



Palencia Elementary School Advisory Council

November 7, 2022

Monday, November, 2022 SAC Agenda



- Welcome
- Our Mission and Introductions
- Items we need to review:
 - SAC Membership
 - SAC Budget
- Items we need to review and approve:
 - Meeting Minutes from October 3, 2022
- Conscious Discipline
- Update from Principal Goodrich
- PTO Update

Our Mission



C – Creative

R – Responsible

E – Engaged

W – Worthy

S – Successful

A - Adventurous

I - Innovative

L - Leaders



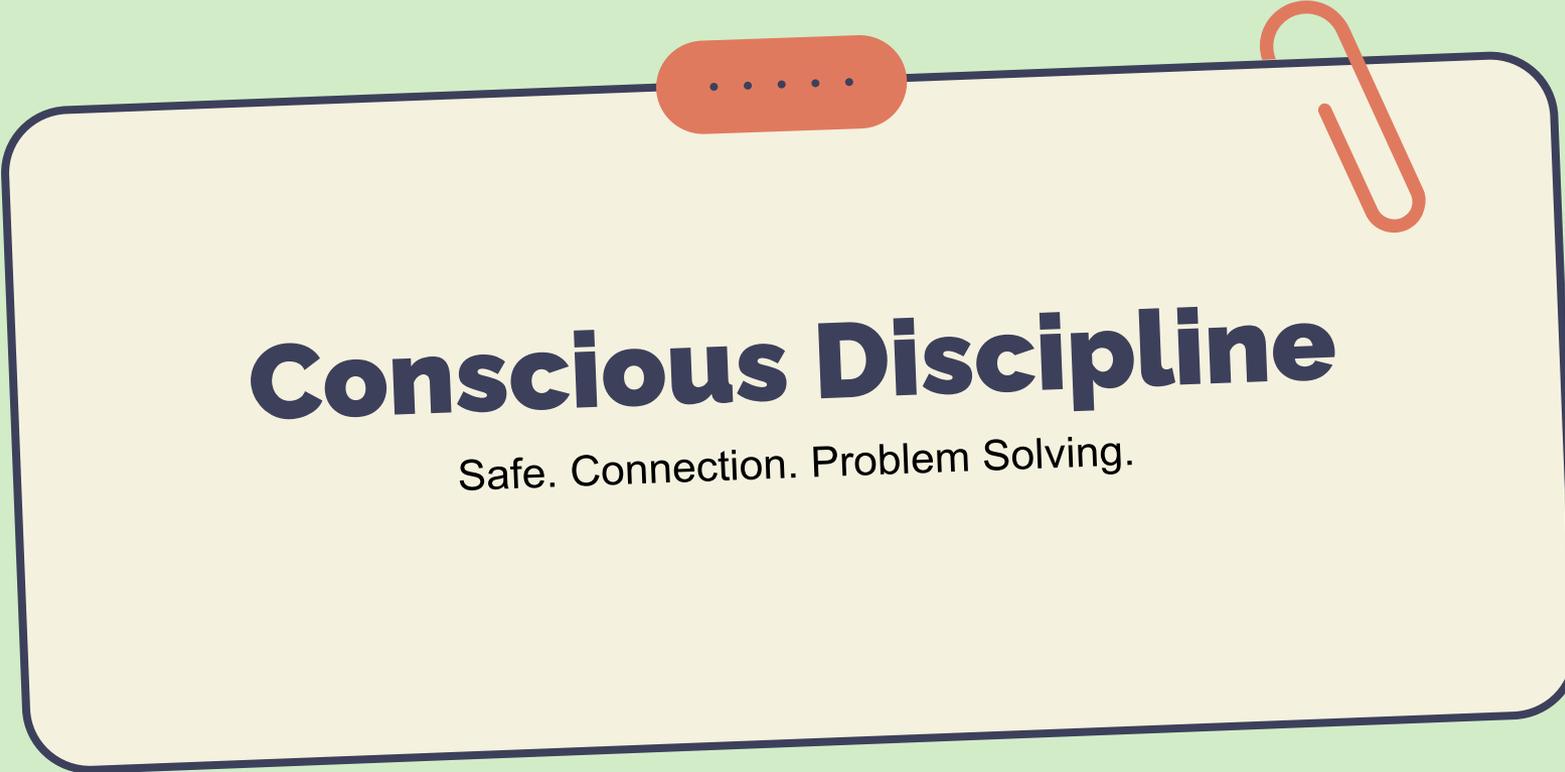
- SAC may approve SAC Funds Requests for:
 - Conferences
 - Travel
 - Curricular resources
 - Classroom supplies
 - To help meet goals of SIP
- Each meeting update of SAC budget
- School Advisory Council
 - Currently at **\$3297.01**
 - School Recognition Funds
 - Currently at \$ 0
 - **Total: \$3297.01**



October 3, 2022 Meeting



Conscious Discipline – Christina Tuccillo



Conscious Discipline

Safe. Connection. Problem Solving.

Conscious Discipline

What is it?

- Based on neuro science
- Evidence-based and trauma informed
- 7 Powers, Skills, and Structures for self regulation
- Building safe and connected class families
- Adult first intervention and student outcome

7 Skills of Discipline

Creating the School Family

7 Powers of Conscious Adults

The Brain State



WHOA!

Let's shift from "making them behave" to modeling the desired behavior by giving them the skills to be successful.
Dr. Becky Bailey

Shift



Safety

Safety first: Physical and emotional

Change

The change must start with us and then generate change in others.



Relationships

Relationships are the key to willingness and change.

Conflict

Seeing conflict as a lack of a skill so it can become and opportunity to teach



Focus

Focusing our attention on what we want.

Brain Science



Survival State

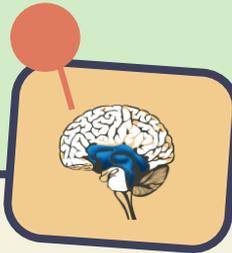
Brain Stem

Developmental Need:

Safety

Looks like: Hiding,
fighting surrender,
physical reactions

Message: Am I Safe?



Emotional State

Limbic System

Developmental Need:

Connection

Looks Like: Back talk,
sass, yelling, verbal
reactions

Message: Am I loved?



Executive State

Frontal Lobe

Developmental Need:

Problem Solving

Opportunities

Looks Like: Wisdom
and unlimited skills

Message: What Can I
Learn?

Our Plan



Train the Trainer

Schools create CDAT team.
Provide presentation and resources
through Schoology.

CDAT

School team provides training to
grade level teams and begins roll out
of structures in the school.

Support

Meet with CDAT monthly to offer
support, feedback and set up
structures.

Powers, Skills, and Structures

Powers Regulates Adult	Skills Regulates Child	Structures Practice Skills
Perception	Composure	Safe Place, Safe Keeper Brain Smart Start, Greetings and Farewells
Attention	Assertiveness	Visual Routine, Class Books
Unity	Encouragement	Jobs, Connecting Rituals
Free Will	Choices	Visual Rules and Routines
Acceptance	Empathy	We Care Center
Love	Positive Intent	Wish Well, Celebrations
Intention	Consequences	Class Meeting, Time Machine

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Wishing you well

Thank you!

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Committee Suggestions for Upcoming Meeting Topics



Update From Mrs. Goodrich



PTO Update

Approved 2022-2023 SAC Meeting Schedule



<u>Month</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
August	Monday, August 22	4:00 PM	Media Center
September	Monday, September 12	4:00 PM	Media Center
October	Monday, October 3	4:00 PM	Media Center
November	Monday, November 7	4:00 PM	Media Center
January	Monday, January 9	4:00 PM	Media Center
February	Monday, February 13	4:00 PM	Media Center
April	Monday, April 3	4:00 PM	Media Center
May	Monday, May 1	4:00 PM	Media Center



Next Meeting: Monday, January 9th