

Lyon/Pleasant Ridge PTA Agenda
March 20, 2018 — 7:00pm
General PTA Meeting - Pleasant Ridge School

Attendees: Anne O’neill, Sharon Bux, Gail Weiss, Evelyn Caliendo, Erik Friedman, Kevin Dorken

Time	Agenda Item
7:00pm	<p>Call Meeting to Order— Sharon Bux Sharon called the meeting to order at 7:10</p> <p>Thank you’s — Sharon Bux Jump Rope for Heart fund raisers- Laura Floyd and the PE staff at PR. We are in 2nd currently in the state.</p>
7:05pm	<p>Officer’s Reports</p> <p>PTA Council Report Overview— Anne O’Neill Tree will be eliminated for next year. Looking at ways to get class list out to parents for next year. There will be no more class list posting day.</p>
7:05pm	<p>Committee Chair Reports</p> <p>Benefit — Tracy Reeder, Gail Weiss All packages sold. All teacher parties are mostly full (above 50% full).</p> <p>Environmental team— (via Sharon) Looking to doing something in spring.</p> <p>Garden- (via Sharon) Tracy Boyewsky and Mrs Brown are looking into starting off something for the garden.</p> <p>Spiritwear — Whiney Langas (via Sharon) There should be a flyer going out soon for spring sales. Will be open until April 8th.</p> <p>Staff Appreciation — E. Sullivan, A. Miller, K. Chasen (via Sharon) First week of May (7th -11th). Align with National teacher appreciation week.</p> <p>School Supplies- Rebecca Richards (via Sharon) Letting is getting ready to send out letter. Will be sent out beginning of next month.</p>

7:10pm

Principal Reports—

Kevin Dorken, Lyon Principal-

Also getting ready for next year. Everyone is really excited about the Lyon book room grant. Vicky is already painting the room. Hoping to get it maybe started before the end of the year!

Erik Friedman, PR Principal

Getting ready for next year. Starting transitions for students with special needs. We one foot in this year and one in next year.

7:15pm

Special Presentation:

Christine Somervill, Ph.D. Program Director, NAMI

“Mental health spectrum: Warning signs, resources and recovery.”

Do you know someone? Many celebrities and famous people have mental health issue.

Mental Illness:

A medical condition that impacts centers of the brain
Biologically based with genetic links.

Who is most vulnerable?

Strikes in the prime of life. Adolescence and young adults.

AND Older people- Depression and anxiety disorders are common.

Some Facts:

1 in 5 adults will experience a mental health condition in a given year.

1 in 25 will have a serious mental health issue

1 in 5 children ages 13-18 have or will have a serious mental health issue.

Identifying troubling youth?

Warning signs: Very sad, withdrawn, unmotivated for more than 2 weeks.

Trying to harm or kill themselves or making plans to do so, out of control and risk taking behaviors, Sudden overwhelming fear for no reason, not eating, throwing up and using laxatives to lose weight. Severe mood swings. Use of drugs/alcohol. Drastic changes in behavior or personality, hyper activity, intense worries or fears.

4 things parents can do:

- 1) Talk to doctor
- 2) Get referral for a mental health specialist
- 3) Work with school
- 4) Connect with other families

NAMI- National Alliance on Mental Health

Support, education, awareness, advocacy.
They have lots of resources and support groups for families and patients.
They work with the child and the family. It's a support system. Would also like to reduce the stigma for mental health.

******please see the Lyon/PR website to view the presentation given******

8:05pm

Meeting Adjourned — Sharon Bux