

Liberty High PTSA

Supporting our Kids and Community

Membership Minutes – DRAFT
Liberty High School PTSA 2.6.50
Tuesday, January 26, 2021
Location: Virtual Zoom Meeting

Proper notice of the meeting was given.

Call to Order

The meeting was called to order at 6:32 pm by President Dawn Peschek. In attendance: Dawn Peschek, Laila Collins, Jennie Wildermuth, Erin Thacker, Marta Burnet, Michelle Moore, Sean Martin, Stacy Morford, Alison Larsson, Heidi Kayler, Karelle Lyttle, Trece Trimble, Hillary Cohen, Korista Smith-Barney. A quorum was present.

Approval of Minutes

Minutes from the October 2020 membership meeting were reviewed. Minutes will be filed as presented.

Treasurer's Report – Alison Larsson

The financial summary report was presented. Income and expenses since the last membership meeting in October were reviewed. The report will be filed as presented, subject to financial review.

Effective January 1st, we have been using our new Bank of America account exclusively. The Chase account will be closed shortly, after all checks have cleared.

Financial Review Report

Laila Collins and Erin Thacker conducted the mid-year Financial Review. They report that Alison is very organized, records are well-kept and no issues were found.

Nominating Committee Election

President Dawn Peschek reviewed the Washington State PTA Bylaws Article 5, Section 5 regarding eligibility requirements of PTA nominating committees and election protocols with the membership. The Nominating Committee is charged with filling the elected positions for next year's 2021-2022 PTA Board of Directors, which are President, Vice President, Secretary and Treasurer. Three volunteers have offered to serve on the committee: Laila Collins, Dawn Carr and Korista Smith-Barney.

President Dawn Peschek asked for nominations from the floor. No nominations were offered.

The Nominating Committee was elected by a voice vote of the membership.

COMMITTEE REPORTS

Membership – Laila Collins

431 members have joined, including 29 Staff.

Reflections – Dawn Peschek

Reflections artwork was retrieved from Council judges this week and will be given back to the artists. Three of our Liberty students will be moving on to state level Reflections:

Citlally Oliver, Brianna Nelson, Nidhi Achanti

Outreach – Stacy Morford

We have received generous donations from several families and have been able to fill quite a few requests from the counseling office. There is still enough money in the budget to continue filling requests. Many thanks to the families who donated to help our students.

Class of 2022 – Heidi Kayler

Almost 200 car wash tickets have been sold, and nearly \$2,000 has been raised so far for the class of 2022.

Parent Education – Erin Thacker

ParentWiser Virtual Events:

“Managing Anxiety, Stress and Parenting” with Dr. Lisa Damour, January 20th at 4:00pm.

“UpStanders” Film Discussion, with Swedish Behavioral Health Supervisor Tori McBride and ISD Counselors, February 10th at 7:00pm. The film will be available for viewing February 8th-10th.

“Powerful Study Techniques That Make the Grade” with Gretchen Wegner, March 3rd at 7:00pm.

Details and registration available on the ParentWiser.org website.

Community Service Cords – Michelle Moore

Twenty-two seniors have submitted volunteer hours toward earning a community service cord.

Advocacy – Marta Burnet

Last Week was WSPTA Focus on Advocacy Week. This was a virtual substitute for the usual Focus Day in Olympia. Each day WSPTA suggested an action item with focus on a particular topic.

The ISD Boundary Review Committee voted last week to approve a proposal for routing elementary schools to the new Middle School 6. Newcastle Elementary will be attending the new middle school and returning to Liberty for high school. Apollo, Briarwood and Maple Hills will continue to feed to Maywood and Liberty.

Class of 2021 – Jennie Wildermuth

A survey was sent out to families of seniors. The results of the survey showed that a majority of families preferred to cancel the auction that would raise proceeds to offset the cost of Grad Night tickets. The committee is now discussing next steps and alternate plans for Grad Night. The Grad Night company will hold our reserved date but would require a deposit. There is no money in the class budget to cover this. It is unknown if COVID guidelines will allow large gatherings by June, but something special will be planned for the graduating class.

Plans are in process for a Senior Treat Day on Wednesday February 10th.

Issaquah Schools Foundation Voice Mentor Program – Heidi Kayler

Last year there were 400 mentor matches. This year had to be set up differently due to the new online learning environment. There are now about 50 kids are now signed up and meeting with their mentors. They are planning for and looking forward to reconnecting with kids in person next year.

Principal's Report – Principal Sean Martin

Today marked the start of second semester. After much negotiation between the district and IEA, a formal announcement was made last Friday that the block schedule would be reinstated for the remainder of this school year for Mondays, Tuesdays, Thursdays and Fridays. In two separate surveys, 80% or more of parents, students, and teachers and staff preferred the return of the block schedule. Mr. Martin is hoping this will ease the workload and stress level for students.

Today there were 120 students on campus taking the PSAT. The PSAT scores can satisfy graduation requirements, and students can use scores to apply for grants and scholarships.

Steve Valach has been back on the field with kids participating in athletic conditioning workout sessions, following state and health department guidelines.

Stadium Update – The restroom and concession facility is currently under construction and making progress.

First semester grades will be posted next week. School admin have been working with the district to ensure that no Fs would show up on student transcripts. If a student is not passing a class they have the option to receive No Credit instead of a failing grade.

Thank you to PTSA for a grant for the Gizmo lab simulation program for the science department. Half of this program was funded by a PTSA grant.

Since there are a greater than usual number of students failing classes or taking a No Credit grade, the district is trying to find ways to expand the summer school program. Transportation has been a barrier in the past, but there are more options now that we are able to use remote learning. They will be increasing credit retrieval chances for students.

Special Speaker: Hillary Cohen, Mental Health Counselor

Anxiety is very common in adolescents, but often goes undiagnosed. Anxiety can cause physical mental and emotional issues. COVID is amplifying mental health struggles. Teens now have increased feelings of loneliness due to lack of social interaction and time spent outside of their homes. This is a particularly difficult time for kids who have ADHD and are expected to sit for long periods in isolation. It is okay to adjust expectations during this time.

Parents should attend to their own needs, making sure to nurture their own mental health so they have the ability to support their kids. To help your student: be an active listener, encourage them to build structure into their day, let your teen take breaks from school. Schedule time to talk about school, but make sure to check in with your teen and talk about their mental and emotional state. Encourage your child to participate in “normal” activities such as talking to a friend, going outside, and a regular sleep schedule.

Hillary has handouts and other resources available that may be helpful for teens and parents. Please contact Hillary with questions or for support. Both talk therapy and medication treatments often take time to have impact.

In November, Hillary and the other Swedish mental health counselor did a parent presentation about Caring for Your Teens During Covid. The event was so well attended that they decided to do a second presentation on Monday, February 8th at 600 will be a second presentation. Watch for a link to be sent out in ENews. See the Liberty High School website or Liberty PTSA website for more information on mental health counseling.

Adjournment: 7:20pm

Submitted by:
Korista Smith-Barney
Secretary