

Wednesday, March 17, 2021 @ 7:00

(These minutes were approved at the April 28, 2021 meeting)

1. Call to order – 7:05
2. Approval of the minutes from the Feb 10th SEAC meeting – approval postponed until April meeting
3. Follow up from last meeting – none noted
4. Discussion Topic:
Coping with COVID Using Positive Psychology- Pam Garramone, M.Ed.
 - What are the two things you wish for your child?
 - What are three emotions you have felt during the pandemic?
 - Where are you on the Happiness Ladder?
 - “Comparison is the death of joy” – Mark Twain
 - Five pillars of positive Psychology: PERMA
 - Positive emotions, engagement, relationships, meaning and accomplishment
 - Shine a light on bright spots – write down at least 3 good things that happened each day
 - Every day, no matter how dark, has a bright spot
 - Growth mindset
 - Each morning, write and send a text or email praising or thanking someone in your life
5. Special Education Task Force Updates
 - a. High school started filming introductions for students who are transitioning to HS or have not entered yet due to COVID
 - b. Sowams is working on informational packet for families – will be distributed throughout the district
 - c. HMS – Feb meeting postponed to March. Behind the scenes working on inclusive practices
 - d. Primrose – meeting next week to develop goals
 - e. Middle School – working on IEP process
6. Public Comment
 - a. What effort has the district made to help with socialization after school?
 - i. Gino to follow up with the parent directly
 - b. Is the kitchen at the HS functional yet?
 - i. It is finished but with COVID protocols, cannot be used yet.
 - c. Status of Unified sports?
 - i. Kristen to follow up with state Interscholastic League
 - d. Deleveling – strong concerns within the community. SEAC to have separate meeting dedicated to this topic as an open forum for parents to voice thoughts/concerns.
7. Adjourn – 8:35