! I think they really outdid themselves this year! We also had a costume and pumpkin decorating contest.

Kids carved pumpkins at home and brought them to the Bash. The winners received amazing trophies made by a Sheridan mom and gift cards to Sweets. It was a great night!

Meals for Teachers- Rachel Baker, Sara LaCasse

The first Meals for Teachers on 10/26 conference night went well! We had a soup and sandwich theme and a volunteer sign up for parents to bring in various items. Thank you to all of those that volunteered and made their dinner fun and delicious!

Cookies- Michelle Hirschfield, Kristin McCain, Jess Muller, Lana Raines

Cookie boxes will again be distributed to all Sheridan teachers and staff just before winter break. We will be sending out a volunteer spot seeking cookie donations as well as people willing to help assemble boxes on December 11th at Lana Raines's home.

Holiday Cookie Boxes Assembly & distribution of this highly anticipated Sheridan tradition will be happening Dec 8-11. Sign up here <http://signup.com/go/zLjbfq> & please come to the cookie assembly party at Lana Raines' home (771 Washington Road) on 12/11 at 9:15 am

Parent Awareness/Emotional Wellness - Rae Ann Alvarez

Last year they started a hot chocolate bar. It will be the first week of December. There will be hot chocolate and cider all week long in the teacher's lounge. The second week will be the cookie drive. Please keep an eye out for the sign up over email. Thanks in advance for all of your help!

Hot Cocoa Bar

First up our newest tradition sponsored by the Emotional Wellness Committee . . . Hot Cocoa Bar in the staff lounge December 5-8. SIGN UP to help out at <http://signup.com/go/CJAriaR> Questions?

Rocks will be mounted and displayed outside. The rocks are multicolored and have been decorated by the kids. In the spring they

Social emotional book called The Puppy Mind in each of the classrooms. It helps to get kids back on track. It relates their mind to a puppy and how puppies get distracted and have to be refocused. This can happen to us to and it gives them ideas how to redirect their focus.

Stay tuned for more social and emotional awareness tips in the Friday flyer and the website.

Community Service (HUGS)- Carrie Cole, Kate Rother

H.U.G.S. Food Drive @ Sheridan STARTS MONDAY, October 30 and ENDS November 10

Bring in items based on your House.

TIGER - Stuffing Mix

REEF – Canned Beans & Canned Fruit

HAMMERHEAD – Rice

BLACK TIP – Canned Vegetables

Optional for all \$10 Jewel Gift Cards

Board of ED- Sarah Lockhart, Kate Rother

Oct meeting took place in the Haskins center. The district has created an environmental milestone. The Haskins center is the

Passed a request for a furniture order based on the test classrooms for K-8. They will place 2 more orders as the year goes on.

Furniture and lighting have come out as the leaders in what will have the most impact on your child's learning. Those will take priority as of right now.

Please contact Sarah or Kate if you have any questions.

Attached are the minutes from the Oct. meeting

Fine Arts/Visiting Author-Lindsay Nero, Melissa Pant, Katie Frekko

The visiting author took place on October 18. Alice McGinty did an amazing job at engaging the students and keeping them entertained through her entire presentation. Students, of all ages, asked creative and thoughtful questions throughout Alice's presentation. Students had the opportunity to purchase books signed by the author. We are thankful for the Spirit of 67 grant for this amazing opportunity. If your child ordered a book and didn't get it please let the office know!

Barrel of Monkeys visited Sheridan 4th grade classrooms on October 20. The kids worked with the creative writing team to make (per the kids' feedback) hilarious silly stories. The activity was well very received by both students and teachers, and fit in perfectly with their classroom creative writing work. Thanks Spirit of 67!

Food Services - Karen Hornberger, Kristen Chun

For food services, we are at work planning some activities for national nutrition month in March. The theme is "Go further with food". More to come on that. And we've got our 'blues brothers' bulletin board up with the theme of bone health through November.

Reminders:

- Veggie/fruit bar, milk, organic milk & water can be purchased even if students bring lunch from home.

- Students in grades 2,3,4 can purchase an extra meal in the am when they put in a lunch order. If they change their mind and do not want a 2nd meal, they are only charged for one lunch.

Yearbook - Debbie Jensen, Heidi Clifton, Jessica Robbins, Tiffany Alexander

On track for deadline submissions, & Debbie is sending monthly emails to all yearbook reps at all schools re: questions, updates, tips etc

The parents have access to the google drive and life touch program so that we can archive pictures so they have enough for the pages of the yearbook. The collage pages are due in January and the yearbook is due in March. The committee will send access to the google drive to the teachers if they want to upload photos.

Spirit of 67-Yvonne Bruce, Lana Raines

The Thanks for Giving Luncheon was a fantastic success! We raised over 55,000 dollars. Thanks to everyone who contributed and/or attended. The home tour is on May 10th. If you have any suggestions please let the co-chairs know.

The Family Donor Participation Contest is ongoing. Currently, Sheridan is leading at 51.5% participation but we are hoping to get to 80% or higher! We will be sending out emails and notes to Sheridan families in an effort to increase the Sheridan participation rate.

Directory - Gina Misiara, Raquel Jackson

Directories have been delivered to each school. The 4th grade did have a typo on class list, so a sticker was given to cover it up. My school anywhere can be accessed by apt members at any time.

Emotional Wellness/Parent Awareness -- Rae Anne Alvarez, Becky Nagel

Only One You Rocks – we are looking for parent assistance to provide “quick-crete” for the painted rocks to be displayed near Sheridan’s front entrance.

Puppy Mind is the all-school book selected for Sheridan classrooms to teach social emotional strategies and habits that promote their success as learners and friends.

EWC parent reps will research ways to facilitate home discussions, ie. how to encourage successful social emotional habits/strategies. These will include “Table Top” points that correspond with what teachers are implementing in their classrooms and support parents at home in initiating fruitful and positive conversations with their children, as well as websites that offer similar resources

Initiating a Student Speaker Series dealing with EW topics (i.e., bullying, gossiping, conflict resolution, etc).

Exploring & Implementing school “pattern breaks” (i.e., music in the lunchroom on Fridays)
Helping coordinate Staff Holiday Hot Chocolate Bar in December. We will send out a sign-up/volunteerspot to APT parents for this, depending on date coordination and overlap with holiday cookie boxes for staff

Fine Arts

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Upcoming dates:

Jan 17 at 9:15 am is the next Sheridan APT meeting

Monday, November 20 at LFHS 7-9 pm: Executive Functioning and the Teenage Brain Seminar

Monday, December 4 @ 7-9 pm at LFHS Auditorium: Author Presentation of How to Raise an Adult.

Our next Executive APT Board meeting will be on Wednesday, January 10 at 9:00

*See the November Apt Exec minutes on our web site for SO many important dates for events and activities from our District, District 115 and also our community