
AMI/USA HOS 4.20 Zoom meeting

To share strategies, questions, and concerns regarding the COVID-19 outbreak and school closings among AMI/USA Heads of School.

4.20.2020

10 am CT

AGENDA

1. Introduction and check-in by Debby Riordan.
2. Maryse Lepoutre-Postlewaite presents the “ABCs of Tender Loving Self-Care”.
3. Participant Q & A and discussion.

MEETING NOTES

NAME	INFORMATION SHARED	ACTION ITEMS
	~30 participants	
Debby Riordan	Introduction, polls explained, resource to share: ISM – distributing information, some free, some webinars. Articles that may be useful: tuition discounts and refunds, helpful hints. Plans to make it if your school projects a fiscal loss. How the board and school head should respond.	
Lynne Breitenstein - Aliberti	Will share COVID-19 screening guide for protocols developed by OSU to help schools when they make plans to reopen.	
Debby Riordan	Introducing Maryse – her experiences and training. A Montessori educator since 1979 when she trained in Bergamo, Italy, she has taught at the Elementary level and is an AMI Consultant. In addition, Maryse has trained with <i>Children’s Creative Response to Conflict (CCRC)</i> , <i>Positive Discipline</i> , <i>KidPower</i> , <i>Mindfulness</i> and <i>Cultivating Authentic Communication</i> .	
Maryse Lepoutre-Postelwaite	Has been collecting great ideas and resources to share. If you have heard these suggestions before, good to know that you are on the right track. Some will be new to you.	
	Will share many ideas and links to resources, suggests that each person choose one idea to start with.	
	ABCs of Tender Loving Self-Care https://tlcpathways.com/articles/tender-loving-selfcare	

	<p>Trust - Exercises to build trust, trust yourself and trust that everyone is doing their best.</p> <p>Judicious and Balance for All www.tlcpathways.com/articles/balance-for-all</p>	
	<p>Community is very important at this time. The Montessori community is committed, resourceful, strong, and resilient. The focus for today is taking care of ourselves.</p> <p>How is Community Like a Wheel? www.tlcpathways.com/articles/community-like-a-wheel</p>	
	<p>Influencers and Peacemakers - Surround yourself with positive people. www.tlcpathways.com/articles/peacemakers</p>	
	<p>Forgiveness: An Authentic Apology www.tlcpathways.com/articles/an-authentic-apology</p>	
	<p>Setting Boundaries https://www.kidpower.org/blog/fullpower-boundary-skills-webinar-recording-and-resources/</p>	
	<p>Active Listening: affirming and appreciated. Keep eye contact, facing one another, use body language, be attentive, builds empathy and communication.</p> <p>Listening https://tlcpathways.com/resources</p>	
	<p>Rating the importance of the person's concern, how important is this element for the person?</p>	
	<p>Positive Benefits of Empathy www.tlcpathways.com/articles/positive-benefits-of-empathy</p>	
	<p>Yes/Yet, say "Yes" when possible</p> <p>Power of Yet www.tlcpathways.com/articles/power-of-yet</p>	
	<p>Affirmations for others, how to accept for one's self in appreciation. "Whether you think you can, or you think you can't, you're right".</p> <p>Affirmations and Positive Thinking www.tlcpathways.com/articles/positive-thinking</p>	
	<p>eXamine the Brain https://tlcpathways.com/resources</p>	
	<p>Decompress Mindfulness www.mindfulschools.org</p>	
	<p>Kindness to ourselves and others, Nature is important keep going to nature, Observe our own feelings, the feelings of others...</p>	
	<p>Use your breath – it is always with us!</p>	
	<p>Quiet, A Precious Moment www.tlcpathways.com/articles/a-precious-moment</p>	

	Mindfulness during daily activities, Turn challenges into opportunities, be present to our own emotions and being present to the people around us.	
	Humor. Rest, Source. Gratitudes , acknowledging blessings is beneficial to mental health, Walking – physical care, drinking water and eating healthy food. Value – you are important and valued, you value others and should value yourself.	
	Unity “We shall walk together, on the path of life, for all things are part of the universe, and are connected together to form one whole unity.” Dr. Maria Montessori	
	Prompt yourself and remind yourself to take care! Prompts: Value of Reminders www.tlcpathways.com/articles/value-of-reminders	
	ABC Chart https://youtu.be/uG2mCes7B7Q	
<u>Questions</u>		
Debby Riordan	Combined walking and meditation – slowing down and combining walking with breathing.	
Meagan Ledendecker	How best to access a recording of the webinar?	Include link to recording of the webinar.
Maryse Lepoutre-Postlewaite	Continue to share resources, spread this information and share with others.	
Mandie Bonilla-Ortiz	Will there be other similar offerings? This is beneficial and need more support. Coordinating with another teacher	Send topics for future meetings, suggestions for other support needed
Debby Riordan	AMI/USA Interim executive director Alan Preece will be joining the call next week	
	Use the AMI/USA discussion forums for support: https://amiusa.org/connect/forums/	<u>Provide a summary of the poll results.</u>
	Active Zoom calls, virtual discussions. Teacher interest?	Please feel free to contact us with suggestions for further resources, and support needed.
Maryse Lepoutre-Postlewaite	Pick one of the ideas above to start. Final suggestion to find a buddy, someone to help you to become more accountable with your self-care.	
	Thank you all for joining us and continue to take good care of yourselves!	

Prepared by Lynne Breitenstein-Aliberti
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