

## Peterson PAC Meeting

Date: April 4, 2019

Time: 8:45 AM – 9:45 AM

### Total Present: 13

Gantsetseg Tsedev, Tamanna Begism, Nameer Al-Ali, Maria Ciccone, Judy Edstrom, Mary Peer, Melinda Faburado, Dora Jamine, Lynda Gibson, Ka Wong, Carmen Karnuth, Whitney Norris, Sarah Colella

Peterson administrators & staff present: None

Parent Advisory Council (PAC): The PAC was created to help support the role of parents and the school as equal partners in children's education. The primary purpose of the PAC is to empower families to inspire and assist their children in achieving their educational goals.

There were 2 key agenda items for this meeting:

1. Presentation: Executive Functioning (by parents Sarah Colella & Whitney Norris)
2. Review of upcoming events

### **details for all agenda items are provided below**

- The call to order and welcome was completed by PAC Secretary, Lynda Gibson. Refreshments were provided for today's meeting.
- Presentation: **Executive Functioning: What is it and Why Does it Matter?**
  - Executive functioning is a mental process that helps us manage incoming information and determine what's important. It helps us to regulate our behaviors and is often referred to as the "brain's air traffic control". These skills are developed overtime in the brain's prefrontal cortex and doesn't fully mature until early adulthood.
  - The book *Smart but Scattered* by Dr. Peg Dawson explains executive functioning as 11 separate skills that fall into the 2 categories of thinking and doing. Knowing where kids are developmentally with executive functioning lets parents know how independently children can work.
  - The 11 executive functioning skills detailed by Dr. Dawson are detailed below in order of when they develop:
    1. Response inhibition- impulse control or "biting your tongue". This is the foundation of all executive functioning skills and doesn't grow at a steady pace; response inhibition is disrupted in teenage years
    2. Working memory-focuses on retaining information and begins to develop in infancy
    3. Emotional control- focuses on managing emotions to achieve goals and thinking before acting
    4. Sustained attention-being able to stay focused even with distractions, boredom or fatigue; attention lasts longer as the child ages
    5. Task initiation- the ability to start a task; this skills only applies to the tasks we don't want to do; awareness builds through daily routines and modeling. Procrastination is often the outcome of failed task initiation skills
    6. Planning & prioritization- focuses on deciding what's important and creating a roadmap to achieve goals. Awareness begins in school-aged children and is heavily supported by adults to start.

7. Organization- creating and maintaining systems for keeping track of things; begins to develop early; even adults struggle with organization
  8. Time Management- having a good sense of the passage of time; being able to estimate available time and how long a task will take; young children cannot manage time so adults often have to do it for them
  9. Goal directed persistence- capacity or drive to follow through to the completion of a goal and not be put off by other demands or competing interests
  10. Flexibility- “going with the flow”; ability to revise plans when things don’t go as planned. Cognitive flexibility keeps people from getting “stuck”; flexibility is an important skill for problem solving
  11. Metacognition- ability to see the big picture; thinking about your thoughts. This is the last executive functioning skill to develop; also describes ability to evaluate self and your own abilities, such as “should I ask for extra help?”, “why did I get this answer wrong?”, and “how can I do better next time?”
- Key take-aways: EF develops overtime and executive skills can be taught. Early learning comes from adults modeling and executive functions are interdependent
  - 3 handouts were provided during the presentation, which included a resource list and notes about executive functioning activities for children ages 5-7 and 7-12.

#### Upcoming PAC Meetings & Events

5/2            PAC Meeting 8:45AM  
 6/13           PAC & PTA Meeting 8:45AM

#### Additional Peterson Meetings & Events

4/5            No School  
 4/6 & 4/7    Honk Jr. Musical  
 4/6            Field Groundbreaking- 10AM  
 4/10          Parent-Teacher Conference (list of recommended questions presented during today’s meeting)  
 4/11          PTA Meeting  
 4/15-4/19   Spring Break  
 6/20          Last day of school

*ESEA Title I Part A Funds were used to support this activity*