

GENERAL PTA MEETING

April 10, 2018

CO-PRESIDENTS REPORT

- Approved March minutes
- PTA positions available for next year, particularly co-president, treasurer and auction co-chair
- Middle School admissions update
 - Blind admissions coming next year, but superintendent feels it will not increase diversity
 - Academic floors may be introduced to increase diversity
 - Please attend CEC meetings and reach out with questions and concerns
- MS 54 has line item in Mark Levine's Participatory Budgeting
 - \$200K proposal for technology upgrade but need to live in Levine's district
 - Anyone 11 years of age or older can vote

PRINCIPAL'S REPORT

- State testing begins on April 11; no Early Academy on testing days
- Will send email to solicit feedback for next year's planning
- Report cards will be distributed on Friday, April 13

TREASURY

- As of Monday, April 9:
 - Checking Account Balance \$550,214.42
 - Money Market Balance: \$251,323.06
 - Net income: \$105,880.58
- Musical brought in ~\$14K in March

FUNDRAISING

- Fairway – please remember to use your card when you shop
- Amazon – please remember to click on the Amazon link on our website prior to shopping (school gets 3%)
- NYC FC vs. Colorado (May 19): 1/3 of proceeds go to PTA; potential for on-field experience if at least 50 people attend
- Yankees vs. Oakland A's (May 11): 1/3 of proceeds go to PTA

GUEST SPEAKERS

- **Michal Hertz, RD**, is a Registered Dietitian with a Masters in Clinical Psychology providing specialized treatment to those with eating disorders, emotional eating, orthorexia and weight management.
- **Nikki Pagano, LMSW**, is a clinical social worker and part of an interdisciplinary team at the Columbia Center for Eating Disorders, who provides evaluation and treatment for adolescents struggling with eating disorders.
- Eating disorders are rare
- Binge eating disorder is most common, affect 5% of the population and is characterized by eating a lot in a discrete amount of time and feeling out of control and can't stop
- Anorexia affects less than 1% of the population, includes weight loss component
- Bulimia affects less than 2% of the population
- Many eating disorders are undiagnosed
- Many studies show that kids as young as 6 or 7 are focused on their own body and how they compare to others
- Important to model healthy body image for your kids. Focus on activities and achievements vs. how things look. Talk about what your body can do
- Be as neutral as possible when talking about your own body
- Not every meal needs to be perfect

- Follow hunger cues, let kids self-regulate which is the gold standard to having a healthy relationship with food
- Try to eliminate diet, sugar-free, low-fat foods from your pantry.
- Have sometimes foods and always foods, but no never foods.
- Exercise can be healthy but there are risks associated with over exercise
- If kids want to exercise, understand why they want to do it; should not be to lose weight
- Kids should not be doing more than what the coach recommends
- Warning signs of over exercising are if kids are rigid about their exercise or if it is interfering with plans and responsibilities
- Don't label foods "good" and "bad" or "healthy" or "unhealthy"; there are foods that we may not want to have every single day but every food can be part of a healthy diet
- Feeling of guilt can lead to unhealthy eating patterns
- Want kids to feel relaxed about food and not strive for perfection
- Be in tune with media and how exposed they are
- Boys and young men are often undiagnosed, may come out differently for them vs. girls and young women
- Signs of Eating Disorder
 - Change in your child's eating, trust your gut if you think there is a problem
 - Weight loss without expectation or if weight plateaus
 - If kids are eating in secret or if kids feel out of control when eating
 - Rigidity around food
 - Friends and social cues
- Don't want food to be emotional for kids

Next PTA General Meeting: Wednesday, May 9th at 8:00am