

# Welcome to Issaquah High PTSA General Membership Meeting

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November 13, 2020  
9:30 AM

Kim Wilkinson & Birgit Aarrestad  
Co-Presidents IH PTSA





# Agenda and Meeting Documents

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Available at [issaquahhighptsa.org](http://issaquahhighptsa.org)

-Go to PTSA Info

-Select Meetings and Financials

# Thank you to our Volunteers!



Angel Closet Coat Distribution  
**Karissa Mobila & Julie Gamble**



Ask an Academic Advisor  
**IHS Counselors Jennifer Schwarz, Christian McKone, & Alan Waite.**  
**Translators - Marisa Garcia Struck, Ana Limon Garcia, Dania Xiang & Tianqing Liu.**  
**Chairs - Puja Taunk & Tianqing Liu**



Zoom ACT/SAT Practice Tests  
**Tracie Kinsley- Chairperson**  
Rebecca Davidson/Huntington Learning Center



Staff Appreciation Photo Day Cookies  
**Laura Schmidt & Rachel Stoner- Hospitality**



Virtual Coffee with the Principal  
**Cathy Habib & Lisa Hill- New Family Ambassadors, Principal Andrea McCormick**

# COLLEGE WEEK: NOW THREE EVENTS!

Presented by the IH PTSA

**NEW: THE COLLEGE ESSAY**

**TUE, SEP 29, 7-8PM:**

**Applying to Colleges During  
Covid-19**

**WED, SEP 30, 7-8PM:**

**The College Essay**

**THURS, OCT 1, 7-8PM:**

**Paying for College Without  
Going Broke**

**Learn More & Register at:**

[www.tinyurl.com/ihptsaccp](http://www.tinyurl.com/ihptsaccp)

**Featuring:**



 CHAPMAN UNIVERSITY



SAN DIEGO STATE  
UNIVERSITY

**UF** UNIVERSITY of  
FLORIDA

**Paula Bishop**

CPA specializing in  
helping families pay  
for college.

Questions? Contact:  
[ihptsaccp@gmail.com](mailto:ihptsaccp@gmail.com)



Did you miss College Week  
in September?

Visit our website at  
[issaquahhighptsa.org](http://issaquahhighptsa.org) to find  
slides and recordings in  
College & Career Planning  
(Application Guidance).

Thank you Chairperson  
Tracie Kinsley!  
Support by IH PTSA VPs  
Sathya Kannan and Wendy Cummins



PTSA is proud to announce our October Spotlights

# Teacher, Staff, Student and Recent Alumni Spotlights



Follow us on social media to view our spotlights throughout the school year!



# Secretary's Report

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Minutes

Alisa George - IH PTSA Secretary



# Treasurer's Report

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October 2020 Financial Report

Tara Moe - IH PTSA Treasurer



**BUDGET**

# Our guest speakers today are:

Andrea McCormick  
Principal



Sara Torelli  
Swedish Teen Health Counselor for ISD





# Mental Health Presentation:

## Supporting your Teen During COVID-19

The Issaquah School District's school-based mental health counselors will give a free presentation for ISD parents on how to support teens' anxiety and stress during COVID-19, as well as how to cope with the stresses of parenting during a pandemic and a time of remote learning.

When:

- Tuesday, November 17
- 7-8 p.m.

November 17

Join via Zoom at

<https://zoom.us/j/99285369544?pwd=UytaeUxoWGE5dmdrR1FodFdXMVF0QT09>

Meeting ID: 992 8536 9544

Passcode: ISSAQUAH

The presenters are certified mental health counselors from Swedish Medical Center who are based in ISD schools:

- Julie Schliebner, LICSW (Gibson Ek HS)
- Sara Torelli, LICSW (Issaquah HS)
- Summer Igaz, LICSW (Skyline HS)
- Hillary Cohen, LICSW (Liberty HS)

# COMMITTEE REPORTS

# Outreach

Blyth Claeys - VP Outreach

- Angel Closet Update (9:50 AM)
- New Family Ambassadors- Principal Coffee & College/Career Center visit
- Ask an Academic Advisor
- Parent Education/ParentWiser (Heidi Fuhs)



Angel Closet Chairs:  
Karissa Mobilia & Julie Gamble



Ask an Academic Advisor Night  
Chairs:  
Puja Taunk & Tianqing Liu



New Family Ambassadors  
College & Career Center Virtual Visit  
Chairs:  
Catherine Luebbert Habib &  
Lisa Chapman Hill



Nov 18, 2020 | 7:00-8:15pm | Zoom Webinar

## *How to Raise Successful Kids Without Overparenting*

Julie Lythcott-Haims

Drawing on research, on conversations with educators, admissions officers, and employers and on her own insights as a mother and former student dean at Stanford University, Julie highlights the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and, especially, fears that lead to overhelping, Julie offers practical strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Register online at [www.parentwiser.org](http://www.parentwiser.org)

Free for PTSA members of Issaquah schools, Non-members \$10 suggested donation

SPONSORS

Wednesday Nov 18, 7:00 - 8:15pm  
How to Raise Successful Kids without  
Overparenting,  
by Julie Lythcott-Haims

Register at

[www.parentwiser.org](http://www.parentwiser.org)

Heidi Fuhs - Chairperson


**Dec 9, 2020 7:00 PM-8:15 PM**

## Beyond Behavior; Understand and Solve Your Students' Behavioral Challenges

**Guest Speaker, Mona Delahooke PhD**

Are you trying to parent through tantrums and unpredictable behavior? What about aggressiveness? Mona Delahooke, PhD will share neuroscience-based tools and strategies to reduce behavioral challenges and promote psychological resilience and satisfying, secure relationships. Dr. Delahooke will also point out important signals that we should address by seeking to understand a child's individual differences in the context of relational safety.



An aerial, high-angle photograph of a large, diverse crowd of people gathered in a public square or plaza. The people are densely packed, and the ground is paved with light-colored tiles. The overall scene is bright and busy.

What are our current  
membership numbers?



Nicole Garcia - VP Membership

IH PTSA PROGRAMS

Wendy Cummins & Sathya Kannan - Co-VP's Programs

# Mock Tests

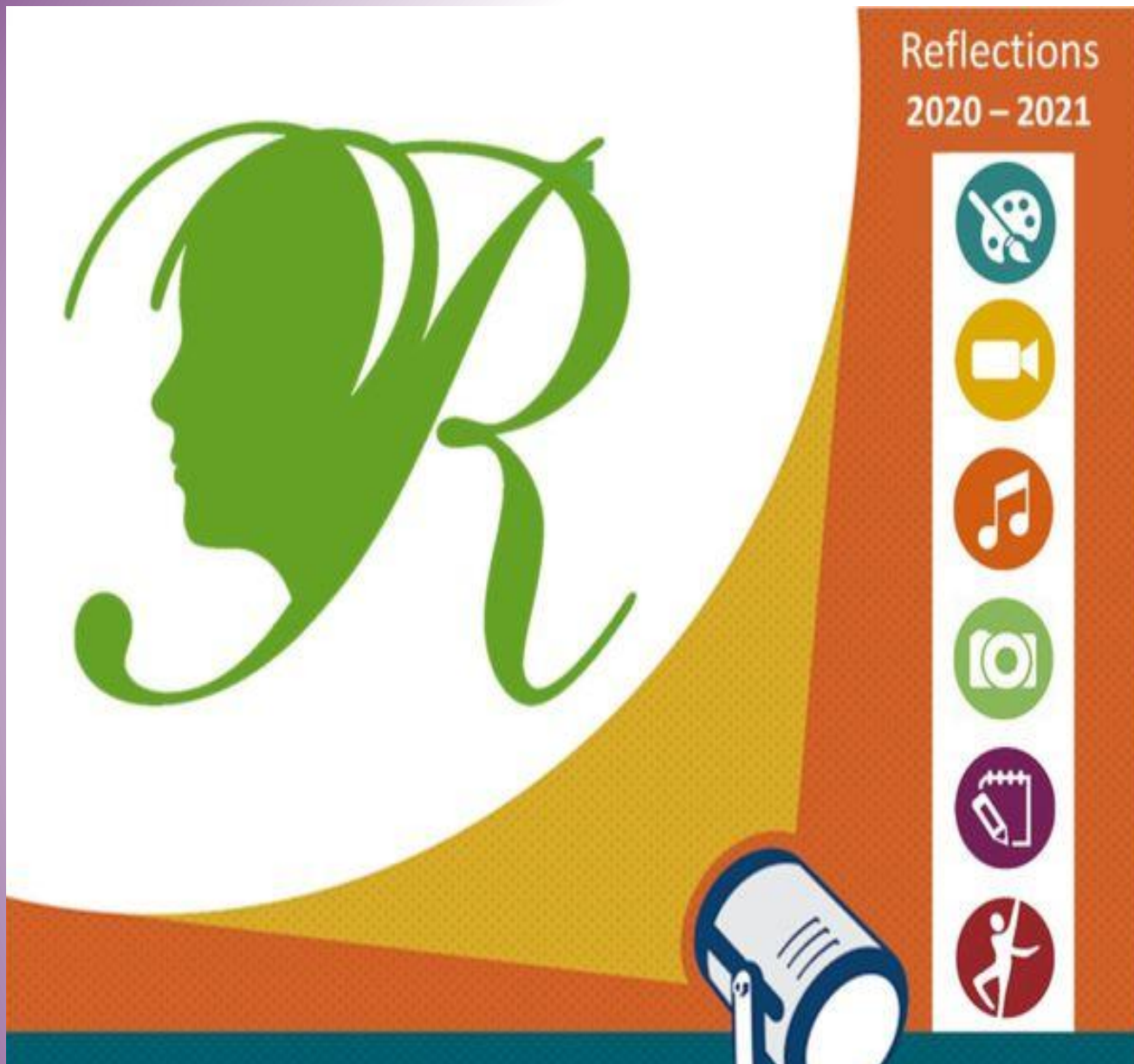
## ACT/SAT

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- Sat. November 7 Practice ACT
- Sat. November 14 Practice SAT
- Wed. November 18  
Scoreback Session

~ ALL Virtual ~





# Reflections

"I Matter Because."

Reflections Chairpeople-  
Kristen Allen-Bentsen &  
Heather Bratton

IHS Winners Announcement

Thank you to our judges!

**Mark Morin**

**Angie Warren**

**Liz St. Andre**

**Ann Marie Petry**

<http://issaquahhighptsa.org/Page/Programpages/Reflections>

# Community Service

Nicole Garcia- Chairperson



Community Service Cord –  
Awarded to all seniors who  
have earned 100+ hours  
throughout their high school  
years

# Hospitality

## Operation Cookie Drop

Our volunteer VP's brought donated & store bought cookies to all the staff during picture day. Thank you for including all the teachers with a variety of cookies including gluten-free and vegan.



Laura Schmidt & Rachel Stoner - VP's



# SENIOR EVENTS UPDATE

Heidi Fuhs & Kristen Allen-Bentsen - Co-Vice-Presidents Events

IH PTSA Communications

# FOLLOW US

<https://www.facebook.com/IssaquahHighPTSA>

<https://twitter.com/ihptsa>

<https://www.instagram.com/issaquahhighptsa/>



中文 WeChat (Mandarin Chinese)

Español WhatsApp

To join WeChat or Whats App, please email [ihptsaFACE@gmail.com](mailto:ihptsaFACE@gmail.com)

## Other Opportunities...

- Nominating Committee forms in January 2021- contact [ihptsapresidents@gmail.com](mailto:ihptsapresidents@gmail.com) if you would be interested in being a member
- WA State PTA Contests- WSPTA Game Development Competition & Essay Contest  
<https://www.wastatepta.org/events-programs/>
- Grant Cycle #2 Requests due by Jan. 15
- WA State PTA Legislative Assembly Results

Monday 5:00 PM  
Professional begins  
SafeCo Field  
Seattle, Washington  
Admission by ticket only

0001

June 18th 2018  
5:00 PM  
Professional begins at 4:45 PM  
SafeCo Field  
Seattle, Washington  
Admission by ticket only

0002

SAH  
SCHOOL  
y, June 18th 2018  
5:00 PM  
Professional begins at 4:45 PM  
SafeCo Field  
Seattle, Washington  
Admission by

# WSPTA Top 5 Legislative Priorities

1. Increase Access to Nursing, Mental Health, and Social Emotional Learning Staff
2. Support Students and Preserve Education Funding
3. Increasing Educational Equity by Closing the Digital Divide
4. Supports and Funding for Students with Disabilities and Their Families
5. Prevent and Reduce Gun Violence and Suicide



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YOUR CHILD**

National  
**PTA**  
everychild.onevoice®

Washington State  
**PTA**  
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- Nov 14, Virtual Practice Test SAT
- Nov. 17, 6PM – New Family Ambassadors College & Career Center Night
- Nov. 18, 7pm ParentWiser – How to Raise Successful Kids
- Nov 18, 7 pm Practice Test scores back - virtual session
- Nov 19, 9:30am Issaquah PTSA Council Meeting
- Nov 20, Picture Day Make-ups
- Nov 26-27 Thanksgiving Holiday - no school
- Dec 8, 6:30pm ISD Understanding US Public School System
- Dec 9, 6pm ISD School Board Meeting
- Dec 9, 10:30am New Family Ambassadors Trip to Molbaks
- Dec 9, 7pm ParentWiser - Challenging Behavior
- Dec 21-Jan 1 Winter Break - no school
- Jan 13, 2pm ParentWiser Stress and Anxiety
- Jan 15, 9:30am PTSA GMM
- Jan 15, 3pm Grant Applications Due (2<sup>nd</sup> set)
- Jan 18, No School - Martin Luther King Jr Day
- Jan 25, No School - Teacher Work Day
- Jan 28, 9:30am Issaquah PTSA Council Meeting
- Feb 3, 10:30am IH PTSA Board Meeting
- March 1st- WA State PTA Contests deadline- Game Development & Essay
- June 11, 2021 Graduation secured at T Mobile Park

<http://issaquahhighptsa.org>

Questions? Email [issaquahhighPTSA@gmail.com](mailto:issaquahhighPTSA@gmail.com)

Thank you for  
joining us  
today!

Hope to see you at our next  
General Membership  
Meeting

Friday, January 15th

9:30am - 11:30am

General  
Membership  
Meeting

