

WMS Community Meeting Minutes
March 22nd, 2022 Via Zoom • 6:30-8:30 pm

Meeting called to order at: 6:06

WMS and Technology Access Foundation (TAF) Updates presented by Jen Drain

STEM is interdisciplinary projects and starting the week before Spring break.

Stem Integration Coach: Dr. Arietha Bryant arbryant@seattleschool.org

WMS update presented by Jen Drain

PTSA purchased Spirit T-Shirts for the entire student body to build community.

There will be an 8th grade graduation celebration in June, funded by PTSA.

May is teacher appreciation, PTSA is looking for volunteers.

Wednesday PTSA sponsored coffee has been a big hit and it's been fun for Principal Hunt to meet volunteers in our community. Volunteer sign up here <https://bit.ly/3FyPnwe>.

WMS Fundraising ask coming soon.

PTSA Goals: Update the staff lounge.

It does not look like WMS is going to lose teachers for the 2022-2023 school year.

Treasurer's Report presented by Kat Barr

Raised 17,000, goal 60,000.

Where our money has been spent this year:

Departmental funding, T-shirt, teacher appreciation, best bucks, printing of yearbooks, teacher grants for the classroom.

Ask: We need PTSA Budget committee volunteers.

Advocacy Update Presented by Elisa Ridley:

Advocacy worked on how we can help schools across the district , progress made in enrollment and translators. PTSA is asking for volunteers for our school.

WMS Music presented by Hannah Gorham (WMS Director of Orchestra and Choir):

Register for music: Music@WashingtonMS!

Options: Orchestra (3 leveled groups), Choir (1), Band (3 leveled groups).

Instruments are available for loan free of charge, about 70% of students use school supplied instruments.

Music classes are one year long.

Questions:

Mr Sundt mjsundt@seattleschool.org for band question

Ms Gorham hrgorham@seattleschools.org for Orchestra and Choir

Friends of Washington Music is our WMS school music booster.

Parent Training: Introduction to Cognitive and Dialectic Behavioral Therapies presented by J Veitengruber.

Discussion of the emotional coping skills that psychiatrists wished everyone learned in middle school. Video of presentation posted at WMS PTSA website here <https://bit.ly/35rlD8i>.

Emotions are good: They provide us information, social connection, immediate action.

Our Brain:

Limbic system = emotions. Question is how hot is our limbic system?

Frontal Lobes= rational/planning

Pathway question: How good are the emotional brakes between the two?

CBT: Cognitive Behavior Therapy

Thoughts are behaviors. Behaviors are always changeable. Emotions 100%

Come from our thoughts.

Behaviors: Change the way we feel.

Example of biofeedback studies: Pen in mouth improves mood.

Thoughts lead to feelings, which influence behaviors then leads to more thoughts.

How to Change thoughts if it is not useful:

Validate first. It is understandable to have that thought.

Identify thought distortion.

Select alternative thought. (more kind or accurate)

Pitfalls: No validation, trying while emotions are too hot, negative thoughts about negative thoughts.

Book recommendation for identifying thought distortions: Captain Snout.

Thought Distortions (Automatic Negative Thoughts).

All or Nothing Thinking.

Emotion Reasoning.

Jumping to Conclusions.

Labeling.

Magnification.

Mental Filter.

Should/Must.

Overgeneralization.

Personalization.

Explore alternative thoughts and what emotions and the actions they lead to and ask if the new thoughts are more useful. Pick the useful one.

Thoughts: They are behaviors, and we can change them, and we do not have to act on every thought. We already do this all the time, it's takes practicing getting better at this.

DBT: Dialectical Behavior Therapy

Book : DBT Skills Training Manual.

Dialectic: 2 ideas can exist at the same, and both can be 100% true.

People with HOT emotions have often experienced lifelong invalidation of their emotions.

DBT provides structure for people with hot emotions to enable them to start CBT.

Wise Mind: Overlap of our reasonable mind and emotional mind.

DBT gives structure for hot emotions, this takes approx. 1 year of work with a professional.

1. Work on Safety.
2. Work on Distress tolerance
3. Work on Emotional Regulation
4. Interpersonal Effectiveness
5. Work on building a life worth living.

Core: Mindfulness. Focus our mind on the moment.

Emotional brain: Use describe skill.

Rational brain: Use observe skill. Calm words in my brain and just observe.

Distress Tolerance skills

No emotions are infinite: Can you surf it? Just hang on, and it will go down.

Distraction Techniques:

Must have an activity that matches intensity of the emotion.

Intense emotion: Exercise

Super intense: Squeeze ice.

Emotion Regulation Skills

Opposite Action for Emotion Regulation.

Ask:

Is my Emotion/Action combo understandable? Yes! Always!

Is my Emotion/Action combo justified?

If no: Do the opposite actions

Is my Emotion/Action combo useful?

If no: Do the opposite action.

Opposite Actions:

Sad: Get Active. In the next 5 minutes do something.

Anxious: Do it (gradually).

Shame: Get on stage. Own it.

Anger: 3 parts: Gently avoid. Do a small kindness. Empathy.

Empathy: How does that person feel in their shoes?

Interpersonal Effectiveness Skills: DEAR MAN

Describe: Just the facts of the situation.

Express how you feel.

Assert what you want

Reinforce with consequences both positive and negative

Mindful of goal

Appear Confident

Negotiate

Talk to your children about suicide and safety. Ask them to speak up if worried about a friend.

Your Pediatrician can assist with mental health referrals.

King County Crisis Connections: 206-461-3222.

988 National Suicide Prevention Hotline (starting).

Comments from our community:

Parents would like this CBT/DBT skill building part of advisory.

Lake Washington middle school has this as part of their curriculum.

Minutes from WMS General (Community) Meeting November 15, 2021 Approved.

Meeting was Adjourned at: 7:53 PM

Minutes Approved June 8th 2022.

In Attendance:

Jen Drain

Keyonna Saloy

Barb Trosper

J Veitengruber
Kat Barr
Brynne Veitengruber
Sakina Hussain
Greg Sommers
Andrea Fontana
Bill Brewster
Trinia Washington
Jenny Loyd
Elisa Ridley
Connie Fung
David Chick
Brynnan Ford
Sj Perez Hamilton
Katie Sparrow
Tiffany Acker
Ray Yueh
Michael Chan (Chinese Interpreter)
Caroline Eguiagaray (Spanish Interpreter)
Maria
Suresh Chanmugam
Ginger Culver
Asiya
Kari
Andy Nestingen
Hannah Gorham
Muaz
Signe
Hliss

Johanna Hulick