General PTO Meeting

***Monday, February 8, 2021***

**In Attendance**

Sarah Castro, Suspa Chowdhury Leslie Dockins, Leslie Evans, Lisa Fikes, Sarah Fikes, Carrie Frain, Amy Garcia, Shipra Jhunjhunwala, Jessica Kwartler, Anni Krisanto, Anderson Loan, Ebony Lumpkin, Laura McDuffie, iPad

Meeting started at 6:30 pm

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| **Welcome** | **President** |
|  | Welcome |
| **Approve Minutes Recording Secretary** | |
|  | Minutes shared from Nov 9 PTO Meeting  Changes—none; Can be accessed at https://www.westsidehighpto.org/archived-events  Motion to approve Leslie Evans  Seconded by Toni Wittrock |
| **Business** | **President** |
|  | What have we been doing?   * Friends of Westside support * Staff Appreciation luncheon * More staff appreciation   Fundraising for 2021  Reaching out to families when there are tragedies |
| **Principal’s Message Principal** | |
|  | Principal Wittpenn is on maternity leave |
| **Student Council (STUCO) Student Leaders** | |
|  | We heard from Amy Garcia (12th), Anderson Loan (11th), Jessica Kwartler (12th), and Sarah Fikes (12th) who answered the following questions:   * What school leadership/STUCO activities are you working on right now? Amy mentioned the Souper Bowl of caring food drive; STUCO leadership elections are coming up soon—President, VP, secretary, treasurer, etc. * What have you appreciated most about your high school years? Jessica is a senior and has enjoyed swimming and water polo; she has made different friends and appreciated getting to know students from diverse backgrounds. She has also enjoyed her teachers who have been very helpful * What are some ways that your families have supported you throughout high school? Anderson talked about his grandfather and how he has taken them out to lunch; * What advice would you give parents on how to support their children in high school? Sarah, senior class president—tell your child how proud you are of your child; always encourage your kids to join clubs—it’s a great way to meet people and good for college applications; leadership roles; always motivate your kids to do your homework… Encourage them to work at a desk where you are sitting up and not laying down |
| **PTO Speaker Series Guest Speaker** | |
|  | What is a family code?   * Standards, rules, belief – to create unity * Everyone is part of the family code—bridge the gap by connecting with your child and letting them have input   Where to start?   * More than 80% of teens experiment with drugs or alcohol * It is important to address it in the home * Look for natural ways to insert it in the conversation—use the news, for example, as talking points * Have conversations before telling them not to do it * Be transparent enough to move conversation forward * Incorporate them in the conversation * Document the discussion * Have a motto or a framed document of beliefs for all to see   Be free from distraction   * Something that everyone is aware and agrees   Get clear on beliefs first   * Be prepared * Get on the same page * Talk it through with other adults in the house * Educate yourself on what things are in this world   Let’s Get Started   * Set the foundation   + “In this family we do not use drugs…”   + “In this family we respect people on and offline”   + “In this family it is important for all of us to be on the same page and have a conversation about…”   + “We may have never had an official conversation about certain things and now is the time…” * Use your own language * Do not lecture * Make it about them, not about you * No more than ½ a page   Come up with rewards and consequences   * Make sure they match * What are the privileges that they have right now? * Can earn privileges back by earning them through consistently following the family code * Do not put into place consequences where you cannot follow through   Print, Sign, and Post   * Keep it visible * Presentation is everything   Revisit the code every few months   * Time for action * Remember it might be a peer issue * The more you have the conversation, the more they will remember it * Maybe have a code to remind them, such as “remember that grandma is coming, etc.”   Teen brain is still developing   * Prefrontal cortex development (ages 11/12 to 24/25) * Teens need structure so they can function better * Research says that guys’ brains take longer to develop than girls * Executive function skills are the last to be developed * Things are needed to be said and not assumed   Don’t make it weird!  Observe what they are into and ask questions – get into their world  Build rapport – become genuinely interested in getting to know them from a place of love  Be consistent |
| **New Business President** | |
|  | Remember to contribute to the food drive this week! |

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| **Upcoming Events** | |
| May 10  6:30 pm | Together We Can Do…Virtually Anything  Guest Speaker: Ebony Lumpkin  Register at https[://w](http://www.westsidehighpto.org/blog)ww[.westsidehighpto.org/blog](http://www.westsidehighpto.org/blog) after March 14 |

Meeting adjourned at 7:35 pm