



Westside High School PTO

- Sarah Castro, President •
- Anni Krisanto, 1st VP Membership • Stephanie Brewster, 2nd VP Fundraising •
- Cossette Hurtado, Treasurer • Gypsy Morinelli, Corresponding Secretary •
- Leslie Evans, VIPS Coordinator • Laura McDuffie, Parliamentarian •
- Dr. Suspa Sinha Chowdhury, Faculty Representative •
- Keri Wittpenn, Principal •

General PTO Meeting
Monday, October 12, 2020

In Attendance

Jill Arntz, Sarah Castro, Candice Floyd, John Jeffers, Kelly Kiser, Anni Krisanto, Ebony Lumpkin, Rena Mobley, Jennifer O’Neil, Toni Wittrock, Keri Wittpenn

Meeting started at 6:30 pm

Welcome	President
<p>Welcome Recognition— Yvette Urteaga-Resendez for creating our staff spotlight of the week; find them in the E-News and in the PTO email blasts</p>	
Approve Minutes	Recording Secretary
<p>Minutes shared from Sept 14 PTO Meeting Changes—none; Can be accessed at https://www.westsidehighpto.org/archived-events Motion to approve Carrie Frain Seconded by Toni Wittrock</p>	
Business	President
<p>Please remember to complete the Community Survey https://www.westsidehighpto.org/ and create your flipgrid video https://flipgrid.com/bd704463 Why Westside?</p>	
Principal’s Message	Principal
<p>Teachers came back Monday, October 12— What in person will look like for teachers and students. Please keep teachers in your thoughts as they make this transition. Students will participate in all flex/asynchronous instruction on Oct 14-16, so the teachers can work in their rooms. Having to return to the school environment can be a little overwhelming, so we want them to have time to adjust.</p> <p>Parent meeting—technical difficulty with Teams; details as it relates to face-2-face: 80% of students are opting to remain virtual for this 2nd six weeks and leaves us with about 500 students who will return with us in person. Westside is able to maintain the same schedule for our students and teachers. The numbers are letting us do that. The schools that are larger will not have the same flexibility as Westside has. The same schedule virtually is happening face to face. This is not happening at many other campuses. We want to maintain stability as much as possible.</p> <p>Toni Wittrock asked a question for Principal Wittpenn (to be answered)</p>	

PTO Speaker Series	Guest Speaker
	<p>Coping vs. Managing --tailored to individual --Coping with stress = no voice, no choice. We want to deal with the source --listening for repetitive statements --difficult to parent from a place of uncertainty. Need to come to a space of knowing --set the boundary with your child. Be consistent and reinforce the boundary https://psychologytoday.tests.psychtests.com/bin/transfer sTypes of coping— Problem-focus Emotion-focus Active coping Non-active coping There are many more, but these are a few when dealing with stress—tailored depending on experience</p> <p>Managing refers to succeed in surviving—being in charge Coping is more like dealing with</p> <p>If you have a friend who is coping more than managing and using you as a sounding board, have a clearing conversation—be open but clear</p> <p>It is not about cancelling stress, but it is about managing the situation—starts with the attitude response. There is uncertainty for all of us. Accept and understand that uncertainty paired with peace is what works</p> <p>Self-reflective questions How can I increase healthy coping? Increase awareness: think about the source; check in with yourself Need to respond to emotions; be aware of physical responses to emotions Adjust your way of thinking separate facts from thoughts; connect with someone to guide you to clarity Create new connections with people and the mind—the more uncomfortable you are is the more you are contacting yourself; what are some new beliefs? interrupt the old belief and make a new one that is positive. Push it to the point that you laugh; Need consistency to interrupt thoughts and make new connections (a couple of months)—what new connections can you create in your life? Give yourself some patience</p> <p>Changing relationship connection—interrupt those connections</p> <p>How are you connecting to our children in this virtual world... Ms. McIntosh is the social worker, and Ms. Lumpkin is the counselor. Talk with deans for referral. The children just need to click the link and get on virtually through Teams. In person, they can come to the office for more emotional support. Video on “How to Handle Stress”</p> <p>HS can be a little tricky when it comes to identifying children needs</p> <p>Smells can also eucalyptus or peppermint—create an environment of creativity radhabeauty essential oils</p>
New Business	President
	<p>We want to encourage parents to purchase our school spirit yard sign— We will sell them in person on October 27 and 29 in the student parking lot in the afternoon (after the SAT/PSAT testing)</p>

Upcoming Events	
Oct 16	End of 1 st six-week period
Oct 19	First day for face to face for those who chose to return
Oct 21	Teacher in service day—no school
Oct 27	In person SAT testing for seniors only; virtual classes for non-testers
Oct 29	In person PSAT testing for juniors only; virtual classes for non-testers
Nov 3	Teacher in service day—no school
Nov 9 6:30 pm	Together We Can Do...Virtually Anything Guest Speaker: Ebony Lumpkin Topic: Balance Register at https://www.westsidehighpto.org/blog after October 14
Nov 11 5:30 pm	PTO Executive Board Meeting Minutes may be found at https://www.westsidehighpto.org/contact

Meeting adjourned at 7:27 pm