

Mount Pleasant Middle School

SEPAC Night



hi



With
School Psychologist Jessica Taveras, and
School Social Worker Joshua Weiss

Hot Points for Tonight:

Executive Functioning Skills

Confidence and Self Esteem

Stress and Mindfulness





Executive Functioning

...What Is That?

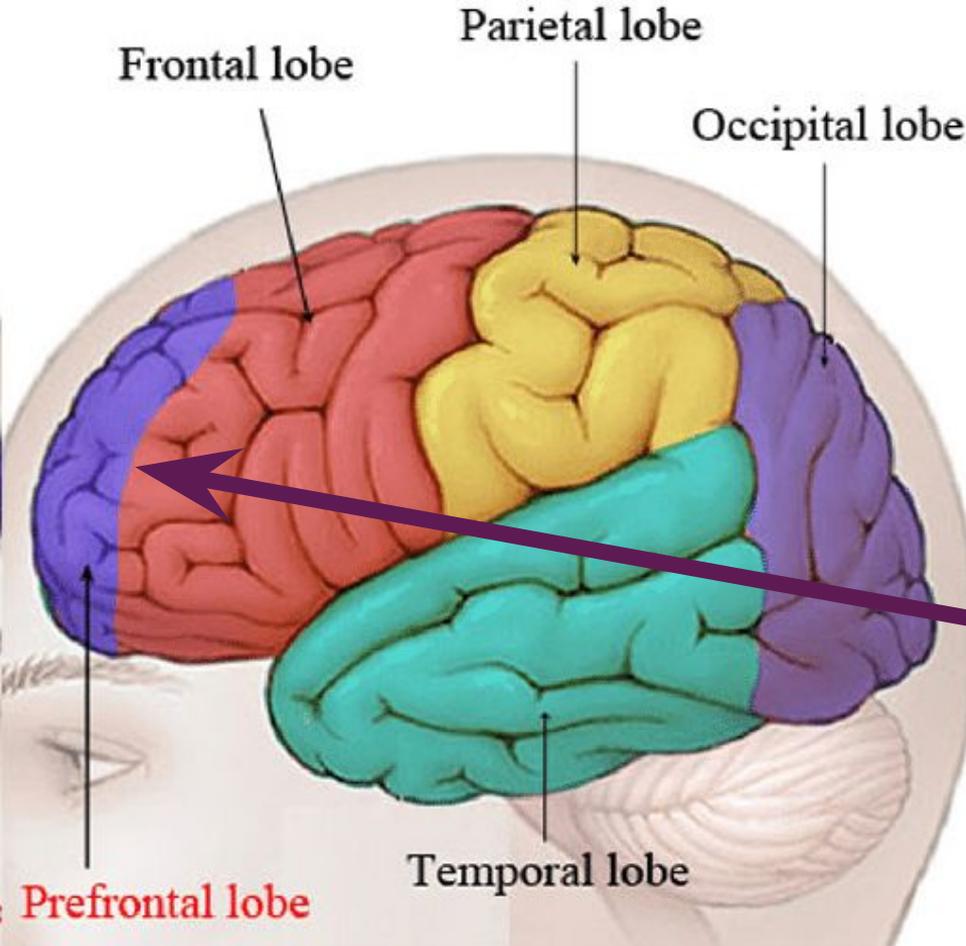


Higher level
cognitive processing

- Planning
- Decision Making
- Problem Solving
- Sequencing Actions
- Assigning Tasks
- Organization



Sounds Simple Right?



Neural networks frequently associated include those within the frontal lobe (particularly the prefrontal cortex)

The Frontal Lobe
aka
your 'control panel'

How Do Parents and Teachers Help With This?

1

Consistency is Key

Teachers post schedules, instructions, rules. Schoology is often updated and organized with work assignment folders.

2

Clear Expectations

Give step-by-step instructions, get attention, check for understanding, clarify.

3

Manage Time

Use of organizers, calendars, break big tasks into smaller tasks spaced out. Use a planner to delegate task priorities.

MONDAY
SCHOOL PLANNER

PRIORITIES

SCHEDULE	EXAMS/QUIZZES	READING LIST
7-8		
8-9		
9-10		
10-11		
11-12		
12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		

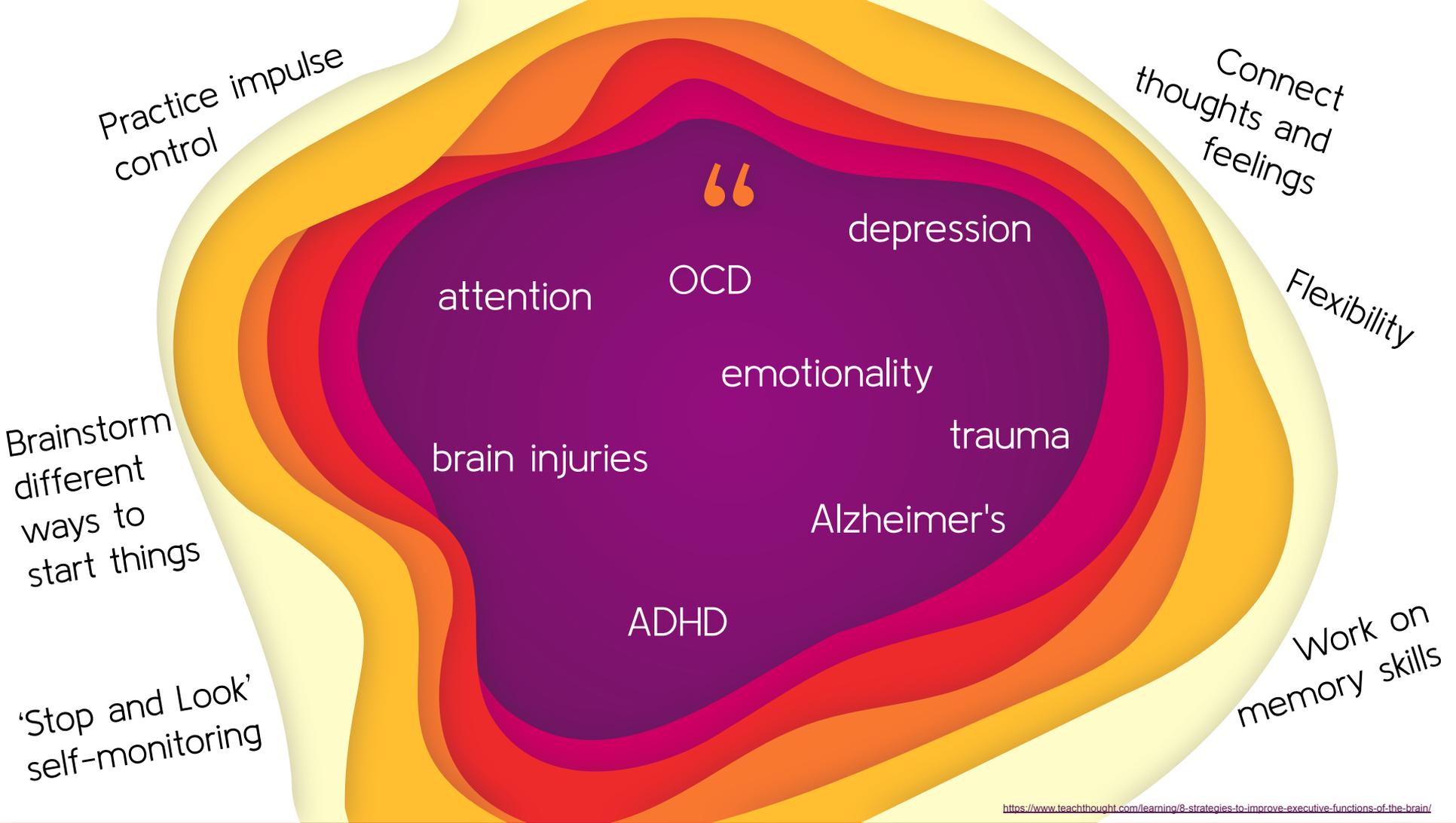
TASKS	COMPLETED
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NOTES

NEW ASSIGNMENT

NOTEWORTHY

SHININGMOM.COM





Confidence and Self-Esteem

How to Help Them Branch Out

- What's the worst that could happen?
(Hint: It's usually not *THAT* bad)
- Have them take 'safe-risks'
 - Ordering their own meals at a restaurant
 - Hanging out with a new friend
 - Trying a new club or sport
 - Asking a teacher for help in class, to meet during Enrichment, etc.
 - Advocating for help in a social situation from a school counselor, teacher, etc.



It's Okay for Kids to Make Mistakes!

Let's take the FEAR out of Failure (fear-lure?)

What's our goal as parents and teachers?



(Please don't do that)

(Yes, this is good- do this!!)



What should I do?

- Take a moment
- Process
- Take their perspective
- Support
- Create a plan for next time



Don't Make It A Competition

Helene's daughter got into Pre-Algebra A, did you try hard enough on the placement test, or were you goofing off?

It's okay she got into Pre-Algebra A, you worked really hard and did your best, that's really what's most important to me. I'd also rather you do work that is more comfortable for you, and not too overwhelming. It'll also give you more time for your hobbies!

John's son made the soccer and football team but you didn't? I thought you were a better runner than him?

I'm sorry you didn't make the team, that's a bummer. I still think you're great! If you want, we can practice at home a bit more for the next tryouts. I know you like to run- how about we check out the Track Team tryouts?

I heard Ava made the lead in the school play. You're prettier than she is, I can't believe they picked her over you...

It's great that Ava made the lead. Are there any other roles you'd like to try out for? Maybe we can meet with the play director for some tips, or we could practice with Ava after school. We can make it work! Stage crew is a fun choice too!





Mindfulness VS Stress



Limit Distractions

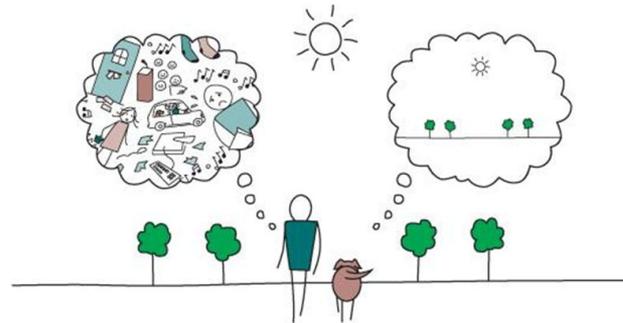
- Designate a work space area free from toys, games, television, cellphones
- Organize!
- Limit noise
- Need some fidgets?
- Allow for alternative seating
- Allow movement breaks



Mindfulness

Mindfulness is nothing other than present-moment awareness, an open and friendly willingness to understand what is going on in and around you. It means living in the present moment (which is not the same as thinking about the present moment) without judging or ignoring anything or getting carried away by the pressures of everyday life

(Snel 2-3).



Mind Full, or Mindful?

Impact of Stress on Executive Functioning

Silently think of a time when you experienced a great deal of stress.

- Physical Impact?
- Emotional Impact?
- Coping Strategies?

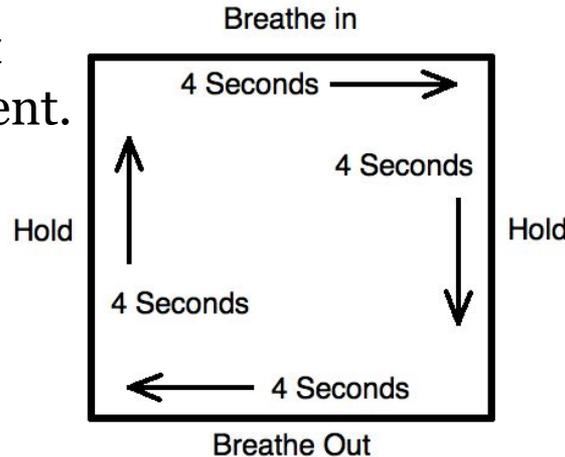


How do you think your children handle stress?

Impact of Stress

- When brains are triggered by threat or perception of threat, they release chemicals into the body to allow us to “survive” those states of stress. When released in large doses, these chemicals become toxic to the body and can create significant impairment in development. (Souers & Hall, 22)

- Flight, fight, freeze response



Impact of Stress

What Flight, Fight, or Freeze Looks Like in the Classroom

Flight	Fight	Freeze
<ul style="list-style-type: none">• Withdrawing• Fleeing the classroom• Skipping class• Daydreaming• Seeming to sleep• Avoiding others• Hiding or wandering• Becoming disengaged	<ul style="list-style-type: none">• Acting out• Behaving aggressively• Acting silly• Exhibiting defiance• Being hyperactive• Arguing• Screaming/yelling	<ul style="list-style-type: none">• Exhibiting numbness• Refusing to answer• Refusing to get needs met• Giving a blank look• Feeling unable to move or act

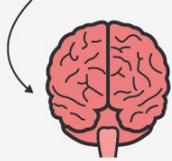
Protective Factors



- Healthy Eating Habits
- Maintaining Sleep Routines with Winding Down Periods
- Encouraging Physical Activity
- Open communication and time to process the day

How exposure to **blue light** affects your brain and body

The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.



People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.



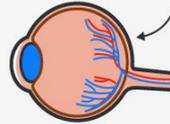
By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



There's some evidence that blue light could damage our vision by harming the **RETINA** over time — though more research is needed.

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS**:



Moderate Phone Usage

Take a Break



Questions?