



## Prospect High School Parent Teacher Student Association

### Notes from PTSA General Association Meeting

April 2, 2019

**In attendance:** 12

Welcome and Introductions! (Cathie)

**Approval of minutes** from 3/11/19

**Financial reports** (Xingli, Treasurer): Closed the Chase account, a few other transactions.

**Prospect High School PTSA Treasurer's Report for period March 10 – March 31, 2019**

**Balance on hand as of 03/31/2019: \$22,488.49**

- Citibank: \$0 (closed)
- US bank: \$22,205.15
- PayPal: \$283.34

**Income: \$289.73**

- Company matching \$125
- eScrip: \$164.73

**Expenses:**

Citibank: no activities, closed March 25th

Paypal: no activities

US Bank:

- Debit card: \$250 to Starhouse Media for Screenagers film
- Check #1009 to Monica Hylbert, Counselor for mini-grant

**Activities and Issues**

\* Closed Citibank account on March 25, deposited the balance to USbank account

**Report of the Executive Board** (Cathie, President)

- Bike registration event: Students registered their bikes on campus. Stickers were handed out. You can register your bike with [bikeindex.org](http://bikeindex.org). This is known to be one of the more effective ways to track down a stolen bike.
- College application experience talk last week: Great starting point for learning about the college experience. PTSA can have Amy Bencomo do a similar talk every year. Her presentation is available on our website.
- Senior scholarship deadline is April 19.
- SAT/ACT practice tests will be offered at PHS on May 11 for a \$20 donation.
- PTSA positions are open for next year:
  1. Executive Vice President
  2. Secretary
  3. Parent Education Coordinator
  4. Scholarship Committee
  5. Homecoming Committee
  6. Hospitality Committee

**Principal Report** (Paul Pinza) – no report



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### Teacher Report (Sameen Schoenhair) –

- SBAC testing is coming up after break – math and English. CAST test (science) after that. This is the last year the new science test will be “preliminary” – next year will begin the official test.
- Grand awards are coming at the end of May.
- The staff at PHS has started a new effort to help struggling students: A list of students grades 9-12 who are in danger of not graduating was created and shared with the teachers. Each teacher took 2-3 students under his/her wing to see if they can encourage and help them to get their grades up.

### ASB Report – no report

### Reports of the Committees

- Parent Ed Update (Cathie) – Screenagers showing after this meeting tonight.
- Test Prep (Cathie) – ACT/SAT tests at PHS for a \$20 on May 11 from 9am-1pm. Still room for more students in SAT prep class coming up soon.
- Grad night (Cyndi) – Golfland fundraiser this Friday 11:30am-6pm. Parents of Juniors can get involved now to shadow current committee members, look for more info on that in our newsletters. Goodwill truck was filled this weekend, raised \$925. Grad night tickets are on sale.
- Senior breakfast – need volunteers to run this special event for our seniors!
- Panther Paws – no report
- Teacher appreciation lunch in May – Cindy is organizing. No date yet, but suggested May 3 or May 17.
- Math committee (Donna) – handout of concerns of CPM math situation at Prospect. Let Donna know if you'd like to get email updates.

Meeting adjourned 7:09pm.

Minutes submitted by Jennifer Loftus, Secretary

Parent Topic at 7:15pm: Showing of the movie Screenagers, hosted by the English Department, John Manning and Michael Stevens. More parents joined for parent topic.



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Screenagers movie takeaways - summary by Jennifer, Secretary:

If you have a teenager in the house, it is probably no surprise that kids spend an average of 6.5 hours a day on screens. Social media, gaming, and even passive viewing of videos have been shown to negatively impact the developing brain. If you missed the movie, the Screenagers website is full of information: <https://www.screenagersmovie.com/>.

Right here in our community, some of our Prospect English teachers are seeing several effects of screen use in the classroom: short attention span, apathy, lower cognitive functioning, and even downright defiance over classroom expectations. You can make changes at home to encourage healthy screen time usage. What "healthy habits" look like can vary by family and child, so this will be a partnership you will need to develop over time with your teen. In general, cutting screen time by half is a good start, eventually trying to work toward 1-2 hours/day max. If you are interested in working with your teen on developing healthy screen time habits, here are some tips culled from the Screenagers movie, our teachers (who had dialog with our students about this), and the parent discussion before/after the viewing of the film.

- 1) **BE A ROLE MODEL:** Model healthy screen habits yourself. This is hard! But you can't tell someone to do something if you are not doing it first. :-)
  - 2) **OPEN COMMUNICATION:** Develop a respectful and collaborative relationship with your child. Spend time talking and listening on a regular basis. It will be easier to work on screen time limits if your relationship is mutually respectful.
  - 3) **ENCOURAGE INTERESTS and FAMILY TIME:** Allow and encourage your child to follow their non-screen interests in and outside of school. The more they fill their lives with healthy pursuits, the less time they have for screens. Spend time each day with the family, no screens allowed.
  - 4) **SET LIMITS:** Students respond well to consistent and well-researched limits. Show them the research articles. Talk with your teen about what has been proven to be healthy, and implement some gradual changes in screen time usage with their collaborative input.
  - 5) **WRITE A CONTRACT TOGETHER:** Consider writing up a screen time usage contract with your child. Keep it short! Here's a starting place: <https://www.screenagersmovie.com/contracts>
  - 6) **NIGHT "POWER-DOWN":** Consider having everyone in the household hand in their screens at a certain time each night to promote healthy sleep habits. This works for many families!
  - 7) **DON'T RESORT TO ALWAYS TAKING IT AWAY:** There are potential negative consequences of just taking the phone/device away as a punishment. Kids need to learn self-control and healthy habits. Some teachers are reluctant to collect phones during class time because students need to learn self-control as they approach adulthood. Professors and employers will not be collecting phones later in life.
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8) **START EARLY:** If you have young ones in the house, set limits now. It is easier to maintain screen time expectations from the beginning than it is to change them later.

9) **BE FLEXIBLE:** What works for one family may not work for another, and that is why it is important to have open and honest conversations - to see what works and what doesn't.

10) **SEEK PROFESSIONAL HELP IF NEEDED:** Sometimes kids need more help than parents can provide, particularly in cases where there might be an addiction developing. Don't be scared to ask for help. Prospect HS has counseling services.

Please watch the calendar for another event on this topic in the fall at Prospect!

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