

St. Louis Catholic School PTO Meeting

~ PRESENTATION ~

Tuesday, January 16, 2018 - 7 p.m. – School Cafeteria

The agenda for the next PTO meeting includes the following topics:

- 6:45 pm – 7:00 pm ~ Doors Open
- 7:00 pm – 7:30 pm ~ PTO Meeting and Committee Updates
 - ✓ Catholic Schools Week Update
 - ✓ Silent Auction Update
 - ✓ Open Committees and Executive Board
- 7:30 pm – 8:30 pm ~ Presentation – Anxiety and Stress in Children and Adolescents
 - Anxiety is one of the biggest challenges facing our children's emotional well-being today. Anxiety can be adaptive and it can also be problematic. St. Louis School Counselor, Jen Cotnoir, and Clinical Resource Specialist, Julianne Reilly, will present on how to recognize anxiety in your children, how to understand your anxious child's reactions and will provide practical, yet counterintuitive tools and strategies to use when dealing with anxiety within your family.
 - Babysitting services in the school music room. Please send an email to Karen Fisher at khfisher75@gmail.com if you plan to attend.

We look forward to seeing you there!

Sharon Moss
President

Carolyn Koch
Vice President

Melissa McGuire
Treasurer

Beth Burke
Secretary

Please help the 8th grade! Babysitting provided as a fundraiser for 8th grade students.

Children attending must be toilet trained.

Please email Karen Fisher khfisher75@gmail.com if you are planning to attend.