



FMPAC
Executive Board
(2016 - 2017)

Dahlia Peña

President

Miami-Dade County

Maria Segura

President-Elect

Collier County

Laura Beltran

Secretary

Pasco County

Claudia Banda

Alternate Secretary

Suwannee County

Dr. Maria I. Pouncey

FMPAC Coordinator

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The first meeting of the Florida Migrant Parent Advisory Council (FMPAC) for the 2016-2017 school year took place at the Rosen Shingle Creek Hotel in Orlando, Florida on November 4 & 5, 2016. Dr. Maria Pouncey welcomed members and called the meeting to order. Ten members attended. The agenda and minutes from the previous meeting were approved. New members were voted in, they are: Claudia Banda Suwannee County, Adela Ramirez Volusia County, Blanca Giles Miami-Dade County. The next meeting is schedule for December 16 & 17, 2016 at the same place.

Your new FMPAC Executive Board for the 2016-2017 school year has been elected. They are:

President—Dahlia Peña

President Elect—Maria Segura

Secretary—Laura Beltran

Presentation/Workshops

MALDEF: Chapter 1 Orientation

Dr. Maria Pouncey

FMPAC Coordinator

Dr. Pouncey provided examples on how to prepare, conduct, and organize a parent meeting. She also emphasized members' responsibility and expectations under FMPAC.

Toxic Stress

Dr. Natalia Falcon

FSU College of Medicine

Dr. Falcon stated that stress can either be physical, emotional or both. She also stated that toxic stress is long term stress without a break. She gave examples of



toxic stress and its warning signs.

Scholarships/Financial Aid

Mr. Pedro Hernandez

Outreach Representative FLDOE

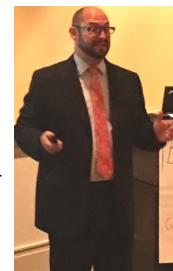
Mr. Hernandez's workshop on financial aid and scholarships focused on the steps students need to take to prepare financially for college. Mr. Hernandez talked about the scholarship process. He shared that for every ten scholarships applied for the student might receive one.

MALDEF: Chapter 3 Parent Teacher Partnership

Mr. John Padilla

Orange County Staffing Specialist

Mr. Padilla began his presentation with an ice breaker on communication. He shared various points on what a parent needs to do to meet with his/her child's teacher. He urged parents to; 1) Call to ask for a parent teacher conference, 2) Write down what needs to be said about your child and their education, 3) Arrive on time or a few minutes before meeting time, and 4) Do not leave the meeting with any doubts or questions.



Computer Training

Mr. Isaac Altamirano

PAEC Migrant Technical Assistant

Mr. Altamirano reviewed the importance of email and password security. Mr. Altamirano provided information on Online Security-Phishing Scams.





Florida Migrant Parent Advisory Council (FMPAC)

FMPAC Members

By County

Collier

Maria Segura

Hillsborough

Felix Jose

Miami-Dade

Blanca Giles

Dahlia Peña

Pasco

Laura Beltran

Polk

Rosa Flores

Suwannee

Claudia Banda

Volusia

Adela Ramirez

FMPAC District

Members by County

Madison

Nicholas Gonzalez

Miami-Dade

Martha Torres

Suwannee

Naela Jimenez

Volusia

Katie Amaral



Message from the FMPAC President:

Hello Members,

Thank you to all who participated in the first FMPAC meeting of the 2016 - 2017 school year. I am very honored to represent the FMPAC as the new President and I'm looking forward to learning and growing, to better ourselves and to become productive in this FMPAC program as well as in our districts. I welcome our new members to the FMPAC family, and welcome our new President Elect, Maria Segura, and our new Secretary Laura Beltran. This first meeting was full of great information and I want to thank the presenters, Dr. Natalia Falcon, Pedro Hernández, John Padilla, Isaac Altamirano, and a special thank you to Dr. Maria Pouncey. I am looking forward to seeing everyone at the next FMPAC meeting in December.

Thank you,
Dahlia Peña
FMPAC President





Toxic Stress

What is Toxic Stress?

Anybody can experience stress regardless of their age. When we experience a stressful situation, our body reacts to it. However, not all stress is created equally. Toxic stress occurs when we experience strong, frequent, or prolonged stress.



Toxic Stress in Children

Children are especially vulnerable to the effects of toxic stress because childhood is a crucial period for brain and physical development. Children who are exposed to toxic stress are at a high risk of developing illnesses as adults.

Long-term Consequences of Toxic Stress

- Depression
- Frequent Headaches
- Heart Disease
- Cancer
- Asthma
- Anxiety
- Frequent back pain
- Weakened Immune System





Participant Survey Results

Trainings/Workshops:	
Robert's Rules of Order/By-Laws	Strongly agree = 7 Agree = 3
MALDEF: Chapter 1 Orientation	Strongly agree = 8 Agree = 2
Toxic Stress	Strongly agree = 11 Agree = 0
Scholarships/Financial Aid	Strongly agree = 9 Agree = 2
MALDEF: Chapter 3 The Parent Teacher Partnership	Strongly agree = 10 Agree = 1
Computer Training on Video Conferencing	Strongly agree = 7 Agree = 0
Accommodations	
Hotel (your room) was comfortable.	Strongly agree = 7 Agree = 1
The food was of good taste.	Strongly agree = 9 Agree = 1 Neutral = 1
The hotel staff was kind.	Strongly agree = 10 Agree = 1
PAEC staff was helpful during the conference preparations.	Strongly agree = 9 Agree = 2
The meeting room was comfortable (it was not too cold or too hot).	Strongly agree = 8 Neutral = 2 Disagree = 1
The material used was easy to understand	Strongly agree = 10 Agree = 1
Meeting times, location, and childcare:	
Weekend meetings.	Strongly agree = 9 Agree = 1
Childcare available.	Strongly agree = 9 Agree = 1
Central area in Orlando.	Strongly agree = 9 Agree = 1
Central place (in Orlando instead of another Florida city) for all members.	Strongly agree = 8 Agree = 1 Neutral = 1

Vacancies:

Currently we have no parent members vacancies.

We will notify districts when there is a vacancy.

References

Florida Department of Education

FSU College of Medicine

Visit the FMPAC website myfmpac.org/español for more information in Spanish.

