

# 10/09/17 PTO Meeting Minutes

Special Attendees:

Joy Pehlke: Wolverine Wellness Educator

UM Students: Clarence and Princess

Mr. William Garcia English/Lit teacher & Junior Class Dean & PTO teacher rep

Ms. Do introduced our speaker: Joy Pehlke

**Joy Pehlke: Wolverine Wellness Educator**

**UM Students: Clarence and Princess**

Highlights for parents:

- Reconsider the culture of “busy”
- Recognize that mental health is multifaceted
- Recognize that not all stress is bad
- Model asking for help and acknowledging mistakes
- Consider a minute of mindfulness or deep breathing
- Find activities that are so enjoyable to you that you lose track of time--”flow activities”

If you attended the workshop, she would love your feedback here:

[fill-out this extremely short feedback survey](#)

If you did not attend, here are the slides from the event.

<https://drive.google.com/open?id=0B-lvGuRBtk1lQ3Z6bFNQbmJoamo4cHdmdWJ2YVVENERyQ3Y0>

**Angie Smith (PTO president) and Mr. Garcia:**

1. **Diversity day** is changing to multiple days through the year. Please encourage your student to attend.
2. **Restaurant night out:** Athena's 25% of night's revenue will go back to Wihi—Trying for November 2
3. **Student support centers:** Writing, Math, and Spanish—Mon-Thurs after school
4. **Parent Teacher Conferences:** October 25-26. Look for the sign up, coming soon.

Conference tips:

- a. Consider giving yourself a five minute break between conferences.
- b. Consider organizing your conferences by room: see all the teachers in the gym then all the teachers in the auditorium.

- c. These are five minutes: You can set up a longer meeting later if necessary.
- d. These should be student led. Your student should accompany you
  - 1. Parents provide meals for teachers. We are serving a breakfast for dinner, an actual breakfast, and a dinner. Please sign up to help with nourishment or serving:

<http://www.signupgenius.com/tabs/63275dc0fa42-parentteacher>

- 4. Homecoming tickets are on sale, and are only available presale! Tickets are \$15 and available at school. Homecoming Dance is at the Eagle Crest Hotel and will only happen if parents volunteer to chaperone. Please volunteer here:

<http://www.signupgenius.com/go/20f0d45adaa2daafe3-chaperone>

Homecoming soccer game will be held at 1PM on Oct 20th. Free to attend, parents invited.

Meeting adjourned.