

Tillman PTO Meeting February 26, 2019

Attendees: Sadie Smith, Kelly Struckhoff, Kelly Schlund, Dan Mueller, Anne Willis, Julie McDowell, Maria Carabes, Patrick Nolan, Sara Fischer, Brian Sauer, Laura Eads, Jen Tranchilla

Welcome

Presentation from Provident (<http://www.providentstl.org>)

Presenters – Shelby Zunck, MA, PLPC & Alex Gould, LMSW

Provident, Inc. is a not-for-profit organization that offers behavioral health services including: reintegration services, crisis & suicide prevention, counseling, as well as after school services to over 40,000 people annually.

Bullying

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance.

Three types of bullying: verbal, social, & physical

Statistics from the National Education Association (NEA):

- 1 in 7 students in grades K-12 have been involved in a bullying situation.
- Approximately 160,000 U.S. children miss school daily due to intimidation.

Why don't some children ask for help? 64% of children who are bullied do not report it.

- Fear of backlash
- Can be humiliating

What we can do:

- Approach problem from many angles.
- Bystanders who intervene make a huge difference.
- Keep the lines of communication open.

Anxiety

1 in 5 kids are impacted by a mental health condition. #1 reported is anxiety.

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes.

Anxious behaviors:

- School refusal/avoidance
- Frequent visits to the nurse
- Stomach complaints

Do try this:

- Be a positive role model dealing with anxiety

- Normalize asking for help and needing support
- Kid-friendly techniques: shred worries, get child a worry monster stuffed animal, make a cope cake
- Derail an anxiety spiral: catch anxiety early and often; practice before the spiral begins

Suicide Trends for Children and Adolescents

- In 2016, suicide was the second leading cause of death for children 10-14, and adolescents/young adults ages 15-24. The #1 cause of death are accidents. However, some “accidents” may actually be suicides.

Warning signs:

- Changes in eating or sleeping habits
- Frequent or pervasive sadness
- Statements such as “I wish I was dead”
- Withdrawal from family, friends, and regular activities
- Complaints (stomachaches, headaches, fatigue)
- Decline in quality of schoolwork
- Preoccupation with death and dying

What to do:

- Ask directly about warning sign behaviors.
- Thank child for sharing.
- Make home environment safer; reduce access to means (lock up firearms and medicine chest).
- Contact a mental health professional.

Suicide Prevention Resources:

- Lifeline – service has online and text messaging options
- Life Crisis Services
- Behavioral Health Response Mobile Outreach
- Chad’s Coalition for Mental Health
- Youth Connection Helpline - St. Louis support group
- Kids Under 21 (KUTO)

Committee Updates

- Pickleman’s Restaurant Night is **Thursday, February 28th**. The Pickleman’s Kirkwood location is generously donating 50% of all profits earned between **4 p.m. and 8 p.m.** Mention Tillman PTO while checking out. Thank you for your continued support!
- Kids Who Care will be volunteering at the Saint Louis Area Food Bank on **Friday, March 1st**.
- The 4th grade community-building event will take place this **Friday, March 1st** from 5:30 p.m. - 6:30 p.m. at the Kirkwood Ice Rink.
- Save the date for Tillman’s all-school spring movie night on **Friday, April 26th**.

TILLMAN TRIVIA NIGHT IS THIS SATURDAY, MARCH 9TH

Visit our auction site at: <https://ksd.schoolauction.net/tillman2019/> to view our auction catalog, party offerings, and to get more information on the event. Auction brochures will be sent home in backpack mail on March 6th.

ONLINE AUCTION INFORMATION

A limited number of silent auction items will be available for online bidding through our website: <https://ksd.schoolauction.net/tillman2019>. **All Tillman families will have an opportunity to bid on these--** not just the ones attending the event. The online auction will open at 8:00 a.m. on Monday, March 4th and close at 6:00 p.m. on Saturday, March 9th. Like eBay, participants can enter a maximum donation, and the computer system will automatically bid you up when needed.

This year, we are paddle raising for:

- A new portable speaker system for the school
- Materials to complete the construction of the outdoor stage and surrounding area (including seating and landscaping)
- Donation to Kirkwood Area Every Child Promise

**** Every Child Promise will receive a minimum \$1,000 donation from our paddle raise. All donations above and beyond the cost of our speaker system and stage will also go to Every Child Promise. If you are not attending the event but would like to donate to KAECHhP, can do so by visiting our auction site and clicking the 'give' button.**