



HILLSIDE PARENT MEETING

PLEASE JOIN US!

PTSA Parent Meeting Minutes Wednesday, September 30, 2026 at 8:30 AM Hillside Multipurpose Room

- PTSA Welcome - Angela Ries & Maureen Cawley
- PTSA & SEPTA Announcements
 - **Wed, Sept 30** – Rivertown Parents Meeting: *Friendship, Belonging & Neurodiversity*
 - **Tue, Oct 6** – BOE Regular Meeting | **6–9pm**
 - **Wed, Oct 7** – FMS PTSA/SEPTA Meeting
 - **Sat, Oct 31** – **PTSA Halloween Fun Run** – Registration is live [here](#) and t-shirts sales [here](#)!
 - **Wed, Nov 18** - Rachel Lissy, Ph.D. 2nd Parent Meeting/Workshop: *Helping our Family to Learn from Mistakes* at 8:30 AM (Livestream will be available.)
 - Call for PTSA grade liaisons! A great way to get involved with th
- **Parent Workshop: [Understanding Triggers, Tantrums & Power Struggles](#)**
 - Introduced by Amy Cazes
 - Rachel Lissy, PhD presented to the audience both live and livestream
 - Participation from the live audience included questions, partner discussion, and audience responses
 - Development of the brain & milestones - Hand Model of the Brain by Daniel Siegel
 - Triggers & Escalation in both parents and children
 - Strategies for self-regulation and co-regulation
 - Great Hillside turnout! 23 in-person attendees including PTSA and SEPTA members + 84 livestream attendees