



Ho-Ho-Kus  
**Home & School**  
Association

## **HSA General Meeting** **Tuesday, October 9, 2018**

### **Julia Rosenfeld calls meeting to order**

Jackie Vaccarino to record minutes

Welcome and Introduction

### General Business

- Thank you to Caragh Wilson for apparel sale; Raised over \$4,000 for the school
- Bareburger lunch begins on Monday
- Richards Run volunteers needed
- Scripps Fundraiser to begin soon
- Box Tops, ongoing with collection in late October

### Separate Spending Proposal – November 6

- Description of the absentee ballot; SSP question is on second page
- Must register to vote by October 16
- [www.yesforhhkids.com](http://www.yesforhhkids.com) provides information about the SSP
- Attend BOE meeting on October 16 to show support of SSP

### Special Presentation by Susan Barrett of RISE, LLC

#### Social Media & Gaming

- Negative impacts – Eliminates “family phone”; Parents don’t know who their children are talking to; Makes technology use difficult to monitor; Can change attachment style and importance of healthy bonding
- Positive impacts – Fosters connection with friends and family; May decrease loneliness and create a sense of belonging; Can increase executive functioning; A “time out” for parents; Learning tool; Organizer of tasks and homework
- Social Media – “Insta-depression”: fixation on physical appearance, need for likes, etc.
- Mood and behavioral changes – Irritability, intolerance, lack of empathy, lack of motivation, inappropriate use of subject matter, etc.
- Recommendations – Develop a family media plan, implement media-free zones, serve as role models for healthy media use, etc.
- American Academy of Pediatrics offers a plan at [aap.org](http://aap.org)