

**Enterprise High School
Parent Club
Meeting Minutes
January 15, 2019 - 6:00pm**

Signed attendance: Lorri Able, Molly Schneider, Kathy Cottrell (ETS - Trio), Shelly Poliak, Joana Allen, Eric, Amber Perez, Richard Moore, Ruth Burch, Tonya Waterman

Meeting Facilitator: Shelly Poliak

Meeting called to Order: 6:08 pm

Welcome (reminder to sign in)

Approval of Nov 13th meeting minutes. Molly Schneider motioned to accept the minutes. Amber Perez seconded the motion and all approved.

Parent Club Board Reports

President's Report (Shelly Poliak) - Membership and scholarship explanations (\$15/family, based on point system, accept checks and cash)

Vice President's Report (Amber Perez) - Nothing to report.

Secretary's Report (Lorri Able) - Nothing to report.

Treasurer's Report (Richard Moore) - New balance \$7,606.43; made \$2,013 at the craft bazaar (\$1,120/vendors & \$893/food & baskets)

Other Reports

Administration - Not present

ASB - Not present but Erik informed everyone that the Winter Formal will be in February. Homecoming next week. Four spirit days, posters hanging everywhere about the days. 8th grade invasion coming up.

Parent Club Organizations Reports

Music Boosters - Variety hour Feb 28th, Mar 1 & Mar 2. 8th grade invasion performance 1/22, Honor Band at U Prep and Chipotle dinner coming up.

Sports Boosters - Girls and boys basketball in triangle, games in Chico and PV. Feb 8 wrestling. Wed duo, soccer doing well. Jeff is the new VP of sports boosters, Joanna volunteer coordinator, taxes have been filed and all is good.

Sober Grad - Meeting tonight after this meeting.

Old Business

Craft Bazaar Report - Held in Nov, first one in a long time. Molly did baskets, 25 total. Ruth made homemade cinnamon rolls, Richard helped all day with the food. Vendor feedback indicated that they wished there was more traffic. Public service announcements were huge success. About 30 vendors and there were about 6 other fairs across town that same day. Shelly is willing to do it again next year as people are asking if we will be doing it next year. It was very classy. People also liked the raffle ticket they got with their \$1 donation and also happy to hear that we still have a parent club.

Staff Appreciation - Same five, usual people helping out. People signed up but didn't deliver food. Starbucks donated coffee, Shelly will send thank you cards.

Correspondence - Received a card from EHS staff stating that they felt appreciated. Thank you.

New Business

Next Fundraiser - Spring Craft Fair? Due to vendor feedback it was suggested we have a spring craft fair. Kool April nights is 4/20. Thoughts on the week before? Track & Field have an event before Spring break. Sober Grad doing a chicken dinner in April, trying to coordinate during sports games/events. April 6 or 13th? We don't want fair at the same time as other events, due to parking. Parking at the church? Bounce house? Informed insurance won't allow. General consensus is yes, do another craft fair.

Items From the Floor - Katy Cottrell, UC Davis outreach advisor for TRIO. Program for low income and/or 1st generation college students. Handed out brochure, card, form and info for fee waivers for SAT & ACT's, college preview trips (Feb trip to San Diego UCLA, SCU Long Beach & leadership conference at Humboldt). Meetings with students twice a year, can be like having a second counselor. The goal is to have 130 students at EHS in the program.

-Tonya spoke on behalf of the culinary program. Select group of culinary group going to France. Receiving a check from SCOE. Need parent club to hold the check for \$600. It will be made out to EHS.

-On behalf of the sophomore class (not present because of the current basketball game): asking for help on Winter Formal Feb 9th. They've got the schematics, location and decorations planned. DJ prices have gone up to \$500. They are asking us to split the cost (\$250) Will be held at the Stirring. Molly motioned to approve. Lorri 2nd the motion to approve. Make check payable to EHS class of 2021.

Guest Speaker - Dr. Molly Schneider - Board certified emergency physician and certified yoga instructor. Explained the effects of stress on your body and demonstrated ways to relieve that stress using diaphragmic breathing. What is stress? Stress arises when something you care about is at stake. 1) Observe it & label it (I feel stress) 2) Welcome it because you care 3) How can I make better/what can I do? What solutions using your resources. What resources? (positive & negative) identify your sources. Yoga turns on your parasympathetic nervous system. 1) Don't overextend yourself. 2) Sleep (8-10 hrs/teens, 8hrs adults) 3) Avoid substances (caffeine & depressants) 4) Eating right (3 meals a day) 5) Down time 6) Practice gratitude 7) Human connection

Meeting adjourned: 7:20 p.m.

Next meeting: Tuesday, February 26, 2019 @ 6:00 p.m.

Parent Club email: enterpriseparentclub@gmail.com

School website: enterprisehornets.com

Facebook: Enterprise High Parent Club