Our vision is to develop a community of reflective learners who advocate for themselves, others, and a just world.

COUNCIL/SAC MEETING AGENDA
October 17, 2024, 5:30 to 7:30 PM

Invite, Inform, Connect

In addition to its role as a vital governance mechanism, Council meetings offer an opportunity to nurture productive and strategic intentions aimed at serving the community at large. The goal of every council meeting should be for community members to leave feeling informed, inspired, and impassioned to contribute to fulfilling the school's vision and mission.

Items	Notes	Who	Time
Welcome	Mindfulness	JGBC/Travis L	5:30 (5 min)
SAC Meeting	**Principal's Report** ● Update on current enrollment (361 as of 10/7/24) ● Fund 11 Budget thru 8/31 ● Council Budget thru 8/31 ● UIP **DAC Report** ● Updates from DAC meeting ● Questions/Feedback to the SAC from the DAC ● Questions/Feedback for the DAC from the SAC **Next SAC: Dec. 19, Feb. 20, Apr. 17**	JGBC	5:35 (30 min)
Hawks Happenings	● Art Gallery Walk ● Slide Show	Student Docents 1/2 Team	6:05 (40 min)
Classroom Cleaning	Discussion Protocol	JGBC	6:45 (25 min)
Committee Updates	See below	Committees	7:10 (15 min)
On the Horizons	Enrollment Plan for Next Year	Council Members	7:25
Adjourn			7:30

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5-Minute Mindfulness Practice

1. Find a Comfortable Space (1 minute)

- Sit or lie down in a comfortable position. You can close your eyes or keep them softly open with a downward gaze.
- Let your body relax. Take note of any tension in your muscles and release it. Let your hands rest in your lap or at your sides.

2. Focus on Your Breathing (2 minutes)

- Take a deep breath in through your nose, hold for a moment, and exhale slowly through your mouth.
- Now, let your breath find a natural rhythm. Pay attention to the sensation of your breath as it moves in and out. Feel your chest or belly rise on each inhale and fall on each exhale.
- If your mind starts to wander, gently guide your attention back to your breath.

3. Body Scan (1 minute)

- Shift your attention from your breath to your body. Start at the top of your head and slowly move down.
- Notice how each part of your body feels. Are there any areas of tightness, warmth, or discomfort? Simply observe, without judgment, and relax each part as you scan downward—forehead, neck, shoulders, chest, back, arms, legs, and feet.

4. Anchor to the Present Moment (1 minute)

- Focus on the present. Listen to the sounds around you, feel the surface you're sitting on, and notice the temperature of the air on your skin.
- Take a moment to mentally acknowledge, “I am here, in this moment.” Let any lingering thoughts or distractions pass without engaging with them.

5. Closing the Practice

- Take one final deep breath in, and as you exhale, imagine releasing any remaining tension or stress.
- Slowly bring your awareness back to your surroundings. Wiggle your fingers or toes, and when you're ready, gently open your eyes.

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Committee Updates

- **Wanna know what's happening and when?:**
    - Add the school's calendar to your iCal or GCal using this link: https://ho8.bvsd.org/calendar/calendar_602.ics

- **Development Committee:**
    - **What:** Oversees fundraising and marketing efforts. Parent volunteers work with the administration to develop campaigns to raise money for all of the extra programming that is unique to Horizons (e.g. Outdoor Ed, Winter sports, individualized learning support systems, etc.).
    - **When:** The Development committee meets on the first Tuesday of the month at 2:30. Our next meeting is Nov 5th, 2024 from 2:30pm - 3:30pm in the Conference Room.
    - **Upcoming Events:**
        - ARTastic Dec 6th, 11am–2pm
        - Colorado Gives fundraising campaign November 1-December 10

      A Horizons tradition! ARTastic is in its 20th year. Our winter market is a wonderful place to get your holiday gift with 25% of proceeds coming back to the school.
    - **How to get involved:**
        - Artastic needs planners and volunteers for the day of. Reach out to horizonsartastic@gmail.com or sign up at helpatschools.com
        - Volunteer for Open enrollment tours https://bvsd.helpatschools.com/schools/21/events
        - Group of volunteers are working in reaching out to pre-schools-update
        - If you are skilled or enthusiastic (or both!) about fundraising, marketing, and events planning, or if you'd like to help us meet our development goals in any way, we would love to see you at our next meeting October 1, 2024 2:30pm - 3:30pm in the Conference Room. For more information on joining the Development Committee, contact the Assistant Head of School, Kristin Hauger at kristin.hauger@bvsd.org

- **Equity, Diversity, & Belonging (EDB):**
    - **What:** Parent volunteers meet with Faculty, and Staff once a month to develop plans for creating a more diverse and equitable environment for our community. Any and all community members are welcome!
    - **When:** We do not have scheduled meetings at this time
    - **Announcements:**

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- **Banned Book Club**-October we are reading The Hate you Give by Angie Thomas. We will have a gathering the first friday of May 8:30-10
- **Be The Change-**We shared more about banned books and why we read them and why they are banned. See more in the HCG website
- Coffee Connections-Nov 8th 8:30-10 *Celebrate and learn the history of our foods*
- Share ideas and insights on the books read last year as part of the Banned Book Club. EDB has created a **Link to EDB Banned Book Padlet** for all of us to share our thoughts and insights on these amazing books. You can find all the books from last year and the new books for this year. Share your thoughts and let's connect asynchronously!

  - **How to get involved:** We are always welcoming new members. Please join us! If you are interested, please email hk8edb@gmail.com.

- **Horizons Community Group (HCG):**
  - **What:** A collection of Parent volunteers who help to plan events and promote a strong, vibrant, socially active community at Horizons. Liaisons are also under the umbrella of HCG. All are welcome!
  - **When:** The HCG/liaisons meet once a month. HCG hosts Coffee Connections which meets the first Friday morning of the month.
  - **Upcoming Events: Fall Dance**
    Horizons' Fabulous Fall Dance! Wear your FAMILY FRIENDLY Halloween costume, and get ready to have some fun! This all-school event is a great chance to get the whole Horizons community together. We'll have awesome music and activities, and drinks and snacks will be served (with gluten-free and peanut-free options available). This event relies on support from families to supply the snacks for sale, help with set up beforehand and clean up after, and chaperones during the event. Parents are required to attend with their children, this is not a drop-off-and-go activity.
  - **How to get involved:** Fall Dance needs planners and "day of" volunteers. For more information go to helpatschools.com or email horizonscommunitygroup@gmail.com
  - **Feed the Teachers:**Horizons supports our teachers with nourishment over conferences. Please sign up to bring a dish.
    https://bvsd.helpatschools.com/schools/21/events
- **Upcoming Events:**
  1. **Knitting Group-t**omorrow morning after drop off in the nook off the cafeteria. Bring your supplies and have fun. All levels welcome!
  2. **Coffee Connections: Nov 8th** after drop off. EDB is hosting "Celebrate and Learn about the history of our food"

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3. **Fostering Empowered Talk at Home Wednesday November 13th** 6:30:This short workshop will give you tools to help you and your children recognize your strengths. Through interactive exercises, we will practice nurturing and celebrating the wonderful and unique individuals your children are.

Concordance

What is it and why is it important?

The concordance model of decision-making and voting is used at all Horizons meetings council, board meetings, and faculty meetings. Concordance serves as an extension of the idea that clearly communicating with each other in a safe space allows for everyone to have a voice in the discussion. It allows for disagreement and exploration of alternate ideas fostering better mutual understanding and a more inclusive decision making.

The Concordance Voting Process:

- A valid motion is brought forth.
- A discussion regarding verbiage typically precedes the motion being seconded.
- Once a motion has been seconded, the voting members proceed with a vote.
- If unanimous agreement is reached, the motion passes.
- If unanimous agreement is not reached, those who are not in agreement are encouraged to present what they are objecting to and offer alternate solutions/amendments.
- Following a discussion, the original motion is often modified and the process repeats.