



AGENDA

MS54 PTA General Meeting
March 9 @ 7:00 PM, Zoom Mtg
BTW54PTA@ms54PTA.org

Call to Order & Minutes (7:00 - 7:05)

- ~41 participants
- February Minutes were approved (90% Approved; 10% Abstained)

Presidents' Report (7:05 - 7:15)

- Spring Fundraisers
 - Teacher Talent Night - March 21st @ 6:30
 - 12 acts hosted by Mr. D + Ms. Weinreb
 - Payment will be same as Broadway Night: "donate as you wish" event with link in receipt
 - 54 for 54 - Gear available!!
 - Grad Gear - 8th grade parents - last day to order is March 21!!
 - Amazon Smile - If you shop on Amazon, register to have booker t your charity of choice! The school gets checks quarterly and it costs you nothing! Contact Laura Adams (PTA President) if you have trouble setting this up!
- SLT
 - Looking to work more closely with Equity Team to be more aware of differing perspectives
 - SLT teachers feel confident coming into next fall as they "have always taught who was in front of us" and they are confident that they already teach to a broader range of students than parents may think
- Safety Update
 - Next meeting is Friday; as reported the past couple of meetings, the school is in great shape with regards to ventilation, PPE, etc
- CEC Update - HS Admissions Meeting on 3/15:
<https://us02web.zoom.us/meeting/register/tZUvde-grDwtGdKwK4hxNQEMHI3Bx86M3RSi>

Principal's Report (7:15 - 7:20)

- Thank you for your support on the passing of Dr. Elster's mother
- Parent teacher conferences are this week (12pm early dismissal for in person)
- For full remote kids the school is looking into additional enrichment opportunities
- Booker T. Day got great reviews - appreciate all your help!
- Check in with your kids and on Jupiter - we're in the middle of the 3rd marking period. Report cards come out after Spring Break
- School feels great - kids so happy to be back - tons of great energy

Treasurer's Report (7:20 - 7:22)

- Fundraising is doing well - highlights
 - Annual Appeals - \$210k actual (versus \$240k budget)
 - Broadway Night - \$10 (versus \$4k budget)

- Net income of \$219k - very healthy; but does not include \$150k of educational consultants which will be spent getting us in line with budget
- Grants
 - \$60k grant filed with the city for band room improvements
 - \$30k grant submitted for band instruments
 - Possibly will be awarded by the end of the year
- Bylaws update
 - As the PTA has been applying for various grants this year, it was pointed out that the name of the PTA is inconsistent across some of our documentation, so we are proposing an edit to the bylaws to amend the title of the PTA in our bylaws
 - Also, we are ineligible for some grants unless we have an Equal Employment Statement as an organization, so we are proposing adding that as well (there are no employees currently)
 - And lastly, in the fall we voted to update the role of “Corresponding Secretary” to “VP of Communications” so we are making that edit to the bylaws in these revisions as well.
 - The Executive Board voted unanimously to approve these updates last week
 - **Motion to adopt changes was passed (97.2 % approved; 3% abstained)**

New Business (7:22 - 7:25)

- Professional Parents on FB Live.
 - If you have a business or service that you want to share with the community, fill out the form and be interviewed! Link was shared in the chat and will also be provided in the email blast!
- Seeking Next Year’s Executive Board Members! Nominations are opening this week for next year’s executive board -- we’re hiring for all positions (it’s not paid!)! The nominating committee is traditionally composed of outgoing EB members, but we’re happy to have help -- email nominations@ms54pta.org to join the nominating committee (currently Marianna Crespi, Kyle Clayton and myself) or to nominate an executive board member for next year! Elections will be held virtually at the June PTA meeting.

Community Updates (7:25 - 7:30)

- Fundraising - reminder to donate to the Community Food Drive!!
- Wellness Committee - Booker T will acknowledge the 1 year anniversary of school shutting down on March 16! 23 presenters will cover important topics on Wellness Day with our in person and virtual students! The weekend walks are continuing Sundays at 10am - everyone is invited! If your students are going in person - bring donations for the food drive - there is collection at the door!
- Equity Team - Many of the materials from Black Cultural Awareness Month are posted on the equity website in case you missed them! The team also posted local community Black-owned businesses that you can support! The website is updated regularly so check it out for resources and information on upcoming meetings.
- 108th St Construction - Expected to have tenants move into the new housing unit beginning in June 2021. The PTA will schedule a 5 minute update from the WishFish project at an upcoming PTA meeting

Guest Speaker: [Dr. Lara Pence](#), Psychologist + Parenting Expert, on SLEEP! (7:30 - 8:30)

Dr. Lara Pence is a licensed clinical psychologist, the owner and founder of lighfbox, a certified eating disorder specialist, an advisor to therapists looking to elevate their skills, a MOM and a vegetarian. She talked to us about sleep, why we need it, how to get it, and how to make it happen for our kids.

- Need to do the hard work first - we all know what to do but it's harder than just knowing what to do! It's all about simple solutions and hard steps!
- Our bodies are made for sleep - need to tap into the natural systems! Once you get into a rhythm, your body will learn and naturally get into the routine
- Priority and values need to include good sleep - not just high performance, structured activities, work, etc.
- Sleep is non-negotiable - we need it to recover and repair. You can't "catch up" on the weekends either!
- Need more efficient and productive sleep (8-10 hour sleep cycle!)
 - Alcohol will help you get to sleep faster but your quality of sleep will suffer
- More capable of regulating emotions when we sleep
- Better sleep creates a schedule of consistency and predictability - very important for kids
- Helps with metabolism!
- **Rise with the sunrise and go to sleep with the sunset.** Sunlight triggers cortisol and adrenaline. 12 hours after the trigger the melatonin triggers our body to get sleepy.
- Try to wake up no later than 1 hour after the sunrise! And try to watch the sunrise (even just 30 seconds - go outside!)
- Limit artificial light in your house after the sunset
- Try to be consistent with your bedtime
- Create a designated spot for your phone that is NOT on your bedside table