



## Arbor Heights Elementary School PTA

### General Meeting Minutes

Nov. 17, 2016, 6:30 pm

Arbor Heights Commons

#### Call to Order

Jen Boyer

Meeting is called to order at 6:42 P.M.

#### Reports

##### Secretary

Justin Hoffman/Rebecca Brendel

Approval of the minutes from Sept. 15 meeting (*PTA vote*)

- Motion is made and seconded to approve the minutes from the Sept 15 general meeting. Minutes are approved unanimously.

##### Treasurer

Tiffany Coleman/Darren Dilley

- The AHTPA account is at \$54,800, well above the estimated income for this time of year.
- AHPTA memberships were above the membership goal.
- There has been a lot more engagement at the new school building.

##### Direct Drive Report

Marisa Hull

- Direct Drive was budgeted to raise \$12,500, but actual donations pushed totals to over \$15,000.
- More than 60 families donated—there were lots of corporate matches.
- People can still donate to the Direct Drive online.
- AHPTA is a 5013c—donors can get donation in before the end of the year for taxes.

##### Auction Update

Jessica Raucci/Arin Winsor

- Committee met with auctioneer last weekend.
- Auction theme is Mission Possible, tagline: “Accept this mission and support our community.”
- The auction committee sent more than 400 procurement letters—letters are available on PTA website.
- The next meeting is scheduled for January 25.
- There are lots of things that still need to done at the new school—need support to make those things happen.
- Christy Collins and Cate Simmers are looking to fill in the holes that the district couldn’t complete.

##### Principal

Christy Collins

- The Arbor Heights Family Harvest Dance was a wonderful experience:

- We had a week-long dance instructor and an Arbor Heights mom was DJ.
- Arbor Heights is the recipient of an Arts Advantage grant, which will fund a music teacher.
- Fifteen veterans attended the Veteran’s Day assembly: every student participated in the assembly.
- Planning an all-school egg drop that involves engineering in January.

**Teacher**

Cate Simmers

**Business**

Jen Boyer

Standing Rules Updated (**PTA Vote**)

- Each year the general PTA needs to approve the updated PTA Standing Rules.
- The PTA Standing Rules match the Washington State PTA Rules.
- Motion to approve the updated PTA Standing Rules is seconded and approved unanimously.

**Announcements**

Jen Boyer

- Winter Artisan Bazaar is on December 3 from 2 to 6 P.M.
  - Number of artisans are participating who produce actual crafts.
  - Event volunteers are getting people signed up.
  - Cost to register is \$25, which helps pay for decorations and refreshments.
  - Arbor Heights teachers and students can sell things for free.
  - The event filled up the gym in the old school building.
  - Last day to sign up is day before the bazaar, December 2.
  - Can sign up on the AHPTA website—paper forms are also in the school office.
- Barnes & Noble Night is on December 8 from 6 to 9 P.M.
  - At the annual event, kids come in their pajamas to hear stories read by teachers and Principal Collins.
  - Shoppers get 10% of any books by using a specific code for the night.
  - PTA is hoping to have volunteers wrapping presents, for a donation.
    - Looking for two people for 90-minute shifts.
- PTA board needs an Event Chairperson.
  - This is a heavy delegation position—make sure that we have volunteers staffed.
  - Event Chair will coordinate putting people together: we have a lot of volunteers—we need someone to coordinate them.

**Guest speaker: Helen Walsh SPS RULER Coordinator**

**Topic: Helping Students Manage Emotions Post-Election, and Everyday**

- RULER was developed by Yale University’s Center for Emotional Intelligence.
- The goal of RULER is help students decode emotions as they occur and develop emotional intelligence.
- One RULER tool is the Mood Meter, which is featured in Arbor Heights classrooms and lets students label how they are feeling by identifying their levels of energy and pleasantness.
- Feelings affect attention: emotionally intelligent kids have more leadership abilities.
- Arbor Heights classrooms have their own charters—students’ familiar could create their own charter.
- RULER anchor tools include:

- Charter
- Mood meter
- Meta-moment: Take a deep breath, picture your best self, identify strategies (how to respond effectively) to succeed.
- Blueprint: An opportunity to build empathy. when there was a conflict, how did I feel, how did I regulate, then go through the same process with the other person.
- Characters (and their respective dispositions) from Winnie the Pooh can help identify the four colors of the Mood Meter:
  - Yellow: Tigger
  - Green: Piglet
  - Blue: Eeyore
  - Red: Rabbit
- What can parents do?
  - Start labeling emotions
  - Create word walls: all words for each of the mood meter stages
  - Use literature
  - Create a strategy wall
  - Think about things you can do to regulate emotions
  - Model strategies

### **Other business**

- Adding more resources to the AHPTA website.
- Going to post RULER info to the AHPTA website
- Put names on clothing and lunch boxes

### **Adjournment**

- Meeting adjourned at 8:16 P.M.