

March 21, 1951

The Visiting Teachers of the Northern Virginia Area met at the Coffee Shop in Manassas, on Wednesday, March 21, at 10 A.M. The meeting was opened with group singing of hymns and devotions based on Luke 23:33 and John 19:20, led by Mrs. Cady.

The program consisted of a forum on "Health Springs From Body and Mind" which was presented by Mrs. Harris and Mrs. Hatch.

Mrs. Harris gave a synopsis of a report on a book based on the life of Theodore Roosevelt.

Mrs. Wilbur, Health Nurse from Fairfax, presented "The Relationship Between Physical and Mental Health".

Mental hygiene- the preservation and promotion of mental well-being as it relates to emotional relationships.

can be defined as the process of affecting experience.

"The Best Investment I Ever Made" by A.J. Cronin in Reader's Digest

"Insecurity Is Contagious" by Virginia Axline in Childhood Education

Miss Allen, a Fairfax principal, presented "Dealing With Symptoms of Emotional Ill-Health"

Aggressive- language, overt actions, resentment of authority, destroying property, movements.

Submissive- blushing, biting nails, few friends.

Withdrawn- solitary, has a specialty,

Physically Ill-

What can we do and how--- Teacher know values and goals.

Identify self with basic values of American culture. (honesty, etc.)

Recognize the identifications child brings when he comes to school.

Miss Benson, elementary supervisor from Fairfax, presented "How Supervisors Can Assist In Promoting Mental Health".

Help teacher to see her situation more objectively.

Build better atmosphere and relationships.

The how we work with people is more important than the what.

Know and do something about physical difficulties.

Home background.

Help teacher to see to well-rounded adjustment of child.

Help teacher to adjust curriculum to fit needs of child.

In-service training.

Know agencies which might help child in mental health,

Child Study groups with parents. (include pre-school)

Mrs. Hatch presented "Visiting Teachers Role in Mental Health".

Liason between school and home.

Child may get more satisfaction from not reading than he does from reading.

Remove guilt. We like to be punished and expect it.

Build up ego rather than keep punishing.

Keep confidence of teachers, parents, and children.

ASCA Handbook for 1950- "Fostering Mental Health in the School".

Mr. DeHaven, Rehabilitation Supervisor, was present at our meeting. He gave a talk on the rehabilitation service and showed a film which depicted some of the things the service does.

What the V.T. can do --

1. Refer cases early- accepted at 16 or out of school.

2. If attendance reason is economic, breadearner may need service or hospitalization.

Rehabilitation Service began in 1920. Since 1943, they have been doing physical restorations.

65% of funds come from Federal and 35% from State. Virginia spent \$600,000 for case service work last year. \$16,000 in 10 counties in this area.

There are 4 areas in the state and 20 districts. 5 districts work out of the office in Charlottesville.

Since 1943, 60,000 disabled persons have been rehabilitated per year. Only 9,000 before that time. Earnings have increased over a billion dollars and one hundred million has been paid as income taxes. \$200 is the average cost per case.

Rehabilitation supervisors are available for talks to P.T.A.'s, Lion's, Rotary, Kiwanis, and other organizations.

The business session was held after lunch.

The minutes were read and approved and the treasurer's report was given.

Old business--

No reports from standing committees.

Several of the members told of extension courses and summer work being given in their divisions.

Miss Van Anden is reporting on Special Education and will get information on Federal funds for Homebound pupils.

Communications--A letter was read from our state president asking for suggestions for a meeting concerning the State meeting next fall.

1. Some arrangements be made to alleviate crowded conditions at delegate dinners. (Maybe 3 different nights- 3 different hotels.)
2. General sessions too long. Maybe add another day to take care of this.
3. A special time for committee meetings.
4. Forums for different departments.
5. Best speakers not left until Friday night because some have to go home.
6. One general meeting on Wednesday especially designed to include a cross section of school personnel--namely, Superintendents, Supervisors, High school and Elementary Principals, Visiting Teachers, Guidance workers, and Classroom Teachers.

Nominating committee report was made and accepted as read;

Chairman - Mrs. Louise Rigdon

Vice chairman - Mrs. Lois Harris

Secretary-treasurer- Mrs. Esther White

A motion was made and passed that the chairman and secretary be elected in alternate years.

April

The chairman, Mrs. Cady, will arrange for the ~~the~~ meeting to be held in Leesburg. At that time we will have an installation service for new officers.

The meeting adjourned at 3 P.M.

Respectfully submitted,
Esther P. White,
Secretary,