



## UES PTA Meeting Minutes

Thursday March 2, 2023 6:30pm UES Cafeteria

### 1. Welcome - Reena Lad

#### a. President's Remarks

1. Reena called the meeting to order at 6:35PM and welcomed everyone to the March 2nd meeting and introduced guest speaker Rachel Micol, a psychologist, to provide insights on children's mental health.

### 2. Guest Speaker - Rachel Micol

- a. Rachel introduced herself as a psychologist for adults and emphasized that while she doesn't specifically work with youth in her profession, she can offer unique insight into youth mental health. She remarked that youth mental health is a moving target and shared three points with the audience.

1. Normalize the struggle of being a parent to a young child - it is hard! No child can cope with all the problems in front of them all of the time. There will be times when it is harder.
2. Normalize help seeking - a mental health diagnosis is not required to seek help. Treating any indication or need for mental health assistance early in life will prevent it from being a problem later down the line. Without intervention, there can be long term consequences. Be mindful of children's help seeking behavior and take advantage of mental health resources.
3. Acknowledge the impact on mental health due to the pandemic, how things were taken away from us abruptly, and how it may affect the different dimensions of wellness. Be able to validate how difficult that may have been and as we 'come up for air' and rebuild in a meaningful way.

#### b. Other takeaways

1. You are not expected to be able to do it all!
2. As parents, one of the best things you can do is to take care of yourself - you cannot pour from an empty cup!
3. Create a culture of normalizing talking about mental health
4. While there may be barriers to getting mental health support, give yourself permission to prioritize your family's wellness above all
5. Have a buffer time between stimulating activities and bedtime such as meditation
6. Don't positively reinforce things that you do not want to continue!

- c. Toolkit packet was provided to the audience

### 3. Aladdin - Jackie Libby

- a. Auditions were completed last week and the cast list has been released.
- b. Rehearsals start on 3/13 and the play will be on 5/19 and 5/20. More information on tickets will be forthcoming.
- c. The play committee will continue to use the Remind app to announce pick up after rehearsals and wanted to emphasize that the best way to contact the play committee was through Remind or the [uesplay1@gmail.com](mailto:uesplay1@gmail.com) email address, and NOT through the school. This information is also included in the Parent Packet.

### 4. Movie Night and Assembly - Kelley Heilman

- a. The PTA screened Monster's Inc for Movie Night and it was a success. The license to screen is good for 12 months so they will be planning for additional movie nights to take advantage of the initial

expense. Concessions were a hit and there were some takeaways on the types of snacks to provide for future screenings and how to better expedite the popcorn making process. Overall the feedback from parents were positive.

- b. The students had an assembly with Corey the Dribbler. He provided motivational speech while performing basketball tricks. The kids enjoyed the assembly.

5. School Supplies Kit - Reena Lad

- a. Based on demand, a school supplies kit service will available for the 2023-2024 school year. The PTA is currently researching companies to provide the best quote for on-brand supplies (Crayola, Ticonderoga, etc). The kits will be tailored to the grade levels once the final supplies list for the 2023-2024 school year has been approved.
- b. In order to provide this convenience to parents a nominal up-charge of a few dollars is to be expected
- c. School kits will be shipped directly to the school and the school will distribute the kits to the classrooms, right to the scholar's desk.

6. Spirit Wear Campaign - Sarah Takacs

- a. March 10th will be the last day of sales.
- b. Orders will be passed on to Grimes and after production, picked up by Sarah. We will need volunteers to assist with the sorting and distribution of orders once they come in.
- c. Pricing - Sarah noted that the pricing for this campaign is better than with Bonfire and the savings were passed onto the parents to reconcile for the issues with the last campaign. The pricing structure is expected to increase, so parents are encouraged to place their orders for next year now.
- d. Product - Grimes has a softer, performance cotton option that has received positive reviews from staff members. The 1/4 zip has a smaller logo on the chest instead of the large logo squarely on the center.

7. Dinner Fundraiser - Reena Lad

- a. The Chik-fil-A fundraiser successfully raised \$271 for the PTA
- b. Another fundraiser is planned for April 4th at Tropical Smoothie with another potential fundraiser between now and then

8. Shamrock Shake - Reena Lad

- a. 3/15, doors open at 6:30PM, ends at 8:00PM
- b. Shamrock Shake will be similar to the Glow Night party with the same DJ, same type of music and the same level of enthusiasm! Doors will open at 6:30PM and there will be 4 food trucks on site: Kona Ice, M.R. Cheesecake, Rock & Rollin' Roasters, and B-Dubs Island Soul, and should be ready by about 6PM. The PTA hopes to see a large turnout as there will be a shamrock making craft station, henna artists and fun dance props. The cafeteria will be open for crafting and dining but the PTA is asking that parents refrain from eating inside the gym.
- c. While there is no need to RSVP to this event, the PTA is seeking volunteers to help with the event and specifically for a parent willing to be the Hawk mascot for the evening.

9. Urbana Heritage Night - Jen and Carl Albert

- a. 3/21, doors open at 6:30PM, set up at 4PM, clean up until 10:30PM
- b. A Sign Up Genius has been posted to the [uespta.org/volunteer](https://uespta.org/volunteer) website for parents and community members to contribute to food and displays where 6 out of 7 continents will be represented

- c. There are two performances that have been lined up: an Irish dance and a traditional Indian dance through local dance groups
- d. The event is expected to host approximately 350 students and 250 parents. If a parent has signed up to bring food, please provide about a small Dixie mouthwash cup sized sample per attendant.
- e. If the table display requires an extension cord or some other special arrangement, please notify Jen or Carl Albert as soon as possible so they can make arrangements.
- f. Each school will be providing a basket valued at \$50 sponsored by the PTA. PTA members present at the meeting voted for the "Cook with Me" themed basket.
- g. Additionally, the PTA has pledged \$400 to contribute to a balloon arch entrance display, photo booth decor, favor bags and passport stamps.
- h. The chairs will continue to work through A/V needs, goody bags and other small activities for this event.

#### 10. Budget Updates - Mimi Lee

- a. There was not a lot of income to add to the budget for the month of February other than Amazon Smile. A distribution to the school play was made along with other February expenses to include the movie screening license, the assembly, and \$1000 to each 3rd and 5th grade field trips.

#### 11. Nomination Committee - Reena Lad

- a. A nomination committee is required, per the bylaws, to elect the officers for the PTA. The committee will be comprised of at least 3 PTA members whose responsibility it is to nominate other PTA members for each position.
- b. Reena noted that the bylaws could potentially be changed so that only 3 officers are required, but 5 is the ideal number and provides the best amount of coverage that is required of a successful PTA
- c. All existing officers have committed to supporting the next group of officers through a coordinated succession plan that includes shadowing and open dialog. The current officers utilize Teams chat to track 'lessons learned' in order to provide the next group of officers the tools they need to succeed
- d. Currently, the nomination process is already 3 weeks behind so these positions will need to be filled quickly in order to be compliant and to have officers for the 2023-2024 school year.
- e. Sarah Takacs and Keysha Walker volunteered to be on the nomination committee, with Carl Albert volunteering to be a nominee.

#### 12. Book Fair - Reena Lad

- a. The Sign Up Genius for the Book Fair was recently published, and it was requested that it also be added to the UES PTA website. There are still quite a number of spots still open. The last two nights of the book fair are Literacy Night and STEM Night. Ms. Hilliard to review in her Principal's report.

#### 13. Principal Report - Ms. Hilliard

- a. Opening remarks by Ms. Hilliard, thanking Ms. Helfrick and Ms. O'Branovich for joining her this evening.
- b. Ms. Hilliard reiterated the involvement the administration has with the PTA through monthly meetings and thanked the PTA and UES families for their support
- c. Science fair was on March 1st, and Ms. McKeever and Ms. O'Branovich worked with the students last night on their scientific models. The students were excited and they are considering making it a requirement for select grade levels next year.

- d. Ms. Hilliard touched upon an author visit for 3rd, 4th and 5th graders coming up on March 7th. The author will be presenting her new comic book, Squished.
- e. Late this afternoon, Ms. Hilliard was notified that UES, out of 37 Frederick County elementary schools, was one of 10 schools that received a 5-star rating. This was a designation by the State Board of Education and a wonderful achievement for the school. Ms. Hilliard is confident that the school will continue to achieve 5-star ratings!
- f. Unfortunately, there will not be a Family Friday event for the month of March due to competing priorities. The school is open to ideas from parents for other events. Some parents have started getting invitations to come into the school to participate in activities with the scholars and they plan on extending the invite by grade level. As the year goes on, the school will continue to look for fun ways to bring parents in.
- g. The Spring book fair will take place from 3/27 - 3/30. There will be school and after school hours where the scholars will be able to shop during school hours. With the event coinciding with Literacy and STEM night, they will be sharing the methods/strategies they use to promote literacy.
- h. The school is continuing to grow with 9 new students added last week, from international to local transplants. There will be 8 staff members that will be joining UES and will lower the 2023-2024 classes sizes for nearly all grades to about 23-24 students per classroom. They will continue to closely monitor the 5th grade classes as the current class size is predicted to be about 27 scholars per classroom. As a result of the increase in staff members, they will be needing to combine their interventionists and find other creative ways to make space for classrooms.
- i. The school is planning for a 5th grade farewell - "Final Family Friday" on 5/12. They are planning for a friendly kickball game, food trucks, a book bag event, games, raffles, class baskets, story time and more. Information about 5th grade promotion will be shared soon and will likely be a theme park "safe and sane" event. Information will be shared closer to Spring Break.
- j. MISA testing for 5th graders will begin next week and right after Spring Break, the MCAT.
- k. Ms. Hilliard concluded by thanking parents again for volunteering in the school, with composting, and in the classroom. While parents tend to volunteer in the classrooms, there is always a need in other areas of the school, especially in the library.

#### 14. Closing Remarks - Reena Lad

- a. A reminder that an Earth Day event is planned for the school on 4/19 during school hours. Working off of last year's event, the PTA is planning for several stations: mindfulness training, flower planting, rock painting and other activities. They will partner with FCPL but have been told the resources available to them are extremely limited this year so they will need to rely on parent volunteers in order to have more than one station. Ms. O'Branovich volunteered to assist with the planning.

PTA meeting adjourned at 8:10pm. Next meeting will be April 6th at 6:30pm

#### 2022-2023 UES PTA Officers Attendance

President: Reena Lad - Present

VP1: Kelley Heilman - Present

VP2: Susan Matesa - Absent

Secretary: Amy Sullivan - Absent

Treasurer: Mimi Lee - Present