

PENDING
Minutes East Chapel Hill High PTSA Meeting
November 17, 2020
Via Zoom

Online:

<https://us02web.zoom.us/j/82236156115?pwd=TERMQ2RVaW04NGgwaTdsN3lZckYyZz09>

Among those in attendance: Elizabeth Welsby, Katherine Leary, Kari Hamel, Laura Kline, Ken Proux, Lisa Kaylie, Barbara Maier, Yiwen Wang, Jennifer McCafferty, Greg Dixon, Ei Ei Ko, Gary Bird, Jennifer Schmidt, Linda Gilchrist, Laura Dellicker, Alexis Poss, Brian Link, Alyse Levine, Barbara Elder, Meera Gowda, April, Sharon Zhang, Jen Aubrey, Ziad Gellad, Michelle Varma, John Kelley, Beth Galloway, Rachael DiSantostefano, Jennifer Yost, Juudy Mair, JiHong, April, Adele Kelly, Vivian Ackall, Sue Sept

6:00pm **Meeting call to Order** 6:04 p.m.

- I. **Welcome and Meeting Norms** (5 mins) - mute mic; use chat for questions; budget vote at end; meeting being recorded to backup minutes

- II. **Mental Health Presentation** (25 mins)
Barb Maier, President of the Orange County Chapter of the Nat'l Alliance for Mental Illness
 - 50% of mental illness begin by age 14
 - Namiorangenc.org; Response Line: 919-929-7822 (Barbara is one of those who answers)
 - NAMI staffed by volunteers
 - NAMI Basics – free 6 week course for parents/caregivers of 18 or under child with behavioral challenges; give caregivers the info they need to support their adolescent; can be lifesaver. Call Barbara to see if this is for you; offered mid-January; 2.5 hours/week; had hoped to do in person, but likely via zoom
 - Nami.org – online version of NAMI basics through national website
 - NAMI offers psychoeducation courses and support groups. Not therapy or counselors.
 - Courses developed at national level then local chapters can offer them.
 - NAMI Ending the Silence (signature course – developed at national level) – to educate people on what to look for and how to help yourself or others. Designed for junior high and high school. There are 3 versions: parents, students, school staff/admin. Ramping up to give parent and teacher training.

- Nami Orange County: 4 support groups/month; 2 are family support groups (first wed 12-1:30; 2nd Tuesday 7-8:30; facilitated by someone who has lived experience; free). Info on website
- All courses are free
- Elizabeth will follow up
- More info from Elizabeth:
 - <https://naminc.org/programs>
 - <https://namiorangenc.org>
 - NAMI response line 919-929-7822

Laura Dellicker – Mental Health Specialist at East

- Hosted teen mental health summit in October with NAMI – *Ending the Silence*
- **Empower students to make change**
- Tiffany Boston – Equity and Inclusion Specialist for High schools at Lincoln Center - one of panelists
- Educated students and gave hands on resources and money to implement their action plan

Ei Ei Ko – East student who attended summit

- Ms. Dellicker gave the students Apps that are helpful **insert apps here**
- SOS – slow down, take a breath, assess how you’re feeling
- Attended LGBTQ breakout session
- RMS group breakout – self care and how to help each other mentally and physically, power of one
- Motivation difficult for students – because of environment and workload
- SIT meeting – students discuss how they are still given work on breaks and holidays; weighs on them when they’re supposed to be relaxing
- Social anxiety since online schooling – not able to connect with teachers one on one. Social anxiety makes it hard for students to reach out to teachers when they don’t understand something or aren’t feeling well.
- Adults haven’t had to experience high school during a pandemic
- Most pressing needs identified by East students: high stress and pressure – feel like you have to be working all the time; work/life balance, culture at East, stigma about asking for help, stigma about mental illness

Ideas students came up with:

- Create virtual safe spaces
- East version of mental health summit for all students and staff
- Bring back fun (e.g., ken’s band at lunch)
- Positive messages

School resources for parents if worried about your student's mental health – talk to whoever you have a relationship with (e.g., school counselor); staff all work closely together so don't worry about reaching out to "right" person; if don't have a relationship and have mental health concern, contact Laura Dellicker; she refers to mental health therapists in the area who work with teens (self-identified); social workers are good support of community resources

There are safe spaces around school, but not well advertised (per Ei Ei); teachers always a good safe space

PTSA partially funded Teen Summit (\$1,250)

Barbara: Thank you Ei Ei and Laura. Terrific beginning. NAMI Orange can bring Ending the Silence to any organization, club, church/temple interested.

III. **Principal Report** (15 mins) - *Given after Teacher Report because Mr. Link had another meeting to attend*

Continuous improvement opportunities discussed during SIT meeting on 11/16. Social and emotional health and well-being of students/staff/families top priority of SIT; family engagement also a key priority of SIT

- The week after Thanksgiving, will get detailed safety plan from District and a site-specific plan for East. Will also get a survey to specify what you want for your kid(s) now that you have the info (fully remote or hybrid; fully remote will be offered no matter what). 11/30 is earliest will get safety info
 - Can you change your mind about remote vs. hybrid? Things can change, may need to pivot for health reasons, etc. (Proux: want what's best for kids and families)
- Field hockey, volleyball, XC – sports that are happening
- 12/7 – adaptive curriculum students going back
- Students that want to come back will be split into 2 groups: M,T or Th, F
 - e.g., Teachers teach cohort A in person, on M,T while simultaneously teaching fully remote learning and Cohort B remotely – teaching 3 groups at a time; on Thu, Fr, teach Cohort B in person and Cohort A and remote-only students remotely
- Will we know which teachers are teaching in person and which are remote only? Proux: "I don't think so". He will check
- Teachers will be considered essential workers
- Buses will be running
- Bell schedule change? Work around Hill Center and other educational partners? May be a consideration for staying fully remote
- Goal: develop bell schedule where students won't have to change teachers or class periods (reason for blended hybrid approach)

- Elective classes available online? Yes. Not getting rid of any classes
- Memory making plans for seniors if building doesn't open? Have ordered gifts, Mr. Proux working with Elizabeth/PTSA. Holiday gifts, something special for graduation this year with student input
- No return date for students yet – Board tabled putting a date for hybrid return, but have told schools to continue to plan
- Student, parent, community safety #1 priority
- Elizabeth is going to do a FAQ regarding possible return to school
- Happy Holidays from Mr. Proux; reach out if he can help you in any way

IV. **Teacher Report** (10+ mins) – Brian Link

Staff preparations and opinions for in person learning

- Legally can't go back to school for middle and high school 5 days/week yet (state law)
 - At best, student will be in school 2 days/week if go back
 - Going from 0 to 1 interaction with a teacher/week because only in school 2 days and social distancing, etc
 - Will be asked to do binding commitment as a family if will stay remote or do hybrid
 - Things like band, chorus, etc., may not happen
 - Switching back and forth between hybrid and remote also stressful for students – students settle in once you make a decision; better not to switch around
 - EC/Adaptive Curriculum Community – coming back to building 12/7 , EC and ACC teachers and students coming back in. **Staff coming back voluntarily**
 - Consider that teachers are human beings – 25/75 comfortable coming back
 - In-person learning will be like remote learning in that desks spaced out and interactions will be limited
 - Blended model – teachers would have to teach online and in-person at the same time
 - Lunch – no hot meals; meals to go
 - School will be very different if we go back with hybrid model
 - Understand what you will and won't be getting when make choice about going back in person
 - May be less time for conferences, 504's, IEP's because will take more time for teachers to handle teaching

How families can support their students and staff remote learning

- Lot of common ground between what students are feeling and what teachers and family are feeling
- Thank you for financial support for families that need it during covid
- 1) accept that it's not ideal, 2) how do we embrace it?

- Kids with extra-curriculars do better in school; kids have lost their connection to arts, sports, etc.
- Organize your day so school doesn't seem never-ending; develop structure during day (emphasize effort not perfection); allow a certain amount of time to get something done and be done with it; add in non-screen time; in time between classes, exercise or practice instrument – do something different! (realizing that if you do this during asynch learning time you'll have to make it up later)
- Print out schedules – miss things when everything's on screen. Use checklists. Good to have physical materials
- Some kids doing fine, others really struggling (create checklist for small wins: get up, get dressed, eat breakfast, check into class)
- Club space is available. Lots of clubs are operating – over 100 clubs; good way to interact with other students outside of class – way to feel a little more connected
- 3) understand that not alone. Opportunity to reimagine cultural norms. Most common grade at East is "A". Realize that homelife varies. Reach out in advance before becomes overwhelming
- School helping with students who stumbled Q1 so they can recover Q2
- Get involved – Clubs; be organized, print things out; read books – need to get more focused because not having same interactions; families – pay attention to when one on one time is available with teachers and use them

V. **President Report (5 mins)**

- Supply distribution, desks and Food Lion gift cards funded by the University Methodist Church – raised almost \$3,000 for East students in need!
- Google Form to solicit ideas and create a FAQ for Admin
- Grade level parent virtual coffee chats once a week
- CIC website great resource – Kaplan and Naviance partnered for programs; <https://sites.google.com/chccs.k12.nc.us/echhs-cic>
- Vote on Minutes: Passed unanimously

VI. **Treasurer Report and VOTE on final budget (10 mins)**

- a. Increase admin expense by \$850 for updated website expense (website work was gifted last year)
- b. Increase hospitality by \$1,500
- c. Income on track; may be above budget
- d. Student handbook cancelled
- e. Increase in deficit budget by \$1,150; PTSA has reserves to spend down
- f. Supporting staff work-at-home expenses
- g. Encourage teachers/staff to spend their discretionary money!

- h. Spent \$1,250 on mental health summit; another \$3,750 in “special” expenses remaining to allow for flexibility in responding to needs
 - i. Amended budget passes unanimously
- VII. **Hospitality Report** (5 minutes)
- a. Alternative to large group meals
 - i. Gift cards as welcome back
 - ii. Fun for holidays: Raffle with items donated by East hospitality members – will be raffled off at virtual staff meeting in December
 - iii. Email echhshospitality@gmail.com if would like to help with Hospitality
 - iv. Want teachers to know how much we appreciate them! Teacher comment about raffle: Firepit basket would “light up her life” if she won it!

7:37 p.m. **ADJOURN** formal meeting (end of formal minutes)

Meeting will be posted online somewhere – lots of important info about mental health and what school would be like that many would find helpful. Greg working with district to video what it will be like to go back to school

Teacher being declared essential worker – means they have to come in.

*** Informal chat after the meeting if anyone is interested. It would be great to share ideas and opportunities.