

**Liberty Elementary School**  
**SART/IDAC Meeting Minutes**  
February 13, 2020

This SART/IDAC meeting took place with the Cyber Aware Parenting meeting. This was an **interactive** presentation to increase awareness of how technology is impacting children. This meeting took place in the evening and was a venue where participants could share concerns, information, and advice on how to put technology in a positive place in the home. Each CUSD school site was given a grant for this type of meeting, and dinner was provided. A big thank you to Vicki Franklin and Liberty Parent Club for organizing details.

Eighteen in attendance: George Petersen, Becky Allen, Espe Maciel, Rachelle Hayashi, Catrina Jones, Shushan Khalachyan, Yanet Mendez, Ana Castillo, Stephanie Patterson, Stacey Cross, Jennifer Piggott, Melissa Perez, Lucia Valdez, Tiffany Aoki-Chance, Ana Alfano de Castillo, Doug Tanaka, Gayle Mayorga, Molly DeFrank

**1. Mr. Petersen welcomed and presented:**

- Struggling is good - we teach our kids that. So please understand it's the same thing for parents.
- There is no magic solution for understanding all of this. Take comfort if you are struggling because we all are!
- Mr.Petersen's presentation is to KIS - Keep It Simple. In a nutshell, technology (and all that comes with it - games, etc.) provide dopamine. It's a big part of our unique human ability to think and plan. With technology providing this, it is turning normal life (the former things that generally provide dopamine) into subnormal.
- This meeting is to provide an overall toolkit to help put technology in its proper place in **your** home.
- Shelly McCabe Galleano, Liberty's school psychologist, is here to present the bigger information.

**2. Shelly McCabe Galleano - Liberty's school psychologist**

- Contract Agreement - each family is unique in how or if they choose to have a family contract agreement regarding technology use in the home. Several examples are provided here today.
- Information was given regarding the new research found regarding technology use and our children's brains and thinking.
- After information was shared, everyone gathered around his/her table for a time of collaboration and sharing.

### **3. Molly DeFrank - Liberty Parent Example**

Molly has 4 children aged 4-10. She began to notice her kids were really changing so she and her husband decided to shut all technology down for a short period of time. It was hard at first but they then noticed the kids were much more normal and happy. This 'detox' was like removing a haze. They begin really seeing their children's gifts, talents, etc. more than they had realized before. Initially the plan was for 2 weeks, but Molly and her husband decided why not extend it to a month and beyond due to the incredible result. Many thanks to Molly for sharing her personal experience at this meeting.

4. Shelly shared more slides, and had a wealth of information she could have continued sharing if time allowed. It shows there is an abundance of current research and research yet to come. The learning with this topic could truly take place over several meetings, and as we all know technology is here to stay so as a community of parents we are eager to grow and learn to become more knowledgeable for the sake of our kids.

A unique and much appreciated meeting - **adjourned at 7:00 pm.**

Respectfully submitted,

Becky Allen

SART President - Liberty Elementary