

Chippewa Valley Schools African American Parent Network Meeting

January 21, 2021

Vision Statement: Our vision is to engage African American students in the learning process and to motivate them to become lifelong learners by providing opportunities to develop their academic, physical, social, and emotional growth that will enable and prepare them to become productive, responsible citizens.

Mission Statement: The mission of the African American Parent Network is to collaborate with teachers, staff and administration in Chippewa Valley Schools to create a safe and inclusive learning environment where African American students are valued and respected. We will work together to address implicit bias, eliminate racial inequalities, and promote diversity in the curriculum. We will educate, energize, and empower our community to meet the needs of all CVS students.

Committee Chairs Present: La'Trise Smith

Committee Members Present: K. Elms, S. Ward, S. Mannan, J. Bailey, J. Belcher

Committee Chairs/Members Absent: A. Taylor, L. Smith, M. Battles, T. Addison, T. Snead, E. Smith, L. Battles, D. Belcher, S. Shackelford, E. Smith

Administration Present: Harry Weaver and Nicole Faehner

Special Guests: Stephanie Lange, Student Assistant Specialist - Dakota High School, Ambrosia Jackson - Macomb County Mental Health

Stephanie has been working at Dakota for 21 years. She is responsible for at risk programs (suicide prevention, mental health crisis, etc.). She ensures students and parents are aware of resources that are available if they are dealing with a mental health crisis.

- Stephanie's contact information: 586-484-0568.
- Caring Texts - if you are interested in receiving weekly inspirational texts, text @caringtext to 81010

Ambrosia Jackson works closely with Stephanie. Ambrosia presented the "myStrength" app which was created by a Michigander that had mental health challenges. The app is designed to provide inspiration and strengthen skills to build strong mental health. The app is available to individuals 13 years and older.

- There are 16 different modules within the app covering various topics, including depression, anxiety, stress, drugs & alcohol, chronic pain, and improving sleep.
- Ambrosia also discussed life stressors and the importance self-care
- Self-care helps us avoid burnout, makes us more productive, happier, less stressed and leads to a rewarding and successful life.

- Good self-care involves setting boundaries, embracing total self, exercise and regular play. It is important to know what relaxes you and its helpful to make a checklist of small projects you can complete versus trying to tackle everything at one time.
- Proactive rather than reactive self-care is always better
- Ambrosia closed out by leading the group through 2 meditation exercises

Guests: 24+ participants

A. Call to Order at 7:04 P.M.

1. Welcome – La'Trise Smith
2. Review of Agenda – La'Trise Smith

B. What have we been up to?

- Since March 2020 we have had 8 At-large meetings
- Development of AAPN website and social media page
- School Ambassadors – we have representation in every school
- Skill building Thursdays – we are hoping to increase participation in 2021
- 2 Town Halls
- Message from our Students – recorded messages from members/students to our younger selves
- HBCU College Panel Discussion – Dr. Griffin was our guest speaker
 - a. Looking to have more college panel discussions
- AAPN Student Newsletter
- Development of the Special Needs Resource Guide
- CVS Tutor List – available for students that need additional help
- Student Spotlight
- 1st AAPN Fundraiser
- Business promotion – please let us know about your business so the AAPN community can support and we can put it on our Facebook page
- Assistance from Interns
- La'Trise also discussed the different chairs and committees for the new members

C. Harry Weaver, Diversity & Inclusion Officer

- A question was raised regarding statistics for disciplinary data in each school during the December 2020 meeting with the officers. Harry is waiting on the data and will share it with the group once received.

Nicole Faehner, Director of State and Federal Programs and Outreach

- The group has done a lot of work over the past year - thanks to the team and the new parents that joined tonight
- Student population demographics:
 - 75.5% white

- 11.2% African American
 - 5.5% Multiracial
 - 4.5% Hispanic
 - Remainder - Asian or Native American
- Majority of students speak English; over 30 languages spoken in our district including Arabic/Chaldean, Albanian and Spanish
 - Less than 2000 students receive special education services

D. What's Next?

- Skill Building Thursday – March 11th
- Next AAPN Meeting - March 18th
- From Thoughts to Poetry – led by interns
- AAPN's 1-year anniversary – Let's celebrate!!!! More details to come.

What can you do?

- Attend our Board meetings (meetings are held every 1st and 3rd Monday @6:30 pm)
- Get to know the Board members and their roles
- Reach out to Harry Weaver and School Administration with concerns
- Connect with your child's school and make sure they know about AAPN
- Donate to support AAPN initiatives
- Share the news from our meetings
- Join our Facebook page

E. Adjournment

- The meeting ended with closing remarks from La'Trise Smith.

The meeting was adjourned at 8:07 P.M.

Respectfully Submitted by Shameeka Ward