

# Niwot Elementary School's PTAC General Meeting Minutes Tuesday February 17, 2016

*Special note: Since the meeting was held in the cafeteria with no overhead, there is no link to the presentation.*

## **OPENING:**

The meeting was called to order by President Donna Blondeau at 9:15am with 15 members present (8 Board members; 7 regular members).

This meeting was our 2nd pilot morning meeting so the PTAC Board was introduced.

The Pledge of Allegiance was recited.

The minutes of the November 2015 meeting were reviewed and approved as posted.

## **PRINCIPAL REPORT:** Presented by Nancy Pitz, Principal

- Stephanie Horne, 4th grade is out for rest of the year to manage her recent cancer diagnosis.
  - Kara Danielson is her replacement
  - Karen Ragland has organized meals and cleaning for the family.
- Encore Award: Nominate your favorite teacher
  - Deadline March 15, 2016
- CMAS (Colorado State Standards)
  - 4th grade - Social Studies: NES had the highest scores in SVVSD in 2014 and 2015.
  - 5th grade - Science: NES had the 2nd highest scores in SVVSD in 2014 and 2015.
- PARCC (LA/Math Common Core)
  - NES had the highest scores in SVVSD in 3rd, 4th, and 5th in ELA.
  - NES had the 3rd highest scores in SVVSD in Math in 4th and 5th grades.
  - 2016 Assessment window: April 11-22.

## **TEACHER'S REPORT:** Presented by Pilar LaFaye, Teacher Representative

- Thank you from teachers for CU Discovery.
- Teachers really appreciate the updates from Bobbi O'Donnell, Treasurer in regards to where they stand with their grant monies.
- Still working on Silent Auction and teacher experiences.

## **TREASURER'S REPORT:** Presented by Bobbi O'Donnell

- Income highlights
  - Donations:
    - Cougar Campaign \$30.00
  - Activities:
    - Directory \$73.05
    - Spirit Wear \$523.97
  - Corporate Income:
    - Grocery cards \$321.60

- Online shopping \$66.23
- Expense highlights
  - Teacher/Staff
    - Para salaries and benefits \$10,122.33
    - Teacher and non grade level teacher grants \$487.69
    - Grade level grants \$25.00
    - Library purchases \$736.67
  - Services and Activities
    - Directory \$78.84
    - Talent Show \$1336.86 (- \$30.50 over charge)
    - Spirit Wear \$391.75
  - Operating Expenses
    - On line software \$26.95

**PRESIDENT'S REPORT:** Presented by Donna Blondeau, PTAC President

- Science Garden Gala - April 22, 2016
- Still in need of classroom volunteers to teach Science lessons.
- Open PTAC 2015/16 Board positions:
  - President - Donna Blondeau will serve her 2nd year.
  - VP Fundraising - OPEN
  - VP - OPEN
  - Treasurer - OPEN
  - Recording Secretary - OPEN
  - Communications Secretary - Patricia Lady will serve her 2nd year.
- Slate of members will be presented at March 2016 PTAC meeting and voting will take place during the April 2016 meeting.

**VICE PRESIDENT/VP OF FUNDRAISING REPORT:** Presented by Joyce Frailey, VP

- Summary of VP position on board:
  - Twice monthly Board meetings
  - Monthly General PTAC meeting
  - Monthly reconciliation of books with Treasurer
  - Support committees
- Open Committee positions for 2015/16 school year
  - Spirit Sales - (commitment all year)
  - Summer learning
  - Sock Hop
  - Traffic Safety - Heavy fall commitment
- Trip Tracker update:
  - Opportunity for open enrolled students to ride bus. Contact Marni Ratzel [whereismarni@yahoo.com](mailto:whereismarni@yahoo.com).
    - January - 58 trips and 415 Trip Tracker bucks earned

- 35% of registered participants
- Bike Rodeo - Date TBA this Spring. Event held to educate students about safety, basic bike maintenance, helmet checks, etc... More info to follow.

**GUEST SPEAKER:** Elizabeth Emmett Mattox, author of *All Good Mornings*.

Subject: "Managing Morning Mayhem"

Elizabeth Mattox was the guest speaker this month during our PTAC meeting and provided the group with an informative and funny presentation on managing the morning chaos.

Key points:

- Morning mayhem is a common occurrence in most households and is very normal.
- Both parents and children are up against major challenges, both internal and external (see chart) in the mornings. A lot is taking place.

INTERNAL	EXTERNAL
<ul style="list-style-type: none"> <li>● Emotional Shift               <ul style="list-style-type: none"> <li>○ What to wear?</li> <li>○ Social presentation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Transitions               <ul style="list-style-type: none"> <li>○ Sleep to awake</li> <li>○ PJ's to clothes</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>● Kids not 'freaking out' about what to wear....</li> <li>● 'Freaking out' about how they want to present themselves to the world.</li> </ul>	<ul style="list-style-type: none"> <li>● Decisions               <ul style="list-style-type: none"> <li>○ What to wear?</li> <li>○ What to eat?</li> </ul> </li> </ul>
	<ul style="list-style-type: none"> <li>● Deadline               <ul style="list-style-type: none"> <li>○ Have to leave at a certain time</li> </ul> </li> </ul>

- Neuroscience Refresher:
  - Human brains have 3 parts:
    - Reptilian - 'survival' or flight/fight.
    - Limbic - allows us the ability to express emotion; responsive.
    - Neuro-cortex - this part makes us human; higher order thinking; executive functioning abilities.
      - Here's the key:

The Neuro-cortex part IS NOT FULLY DEVELOPED UNTIL THE MID TWENTIES.

- Parents should try and get into the Limbic part of their brain in the mornings.
- This is called 'Limbic Resonance'
  - How?
    - Parents: Wake up with enough time to take care of yourself first in order to be present when your kids awake.
    - Every morning with every kid, make an emotional connection.
  - "Emotional First Aid" plan
    - If your day starts bad with your child, rebuild emotional connection with your child before sending them out the door to school.
    - Come up with a plan IN ADVANCE for your family to re-establish that connection.

In the mornings, If parents can get themselves out of the Neuro-cortex part of the brain and into the Limbic part, stress will be a lot lower.

## **CLOSING:**

Meeting adjourned at 10:45am

Respectfully submitted,

Julie Jensen, *PTAC Recording Secretary*  
*secretaryniwotPTAC@gmail.com*