



Albany High School
Meeting of the Parent/Teacher/Student Association



DATE: February 2, 2015

MINUTES

PRELIMINARY MATTERS

1. **Welcome, Introductions, Recognition, and Public Comment**

ACTION ITEMS

2. **Adoption of Minutes:** September 8, 2014; October 6, 2014; and November 3, 2014.
Action: Motion by Chloe Mosqueda to adopt the minutes as printed. Motion passed by unanimous vote.
3. **Treasurer Report/Budget:** Authorize revenue and expenditures made through February 5, 2015, including check #1143 totaling \$261.59.
Action: Motion by Sarah Oldershaw to approve Treasurer reported expenditures. Motion passed by unanimous vote.
4. **By-Laws for 2014-15:** Motion to approve by-laws.
Action: Motion failed. Over to next meeting to allow AHS community to review and comment.

DISCUSSION ITEMS/PRESENTATIONS/REPORTS

4. **Student Report:** Report by Amberlyn Saw, student representative. Ms. Saw discussed the effort being undertaken by AHS students to collect new or gently used teens "Teens for Jeans" drive. Working closely with Aeropostale. Spring Fling is scheduled for March 20, 2015. This year will have Food trucks. The theme is "Through the Looking Glass" (Alice in Wonderland theme).
5. **Principal's Message:** Report by Principal Dr. Ted Barone. Thanked the PTSA for the great presenters at the last PTSA meeting. CASEE scheduled for week of February 2. Reminder that every student must pass the CASEE. Grades being issued as well. Aeries had issues with grade books but report cards will go out tomorrow. Encouraged parents to stay informed and one way is to subscribe to the AHS daily emails; very important and main avenue for communicating with community. AHS has also posted an application for a "Gold Ribbon Schools" award. Provided the profile of AHS, Exemplary program highlight this year is AHS's extraordinary visual and performance arts program. AHS participated in the Folsom Jazz festival and had great success; 3 freshman named to all state orchestra. Dr. Barone also announced that he is retiring at end of this year and will be organizing input by the community over the next few months to start the recruitment process. If you want to be part of the process, let Dr. Barone know. Question: 10th grade exam if they don't pass? Have opportunities in the 11th and 12th grade. Have extra support if not passed by 11th grade.
6. **Parent Ed Presentation – Parents, Stress, and the Teenage Brain:** Pat LaDouceur, Ph.D, author of the forthcoming, "*Small Change, Big Results: How Simple actions Can Reshape Your Life*", discussed Parents, Stress, and the Teenage Brain - What every mom and dad needs to know about helping their student succeed with ease in secondary school and beyond. Broad discussion about the amount of stress students are under (activities, school, family, work). If they are not doing all those things, peer pressure to feel they are not doing enough. As parents need to help kids 1) understand that their brain is still undergoing significant development – ways to do that so you can talk to your kids and they don't feel like you are nagging or criticizing; 2) help when they don't want your help; 3) time management/workload. Three problems kids face are: 1) distraction dilemma. Asked to manage more and more at younger ages. It takes you 2 hrs to do 30 min worth of homework; locker stuffed

with books and paper; homework at bottom of backpack; major project due next day w/o starting. How brain functions is a better predictor of school success than any measures of ability. Adults don't fully develop their "adult brain" until the age of 25 (females) to 30 (male). This means the executive function, i.e., part of your brain that plans, organizes, pre-frontal cortex, not fully developed that impact: 1) Metacognition (pause, reflect and make different choices); 2) goal-directed (ability to keep going despite obstacles); Cognitive flexibility (how teen deals with changes in plans when first approach doesn't work); 3) sustained attention (ignoring distractions); Response Inhibition (listen to someone's point of view e/o interrupting; thinking about something before blurting it out; read directions before start); Working Memory (# of things you can hold in your head, remembering to hand it homework – part of brain that do conscience thinking – our post it notes); Planning & Prioritizing (plan things out); Time Management turn things in on time or crunch at midnight); Organization; Task Initiation (procrastinating; getting started); Emotional regulation (can teen talk himself down; can the teen relax – sometimes best students more prepared do worse on exams). These are skills that can be supported.

Reviewed "Executive Skills Required for Independent Classwork and Homework." Instead of talking about him as a student, talk about his brain development which opens conversation to what they can do for the future. Using this kind of language can help them think about where they are in development and acknowledge the challenges. Albany High known for challenging academics, sports, music, clubs and makes kids overwhelmed. Even with students who love school a lot of pressure. Review "how to get into Stanford with B's in their transcripts." Teens are more likely to take more risks than adults and more fear than adults. We as adults can talk ourselves out of challenging/stressful situations where teens have not developed the skill (frontal cortex) to do so. Anxiety that they are feeling is part of the normal brain development. Confusion is also part of normal learning. This happens naturally and integration happens during sleep – get info into long-term memory. 3) Overstuffed suitcase. When the brain can't do something it needs, it needs support. Things that parents can do are make time visible. For example, use analog clock. An analog shows past, present, and future (visual - get the picture). Place analog where they do their homework, where they get ready in the a.m. Another tool is timers (used to break down work into manageable chunks, integrate breaks, etc.). Ways to support your teen (1. Education; 2. Modeling; 3. Getting others to help).

Parent Question: Can Video Games be overcome? People (adults as well as kids) struggle with this. If too much time, shut it down. Have a routine so it is not an argument about it. It use to be the T.V., now it's computers. It is a question of balance for most people.

Skype friends and state, talking about homework. How do you help them understand to limit discussions purely to school? As parent you can give that advice and it is a difficult dilemma.

- 7. Nominating Committee for 2015-16 PTSA Board:** Call out to any and all interested AHS parents who would like to be on the 2015-16 PTSA Board nominating committee, please email your current PTSA Board at ahs-pts-board@googlegroups.com. We need four brave souls to come up with names of possible volunteers (or individuals who are "voluntold" to be on next year's Board).

- 8. Adjournment:**

Submitted by Margarita Zamora Esmail, Secretary

