

**February 21, 2017**

**6:30-8:00pm**

**Meeting Minutes**

**Present:**

* **PTA Board Members:** Jeni Hornback, Rebecca Kennedy, Rebecca Kim, Nicole Knight, Carrie Lewis, Kim Mathis
* **Faculty/Staff Present:** Ms. Uyeda, Ms. LiGuidi, Ms. Donoghue, Ms. Firster, Ms. Mullinax
* This is the first Abingdon PTA meeting being simulcast on Periscope!

1. **Managing Test Taking Anxiety –**Sarah Mullinax, Abingdon School Counselor, led a discussion on the causes, effects, and strategies for addressing test anxiety. Test anxiety can occur before, during or after a test. Intervention becomes necessary when the anxiety is becoming a problem for the child at home or at school. The causes of test anxiety include lack of preparation, fear of failure and fear of repeating a past failure. Symptoms can be physical, emotional or behavioral. Ways to address test anxiety include working on effective study and test taking techniques, learning skills to help focus, purging anxieties by writing them down, practicing relaxation exercises and working on mindfulness. In school, Ms. Mullinax works with students (Ms. Butler works with 1st graders) on learning to stop, name feelings and calm down. Counselors teach students about the parts of the brain, and about strategies such as breathing, counting and positive self-talk to help relieve stress and anxiety. Resources include anxietyfreechild.com, secondstep.com, mindyeti.com and the growth mindset on class dojo. Parents can follow Ms. Mullinax on Twitter (@Abingdoncares) for more suggestions and strategies.
2. **Official Business**
   1. Principal’s Report – Joanna Uyeda
      1. Construction Update:

* The new cafeteria has opened. A quote “Knowledge is the food of the soul” has been hung on the wall. The two food lines and easy access to the playground have made a big difference in lunchtime efficiency.
* Ms. Muscarella (art) is working with the fifth graders on tiles for the outside of the building.
* The next phase of construction is the area previously used for first and second grade (the open classroom spaces).
* The three-story new addition is also underway.
* The staff is looking at classroom furniture.
* Construction remains on budget. The project is slightly behind schedule but the good weather should help make up some time.
  + 1. The APS website now includes a section for engagement. This will provide opportunities to learn about and participate in discussions on county-wide issues such as the Drew Elementary re-visioning and the high school boundary changes.
  1. Treasurer’s Report – Kim Mathis gave a brief report on the PTA budget. We are on track as expected.
  2. CCPTA (County Council of PTAs) – Jen Davies reported that CCPTA continues to look at Claremont Elementary admission policies, the Drew re-visioning, and the plans for a new South Arlington school.

1. **PTA Events and Activities**
   1. Spring Fundraiser – the PTA will run a Mixed Bag sales fundraiser from March 7-17. Forms will come home in the March 7 Tuesday folders.
   2. Key Upcoming Dates:
      1. February 22 –Library Night, 6:00pm
      2. February 23 – Report Cards (including first Kindergarten report cards)
      3. March 1 – Extended Day Registration Opens; Summer Program Registration Opens (Summer school is July 10-August 11; Abingdon students will be at Drew Elementary).
      4. March 1 – Yearbook Pre-Orders Due (price is $20; goes up to $25 after March 1). Proceeds of Yearbook “lovelines” will help pay for the fifth grade promotion
      5. March 2 – Early Release, Parent-Teacher Conferences
      6. March 3 – No School, Parent-Teacher Conferences
      7. March 7-17 – Spring Fundraiser
      8. March 10 – CETA Day at 8:00 – 9:45am
      9. March 10 -- Movie Night at 6:00pm, Cafeteria
      10. March 14 -- Abingdon Kindergarten Open House at 12:45pm
      11. March 21 -- PTA Meeting at 6:30pm
      12. March 24 – International Night Potluck at 6:30pm
      13. April 10-14 – Spring Break
      14. April 17 – No School, End of Quarter
      15. April 18 – PTA Meeting at 6:30pm
      16. April 21 – Fairlington 5K Silent Auction
      17. April 26 – Early Release at 12:26pm
      18. April 29 – Fairlington 5K (early registration closes February 28)
      19. May 5 – Spring Picture Day
2. **Next PTA Meeting – Tuesday, March 21 at 6:30 pm**