

Virtual Sinclair PTO Meeting
9/24/2020 – 7:30 pm

- **Adrienne Thorp – PTO president - Welcome**
- **Faculty Highlights**
 - Mr. Bradley Quentin – STEM teacher
 - Ms. Dawn (Dede) Ritchey – Special Education teacher
 - Ms. Shauna Capuchino – 1st grade teacher
- **Allison Marino – new member of Sinclair family**
 - Gave her testimonial about Sinclair and arriving here after being displaced from a hurricane in Louisiana.
- **Michelle Collins – Sinclair parent and certified clinical counselor/play therapist**
 - One of her main roles is to provide a safe place to process what is going on.
 - Square breath. Take a deep breath for each side of the square drawn in the air.
 - Upstairs and downstairs brain
 - Downstairs brain – part of the brain that gets frustrated/causes an emotional, sometimes irrational reaction – kids unable to regulate themselves at that point
 - Dysregulated children – must question biological needs first (are they overstimulated, do they need sleep, etc.??)
 - Label feelings and connect with your child – try entering their world instead of having come into yours
 - Upstairs brain - prefrontal cortex – responsible for teaching/reaching kids
 - Set firm boundaries, set aside special time/place for things the kids want do to; talk through perspectives, communicate rules and consequences
 - Practice calm – Cosmic Yoga, breathing techniques, etc.
 - Please email questions to Michelle at Michellejeanea@gmail.com
- **Kim Ludlow – Internal Vice President**
 - Teacher appreciation – October 12 – teachers return to work = Stock the Lounge (stay tuned to Living Tree for more information)
 - Boosterthon – delay until the Spring (possibly virtual)
 - Don't forget to choose face to face or virtual by the end of the day tomorrow. If you have technical issues, email Amy Roe-Soliz.
- **Traci Riley – Treasurer**
 - Finance Report/Budget
 - The 2020-21 Approved Budget will be posted on the PTO website this week.
 - Sinclair Supports – thank you for supporting Tony's Mexican Restaurant
 - Sinclair Supports will be with Hughie's the week of 9/28/2020 at both locations
 - Questions or for budget clarification please email treasurer@sinclairpto.org
- **Sinclair PTO Website**
 - www.sinclairpto.org

Questions?? Email Adrienne Thorp at president@sinclairpto.org