



Westside High School PTO

- Sarah Castro, President •
- Anni Krisanto, 1st VP Membership • Stephanie Brewster, 2nd VP Fundraising •
- Cossette Hurtado, Treasurer • Gypsy Morinelli, Corresponding Secretary •
- Leslie Evans, VIPS Coordinator • Laura McDuffie, Parliamentarian •
- Dr. Suspa Sinha Chowdhury, Faculty Representative •
- Keri Wittpenn, Principal •

General PTO Meeting
 Monday, November 9, 2020

In Attendance

Shipra Agarwala, Fatima Amer, Sharon Biek, Sarah Castro, Kimberly Coolidge, Jeanette Ellis, Leslie Evans, Carrie Frain, Saikati Gikonyo, Kelly Kiser, Anni Krisanto, Anderson Loan, Ebony Lumpkin, Rena Mobley, Ana Noyola, Jennifer O’Neil, Kate Stremmel, Keri Wittpenn

Meeting started at 6:30 pm

Welcome		President
	Welcome	
Approve Minutes		Recording Secretary
	Minutes shared from Oct 12 PTO Meeting Changes—none; Can be accessed at https://www.westsidehighpto.org/archived-events Motion to approve Rena Mobley Seconded by Jeanette Ellis	
Business		President
	Please remember to complete the Community Survey https://www.westsidehighpto.org/ and create your flipgrid video https://flipgrid.com/bd704463 Why Westside?	
Principal’s Message		Principal
	<p>The option to return in person for the 3rd six weeks is available through Friday, November 13, 2020; the 3rd six-week period begins December 7</p> <ul style="list-style-type: none"> • Our current in-person (f2f) is low—about 300 students • 9 callouts about different cases on campus. We are controlling the outbreak so far. Some of those are presumed and some are positive <ol style="list-style-type: none"> 1. What will in person look like if 50% or more returns? If capacity reaches too many to be socially distant (more than 10 desks per classroom—about 800 students), then we might have to run a hybrid schedule. <ul style="list-style-type: none"> • If you are happy where you are, then stay there. • End of the semester is at the end of January, which is different for our school calendar. In order to keep social distancing measures in place, we need to keep the #'s at a certain percentage 2. What is being sprayed in the classrooms? It is a particular blend, which does meet CDC guidelines for disinfecting. https://www.buckeyeinternational.com/media/1603-quat-256-lit.pdf 3. What is going on if you are f2f right now? Right now, the students go from class to class, but it varies from 1 to 10 students. 	

	<ul style="list-style-type: none"> • The students are still in the Live Session with their virtual counterparts. • After lunch, we transition to office hours, and the students are in office hours with the teachers and the rest of their next period(12:05 to 2:35p). There can be fatigue since the students are together for 2 ½ hours. • Students have a choice during lunch—in commons in rows or outside. They eat without masks, but put them back on after eating • HISD is adhering to 6 feet in all classrooms, which is 10 desks per classroom. <p>PSAT test for 9th graders? The formatting of the test is more aligned to the 11th grade PSAT.</p> <ul style="list-style-type: none"> • The more times you have exposure, the better. If you are able to take it, then wonderful, but balance it with what you are comfortable with. If you don't take it, it is not the end of the world. • The 9th/10th grade PSAT will be December 15. Students must do a pre-registration, so we know who will be on campus.
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Student Council (STUCO)

Student Leaders

	<p>We heard from Fatima Amer (12th), Saikati Gikonyo (12th), Anderson Loan (11th), Ana Noyola (12th), who answered these questions:</p> <ul style="list-style-type: none"> • What is the Student Council all about? STUCO members represent the student body at all grade levels, working with the school to promote activities for students. • What activities are you working on right now? STUCO has done virtual activities such as Suicide Prevention Awareness and Red Ribbon Week. This month members are promoting and assisting with the Faculty and Staff appreciation as well as the Food Drive. Click on the boxes on the main page https://www.westsidehighpto.org/ to learn how you can participate. • How are you balancing those activities with school/work/life? Stay organized. Do your work during flex time. Exercise and make time to do things you like to do, especially spending time with friends. • When you run into challenges, how do you respond? Exercise seems to be the best way to get back in balance but communicating with friends also helps. The key is to stay organized and on top of your game. • What advice would you give parents? Get involved in clubs and orgs. See https://www.houstonisd.org/cms/lib2/TX01001591/Centricity/Domain/37759/Club%20and%20Organization%20Offerings%202020-2021.pdf for more information on how you can get involved at Westside.
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PTO Speaker Series

Guest Speaker

	<p>Balance— “When you are living with balance in your life, you are living with peace and harmony every day. Balance comes in physical forms, emotional forms, and a spiritual form. Being in balance may mean something different to each individual.” --Jan Campbell</p> <p>Tap into spirituality of balance Remember to take care of self—water, set boundaries, meditating, sit in silence, body movement, scents and aromas, sound machine, engage with people in the physical The 4 agreements—create balance</p> <ol style="list-style-type: none"> 1. Be impeccable with your word (be honest with yourself before you commit). Do not overly commit yourself, for example. This allows you to really think about the value of your time, so you don't commit to things prematurely. Be honest and don't apologize, so you don't have to go back on your word. Choose empowering
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	<p>language</p> <ol style="list-style-type: none"> 2. Don't take anything personal. What they do is not about us, it is about what they choose to do. The decision is not on you. Be clear with the expectations and understand the consequences. How to hold the line with your children—give children boundaries in order for them to be successful. Don't attach yourself to how other people behave. The goal is to reframe how we look at situations and detach from what others are choosing to do. Ask, "Is this in alignment with who I am in the core?" We choose how we respond. 3. Don't make assumptions. We don't know the story. Assumptions create a false negative. These assumptions can create anxiety or depression—triggers—emotional poison. Ask for clarification. We have to get comfortable in our own reality. Be courageous and ask for clarity 4. Always do your best. IT is about intention, not perfection. One day at a time. When we make agreements with ourselves, let's not project it on others, because the other person experiences the negative. <p>It is all about the agreements we choose to make with ourselves. How do we decide the consequence—it has to match the offense. The family contract...Invite your children in the conversation to make the rules. Know what they are interested in. Talk with them. Find out best rewards and consequences. Create activities that you can do with your child so you can connect. Be consistent. Get to know what they like.</p>
<p>New Business</p>	<p style="text-align: right;">President</p>
	<p>Check out what we are doing this month! Support Friends of Westside and Wil Smith, Westside's Wraparound Specialist, will be able to meet the needs of many families this Thanksgiving. Find out more at https://www.westsidehighpto.org/friends-of-westside</p>

Upcoming Events	
Nov 23-27	Thanksgiving Break
Dec 7	Beginning of 3 rd six-week period
Dec 15	In person PSAT testing for registered 9 th and 10 th graders only; virtual classes for non-testers
Dec 21 - Jan 1	Winter Holidays—No school
Feb 8 6:30 pm	Together We Can Do...Virtually Anything Guest Speaker: Ebony Lumpkin Register at https://www.westsidehighpto.org/blog after November 14

Meeting adjourned at 7:47 pm