

Started on time 7:30

Ingrid starts requesting volunteers for **Spring Fling** and **General Gordon 100th Year anniversary celebration**. Explains volunteer need for the Spring Fling on Saturday, May 7th: plant sale (receiving, putting out the plants), music (live bands), and got some help. Then Margaret discussed the 100th Year Celebration results of the previous meeting, and announced the next one on March 7th. @ 6:30PM. The main event will include music,

Ingrid brings about a motion for a vote to use **\$3,600 dollars updating computer carts** and buy probably 2 new carts. Teachers have been asking for this for a while now. This expense would use about half of the current 12 vote yes, unanimously.

Margaret gives an update on the **seismic upgrade**. She is happy that we have a landscape artist that will work with the architect. He said that every part of the outdoor space is heavily used. Regarding parking it will either be underground, or try to get the city to agree to give exclusive parking to teachers by the school grounds. She thinks that by June a decision will be made regarding the type of upgrade that will be made. There will be an open house to communicate this in June. A committee is working now to share all the information available, representing all parties.

Presenter, a family therapist, presenting: "Cultivating caring children"

Typically people want their kids to be compassionate, to be caring. Being caring can not be taught. It is an instinct that can be cultivated., In reality, it is social responsibility. We really don't want the "I don't care", or "whatever" to be uttered by our kids.

To care is to be attached. She talks about two groups of mothers, one with skills training on how to care for their babies, and the other on emotional caring and sharing, and the latter performed better than the other at taking care of the kids. It has been used to care for kids that have been the victims of bullying, with good results.

The problem with this instinct is that we become vulnerable, and there is a limit. Caring requires a soft heart. Learning, being curious, asking questions is placing oneself on a vulnerable position. If you get hurt, the heart hardens, and many of these positives disappear. Sensible children normally come as a result of genetics, often the most at risk. A strong emotional attachment is for a child the most important relationship, typically made with a parent. The best defense a kid can have is being able to go to her parents and talk about their problems. To take away their most precious thing to make them behave is wrong. Using separation to punish is wounding, they are going to stop caring. If we reward caring behaviour is also wrong. If they care in order to please someone, it is wrong. We are divorcing the act from its roots.

How do I keep myself and also be considerate about you? Becoming one's own person, your own goals and desires. Truly important the case to stop all outside stimulation (peers, computers, /

tv), and they can start to develop their artistic self, their own self, being separate beings, being able to recognize oneself. Caring needs to be heartfelt.

Dependence is not a dirty word. The more they depend on us, the more likely they will grow up.

The meeting is over at 9:07