

**Menlo Atherton High School PTA
General Board Meeting
December 2, 2008**

Board Members Present: Janet Perez, Denise Bullwinkel, Lisa McNamara, John McMurtry, Molly Eason, Kristin Smith, Pam Stoner, Julie Brody, and Pam Songer.

Opening: Janet Perez called the meeting to order at 8:44 am on December 2, 2008, in the Old Dance Studio, M-A campus. 25 members were present.

A. Public Comment:

Denise Bullwinkel

- Gift cards: We are accepting cash or checks for gift cards for Matthew Zito to distribute during the year

B. Committee Reports:

Charlene Margot, SOS(Stressed Out Students):

- Dr. Peter Neusum, Drivers Ed for the Brain. This is a class, free of charge for students on how to deal with stress/brain psychology.
- Dr. Lloyd Thacker, Founder of The Education Conservancy and Editor of *College Unranked, Ending the College Admissions Frenzy*, will be speaking Wednesday, February 4th from 7-8:30pm in the New Gym. Other High Schools and Middle Schools have been invited to this event, which was underwritten by Pat Gemma, our district superintendent.
- Dr. Denise Pope, will be at M-A Wednesday, March 19th to discuss the final survey results from the Stressed Out Students Survey (SOS).
- New Program: Green Fundraiser/25% comes back to the school.

Lisa Major, Outreach:

- Michelle Green is the staff advisor for the Outreach Club, where club members obtain information on families in need and items are purchased, wrapped, and delivered with Feed Our Families. Donations are down due from last year, with 38 instead of 50 families targeted. Students are definitely taking on more responsibility with the program!
- Student support services is now a staff program with Mickie Kesternsa overseeing the distribution of gift cards to individual students for stop-gap support of basic, immediate needs.
- Project Backpack has been moved to January 23rd. Students are collecting and distributing backpacks filled with gently used scarves, gloves, hats, warm clothes, toiletries, etc., to the homeless on the streets of San Francisco.

Karen Armstrong/Canned Food Drive:

- Help is still needed. Friday is pick-up at M-A and Saturday packages are delivered. 500 families will be fed this year.

July Brody/Sara Fitzgerald, Fashion Show:

- \$45,844 Net Total. Should the Fashion Show move from the fall to the spring and be held in the new Performing Arts Center?
- Jobs are still open so please think about volunteering!

C. Administrative Speaker: Instructional VP, Steve Lippi

Budget Constraints: We will be collapsing smaller classes and redistributing the numbers.

Testing: 25% have passed the exit exam and 50 students still have to take it.

SOS Study: initiative to change start times/we already have 2-7 period and we encourage this. There is no way around the after school sports conflicts.

World Studies: this has been a pilot program where we intended to detrack the students and keep

the curriculum the same in all the classes. The social aspect along with freshman transition activities is meant to encourage students to interact with each other. The problems faced so far are the mixed levels of academic ability and trying to maintain a high level so the students will be prepared for the tracked classes the following year. The struggle is in refining the program to work for everyone.

New Class Offerings: Science: AP Physics (AS Physics and BC Calculus are prerequisites) Astronomy. Cold War Class in social Studies. We are trying to maintain a balance of old and new classes.

PE: 10th grade can count sports for PE at this time. The state will review this in the next year. The board is meeting in January to discuss the issues that would arise if the students have to take more PE. (some electives would fail; more PE sections would have to open up, etc.) Current requirements: Safety/Drivers Ed, 1/2 a year. Social Studies, 1/2 a year, Western Civ, 1 full year, and World Studies 3 a full year. The board wants a Health Education Class and they are looking to incorporate it into PE. Letters and emails are accepted if parents want to voice their opinions to the board.

SAT Prep Course: Offered as a '0' period and as an after school class.

Sportsmanship: At the M-A/Woodside game the students had excellent behavior. I am appreciative of the sixth man club for supporting athletics respectfully.

D. Special Speaker: Dr. Mark Rosekind:

Dr. Rosekind is the President and Chief Scientist of Alertness Solutions and he has been educating schools for three years on TSP (Teen Sleep Program) which focuses on enhancing teen success thru optimal sleep and alertness. Sleep styles, biology of sleep and what are the healthiest things for students to do are taught. There has been success at M-A in the last two years with 2300 students receiving basic sleep and circadian education, 4 parent educational classes and 1 faculty in-service day for teachers was held. M-A received national award recognition for their efforts in this behalf, and local and medial coverage of our progress has been excellent.

If your biological clock cannot be changed than what is the science around sleep times? For Adolescence, 9+ hours of sleep is needed and there is a circadian clock delay of up to 2 hours. Sleep deprivation builds up every night, which directly affects students' academics, athletics, health and well-being, safety, and moods. 80 US High Schools are now starting later. 5 districts representing 42,000 students have an average start change of 63 minutes with the range of later start times at 8:15-8:45am. Challenges lie in transportation and the effect on after school sports. If M-A were to start at 8:20 that would give each student approx. 2 1/2 hours more sleep a week benefiting their academics, athletics, health, safety and moods. There is nothing more fundamental than giving your children the opportunity for success.

E. Treasurer's Report: Molly Eason:

- Budget is on track. Extra funds are available for the second round of Mini Grants due to fantastic revenues generated from the fashion show and membership!

*Please donate gift cards to support **Student Outreach** for Walgreens, Target, and Safeway, or put donations in the PTA Mail Box in the main office - \$10 is a suggested amount. If you prefer, we will accept cash donations. Sorry! We previously advertised that we would accept checks, but that is no longer the case.*

Meeting adjourned at 10:30 am.

Respectfully submitted,
Pam Songer
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