

Parent Board Meeting Minutes

Board Meeting, October 29th, Monday, 2018

7:00 p.m. – 8:30 p.m., Conference Room, C-129, Judd Building

List of Attendees in no particular order: Saima Sufi, Archana Dharanipragada, Farah Noor Cheema, Zainab Baig, Rupert Vaughn, Michael Norwood, Christy Tate, Amelia Klein, Abundio Rodriguez, Barbara Kern, Lauren Polite, Ann Grissom, Susan Farmer, Monica Hughson, Catherine Rosenberg, Amelia Klein, Kevin Tan, Heather Tamburo, Samantha Morales, Meggan Friedman.

All council members would be addressed with their initials in this document.

AGENDA

- 7 p.m. –**
1. Introduction and Announcements: Barbara Kern and Lauren Polite, Request for Quarterly Council Reports
 2. Individual Council Reports
 3. Betsy Noel, Wellness Coordinator and Title IX Coordinator, Survey Results
 4. Amanda Norton, Chair, Speaker Series
 5. Closing Remarks and Reminders
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– 8:39 p.m. Adjourn and Disperse

Minutes from the previous meeting were sent to all PA Board members prior to the meeting.

1) 7.04 pm: Sharing & Brief Announcements: Barbara Kern requested that all councils write quarterly reports with brief updates with latest happenings at their council wide efforts. The report should incorporate challenging issues, and how the school/PA Board/parents could help the councils ease the process. Tentative dates for the council reports would be: end of Winter, Spring quarters and before school closing in summer. The dates should coincide with the UChicago end of quarter deadlines. Barbara mentioned that the council's reports would move things forward in a positive in addressing difficult issues, and they would be able to help the school with streamlining some of these difficult issues faced during the school year.

2) Individual Council Reports and Updates:

- **ESH:** ESH mentioned that the quarter was off to a good start, and they had good costume swap for recycling the Halloween costumes. Their upcoming event is to sell the SpiritWear items in the ESH lobby, and they were looking to some help for organizing the sales. LP mentioned that they could have the SpiritWear on folding, movable racks to shift them easily from one place to another.
- **LS:** Their October event, Walk to School was a huge success. The Nurse's office, Gymnasium, UCPD were actively engaged with them during the event. The roads were kiddie cornered during the event. The other significant event was BookSwap, and they are preparing for upcoming Holiday Fair.

- **MS:** One of their biggest events was the Giant Gym Night, and they are looking for increased parent participation for this year. The transition from 8th - 9th grade, class visits have been announced. There was also a conversation that all teachers should follow a standardized method for homework assignment. ZB mentioned that she signed for Schoology alerts and it sends messages to her when students post comments, and if there would be way to receive only important alerts. The members talked how the school and the parents could effectively use electronic media for better communication, alerts and updates.
- **HS:** HS council had a meeting with Sharon Liams, Ana Campos and Dave Ribbens about sports/parents involvement. They discussed issues pertaining to No-Cut Policy, how parents could reach-out to coaches and role of team parents. Dave Ribbens promised that he would facilitate coaches meeting with parents. LP mentioned school sports teams should have clear job description for team parents. Also, board members discussed how we could coordinate SpiritWear sales with team parents and coaches.
- **Communications:** E-news running smoothly and everything is up-to-date.
- **Finance Committee:** They talked about the upcoming expenses and items out of budget. RV mentioned that all grant proposals were due on Nov 30th. Giant Gym night would accept Paypal now. RV had a special mention about Teacher Appreciation day expenses.

3) Betsy Noel (BN), Coordinator of Wellness and Deputy Title IX Coordinator: BN spearheaded the holistic wellness survey conducted by the school last November. In Spring of 2018, Lab administered a comprehensive, anonymous health and wellness survey to more than 830 Lab students in grades six through 11. The aim of the survey was to learn directly from students about their physical health and habits, social and emotional experiences, mental health, and safety. These factors and others collectively signal the extent to which individuals and groups at Lab feel healthy, safe, respected, included, successful, and valued.

The data will not be used for research purposes, the raw data will not be disclosed, nor will the results be shared outside the community, consistent with the expectations of the Institutional Review Board at the University of Chicago. The actual results went out three weeks ago from our meeting date, and some of the results were very positive while others were more concerning. BN mentioned that some of the survey results were positive and some were alarming.

The insights from this survey allow us to better support our young people and develop the partnership between home and school that best meets their needs. The issues were had a varied range including: mental health, sleep, HW, drugs alcohol, sexual health, physical health and a general sense of safety and security. BN mentioned that UCLS as a community has big and varied picture for health and wellness, and there is no isolated quick-fix for this, They need to look in to what needs to be accomplished with available resources also based on the priorities. Right now, they have the data and are trying to utilize the data for some meaningful results based on people's interests what the next steps would be to evaluate the health, wellness both emotional and physical at school. CASEL, well researched and simple to use framework will be used in conjunction with her results from the data.

The ultimate goal is to have comprehensive report by working with families at the upcoming community meetings and throughout the year as we partner to improve our students' health and wellness. From the raw data collected, BN will produce sub-reports and devise action plans for each individual student/parent groups which provides a social and emotional learning across lab schools.

o **Questions from Attendees:**

- + What is the role of PA in this, and if BN could provide the PA with a short summary for parent recap.
- + If we could compare these survey results to other schools, BN replied that it is a difficult to compare because some schools do not like release the facts, but the goal is to model UPenn so that other schools could use the model and develop their own
- + If it is yearly or bi-annual
- + How would you rank the pertinent issues from the contextualized executive summary, and which one of them would be on the top of the list
- + How to tap particular kids in advisory or to capture a larger parent voice or interest
- + Address lack of participation from parent/student groups
- + What are the the goals for Learning & Counselling, both short term and long term?\

BN is optimistic that an on-going partnership with Learning and Counselling, collaboration with teachers, nurses, coaches and parents through-out the year improve our students' health and wellness through strategic planning and upcoming meetings with Dialogos.

7.59 BN ended her conversation. Follow up to BN's conversation

- o Nicole Neal, Director of Students Services would talk to parents at 4 workshops spread until end of May, 2019 about social and emotional learning to facilitate a to increase the connection between home and school regarding social and emotional care of children and their families. Few board members expressed that we need to find new ways to engage the parents - using Webex, or combine L&C talks with Principal Chats. One of the board members suggested that L&C counsellors should be introduced either at school open house or back to lab sessions.

4) 8.07 pm: Amanda Norton, PA Speaker Series Chair, 2018 - 19: Every year, the Lab Parents' Association organizes a Speaker Series to offer parents, guardians, faculty, and staff the opportunity to hear fantastic speakers present innovative work that is relevant to our lives as parents and educators. AN announced the upcoming *William Stixrud and Ned Johnson, authors of The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives*, Monday, November 12, 7 p.m, Gordon Parks Assembly Hall. Praise for the *The Self-Driven Child* came NPR as well as thoughtful book turns the latest brain science into valuable practical advice for parents. A second speaker has been the announced for later, and a third speaker is anticipated as Caryl Anderson's *White Rage: The Unspoken Truth of Our Racial Divide*. There was another suggestion from the members: Kim Brooks, *Small Animals: Parenthood in the age of fear*. There was general discussion on how these books also could fit in diversity and inclusion, resiliency and self-reliance. There was another book suggestion from member regarding a high school student as a minority living in the United States. LP requested for members to come back with more new suggestions. LP also suggested that a pre-dinner with parents mix and mingle dates will be announced later. The PA board has inventory of past speaker books, and they should look into ways for selling those accumulated books from past years.

5) 8.35 p.m Closing Remarks and Reminders:

- o Next board meeting on Monday, November 26th, 2018 7-8.30 p.m 2018, in C-129, Judd Hall
- o SpiritWear meeting on Tuesday, October 30th, 2018, 8.30 -9.30 a.m C-143, Middle School
- o PA Diversity, Equity, and Inclusion Committee meeting Thursday, November 1, 6-7:30 p.m., ESH Lobby

8.39 p. m Thanks and disperse