

Welcome to Issaquah High PTSA General Membership Meeting

March 12, 2021
9:30 AM

Kim Wilkinson & Birgit Aarrestad
Co-Presidents IH PTSA





Agenda and Meeting Documents

Available at issaquahhighptsa.org

-Go to PTSA Info

-Select Meetings and Financials

Thank you to our Volunteers!



Managing Stress, Anxiety & Parenting
Heidi Fuhs – Chair
ParentWiser



Angel Closet
Pick Up &
Distribution
Julie Gamble
Karissa Mobilia



Senior Events
Issaquah Celebration
Tracie Jones
Betsy Jones
Cynthia Lydum



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



Nominating Committee
Karissa Mobilia, Blyth Claeys,
Tracy Drake



Secretary's Report

Minutes

Alisa George - IH PTSA Secretary

Treasurer's Report

February 2021 Financial Report



Tara Moe - IH PTSA Treasurer

Our guest speakers are:

Andrea McCormick
IHS Principal



Jordan Frost
ASB/Student Activities Director



What are our current membership numbers?



- ? Family Memberships
- ? Staff Memberships
- ? Total Memberships

Budgeted 800!

Nicole Garcia - VP Membership

College & Career Planning Spring '21 Speaker Series



JOB SEEKERS: THUR, APR 1, 7PM
Build Your Resume & Interview Skills
Featuring Microsoft Recruiters

ENTREPRENEURS: WED, APR 21, 4PM
Start & Grow a Business or Non-Profit
Featuring Kim Guarino Bulgar

COLLEGE-BOUND JUNIORS: WED, MAY 5, 2PM
Essay Writing Help - Feedback & Free Help
Featuring College Representatives

Questions? Contact ihptsaCCP@gmail.com

Visit: issaquahhighptsa.org

Community Service

Nicole Garcia- Chairperson



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



Senior Hours Due May 1st

Grants

IH PTSA MISSION

To expand educational opportunities and enhance the learning and social environment at Issaquah High through programs, volunteers, advocacy and financial support.

IH PTSA budgets money every year to fund selected projects and programs proposed by teachers, staff, parents and/or students to further our mission:

Grant Guidelines: The Guidelines document contains considered review criteria we use in the grant review, steps in the application process, timeline, and contacts for assistance.

Grant Application Form: Please complete the application found on IH PTSA website, along with any attachments or additional information, and submit during school closure directly to IHPTSAGrants@gmail.com .

**DO YOU HAVE A BRIGHT IDEA
TO ENHANCE OUR SCHOOL?**

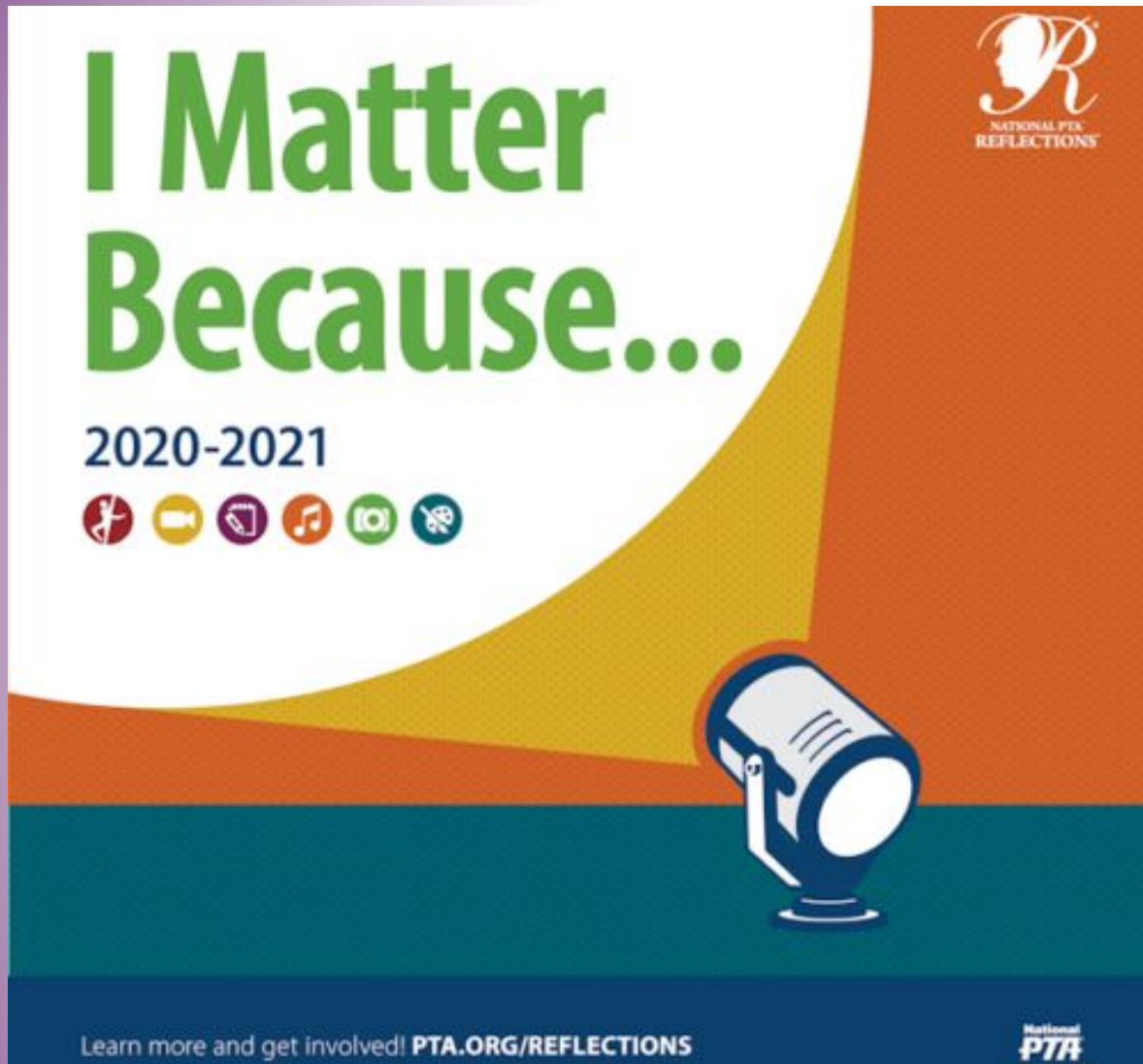
**Teachers, staff, parents, AND STUDENTS
are all welcome to apply for an IHPTSA Grant!**



**Apply by April 16th at:
www.IssaquahHighPTSA.org
(Click on "Programs")**

Spring Deadline - April 16, 2021

<https://issaquahhighptsa.org/Page/Pta/PTSA%20Grants>



Reflections

"I Matter Because."

Congratulations to the following IHS student Reflections participants who have advanced to the State level!

Julianna Carragher: Music Composition

Emily Fitzgerald: Music Composition

Adya Mohapatra: Literature

Aashika Vishwanath: Dance Choreography

Aashika Vishwanath: Visual Arts

Amanda Winterbauer: Dance Choreography

Brandon Yeo: Photography (with an honorable mention in Visual Arts)

Tina Zou: Visual Arts

Reflections Chairpeople- Kristen Allen-Bentsen & Heather Bratton

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

Senior Scholarships

This year the PTSA is excited to offer 7 senior scholarships worth \$750 each

PTSA intends to award at least one in each category:

- 4 year College
- 2 year College
- Tech/Vocational



Students currently enrolled at IHS, with a 2.0 or higher grade point average, committed to furthering his/her/they education, by attending an educational institution immediately following IHS graduation.

Deadline: April 12, 2021

<https://issaquahhighptsa.org/Page/Programpages/SeniorScholarships>

COMMITTEE REPORTS

Outreach

Blyth Claeys - VP Outreach

- Angel Closet
- New Family Ambassadors
- Parent Education/ParentWiser
- FACE

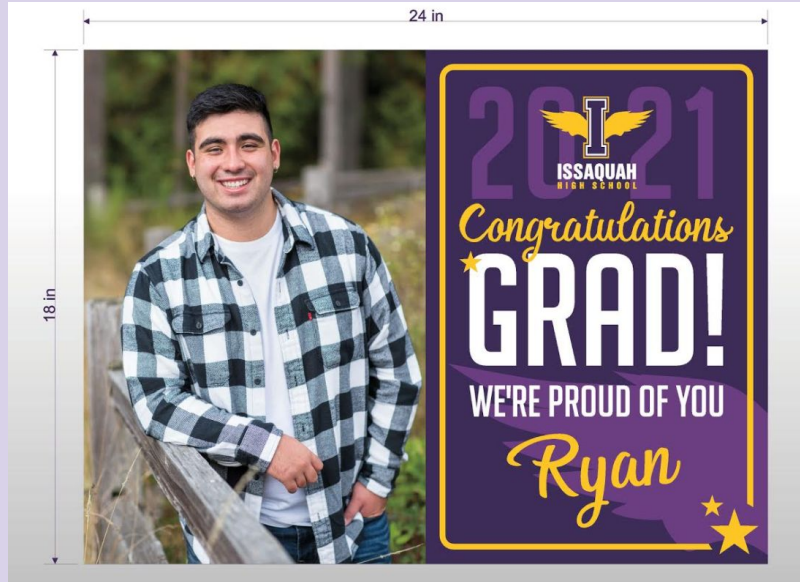
Angel Closet Chairs:
Karissa Mobilia & Julie Gamble

Parent Education/ParentWiser (Heidi Fuhs)



New Family Ambassadors
Chairs:
Catherine Luebbert Habib &
Lisa Chapman Hill

IH PTSA ANGEL CLOSET



IH PTSA Angel Closet has been asked to supply caps/gowns and senior signs for 12 seniors so far. Power packs are also available for pick up to students and families in need. If you know anyone in need, please have them communicate with Lisa Hollingsworth at Issaquah High School.

hollingsworthl@issaquah.wednet.edu

Clothing Distribution Event
February 24, 2021

Handed out sweats, leggings, hoodies, and sneakers along with toiletries.

Co-Chairs - Julie Gamble & Karissa Mobilia

New Family Ambassadors

Transitioning to a new school and community can be overwhelming for parents and students, alike. The **New Family Ambassador Program**, a program of the IH PTSA, is here to ease a family's transition. NFAP is a volunteer program that offers social and educational opportunities for families new to the Issaquah School District. The program offers access to shared high school and community resources, as well as connections to established families to help answer questions, offer suggestions and ultimately welcome new families to Issaquah.



<https://issaquahhighptsa.org/Page/Programpages/New%20Family%20Ambassadors>

Powerful Study Techniques That Make the Grade

Guest Speaker: Gretchen Wegner

Research reveals: most students aren't taught how to study, and the strategies they devise by themselves don't work. Also, brain science points to some very clear, easy-to-implement (and even motivating!) strategies that are *proven* to work, if only students knew them. Ready to upgrade your, or your students', study skills? Gretchen Wegner's presentation condenses the complex neuroscience of learning into a simple 3-steps. Participants will learn the science behind effective study strategies, and walk away with an easy checklist for what to do before each test to rock your learning... and your grades! **Middle and high school students are invited to attend with a caregiver.

Gretchen Wegner is an Academic Life Coach who inspires students to uncover their true identities as capable, clever, and creative learners in school and life. She is an internationally recognized expert in how to destressify school by building their executive function skills, teaching teens a unique system for time management, organization and studying called *The Anti-Boring Approach to Powerful Studying™*.

Recording posted on:

<https://issaquahhighptsa.org/Home>



www.parentwiser.org

Heidi Fuhs - Chairperson

Books that were requested for each of the high schools this year. (All requested 1 copy of each of these titles).

Clap When You Land

Elizabeth Acevedo

A Promised Land

Barak Obama

Stamped: Racism, Antiracism and You

Jason Reynolds

The Beautiful Struggle (Adapted for YA)

Ta-Nehisi Coates

Concrete Rose

Angie Thomas

Kim Jiyoung, Born 1982: A Novel

Cho Nam-Joo, Jamie Chang

Our Only Home: A Climate Appeal to the World

Dalai Lama

Almond

Won-pyung Sohn

Counting down with you

Tasie Bhuiyan

How to Pronounce Knife: Stories

Souvankham Thammavongsa

Red Hood

Elana K. Arnold

When You Were Everything

Ashley Woodfolk

Mad, Bad & Dangerous to Know

Samira Ahmed

El Deafo (Graphic Novel)

Cece Bell

Crazy Brave

Joy Harjo

LaRose

Louise Erdrich

Black Girl Unlimited

Echo Brown

Call Me American

Abdi Nor Iftin

Dissenter on the bench :

Ruth Bader Ginsburg's life and work

Victoria Ortiz

Don't read the comments

Eric Smith

How to be Anti racist

Ibram Kendi

Woven in Moonlight

Isabel Ibañe

Girl, Woman, Other

Bernardine Evaristo

Dark and Deepest Red

Anna-Marie McLemore

The Dark Tide

Alicia Jasinska

Descendant of the Crane

Joan He

Not My Father's Son: A Memoir

Alan Cummins

FACE

Healthy Student

Healthy Student works in collaboration with IHS Administration, students, staff and community organizations to prepare students with life skills for high school years and beyond. The concept for this committee broadened in the 2015-16 school year from “scare tactics” around underage drinking/mock crash into a Positive Community Norms campaign ([BE TRUE](#)) about emphasizing the positive choices that students make. As BE TRUE grew into a separate committee, Healthy Student morphed to provide a place to address student/family needs beyond academics (and not already addressed elsewhere in PTSA), implementing school improvement ideas, and supporting high school programs designed to give students life skills for high school and beyond.

In recent years these efforts have included support of Mental Health Awareness Week, Sexual Assault Awareness and Self Defense seminars, and follow-up on student school improvement suggestions (microwaves in lunchroom, tampon dispensers, drinking water options). The type of programs supported will change annually based on identified need and interest from students, staff, and parents. We encourage input from these groups on future projects. The committee chair sits-in on final presentations in Sophomore Psychology (student school improvement suggestions) during finals week each semester.



<https://issaquahhighptsa.org/Page/Programpages/HealthyStudent>

Influence the Choice

In the spirit of our mission to support the physical, emotional and social wellness of our youth, Influence the Choice is so excited to announce our first annual Spring Fun Run!

Of course this year we will be providing the opportunity for folks to participate virtually at their convenience.

Simply fill out the individual or family registration, print the fun run log and then hit the sidewalks, trails or track. Run/walk as often and as far as you like! We hope to support healthy habits for youth and adults alike!

Virtual Fun Run
April 5th to April 30th



<https://www.influencethechoice.org/influence-the-choice-spring-fun-run.html>

Influence the Choice

Influence the Choice is sponsoring our 9th annual video contest to inspire youth to POSITIVELY influence each other by producing 2 minutes public service announcements on one of the following topics:

1. **“What are the methods you are using to positively cope since we have been in this pandemic?”**
2. **“What are ways that you can support a friend or encourage them to get help if they are in distress?”**
3. **“What do you think you will take away from your time in isolation and how might that affect your future self?”**

9th Annual Video Contest Register NOW



<https://www.influencethechoice.org/student-video-contest.html>

Hospitality



Laura Schmidt & Rachel Stoner - VP's

SENIOR EVENTS UPDATE



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

Class of 2021 Senior Celebration

- Working with City of Issaquah to celebrate our seniors with activities on Front Street & Memorial Park
- Sunday June 6, 2021
12-5pm
- Negotiating discounted meals for IHS seniors w restaurants
- Working on booking food trucks and possibly music keeping social distancing in mind

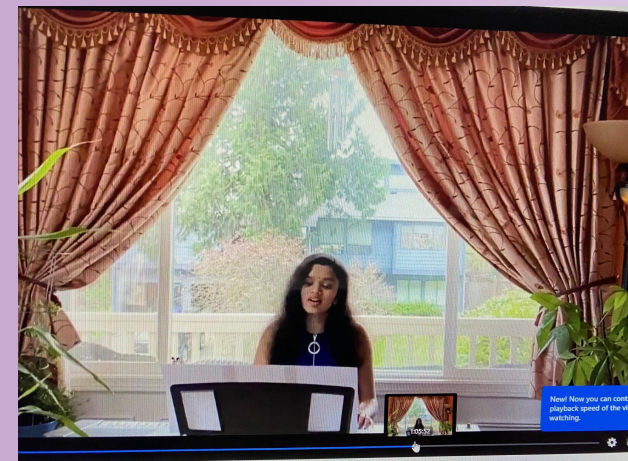
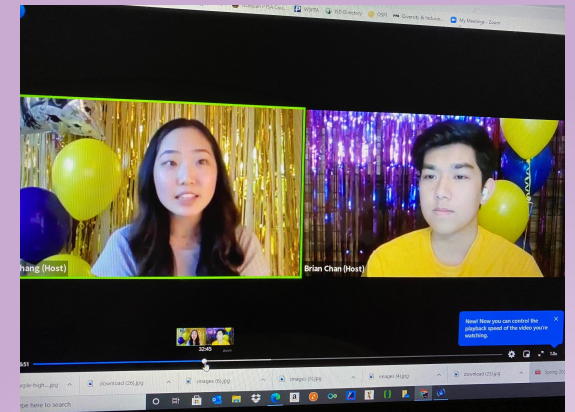
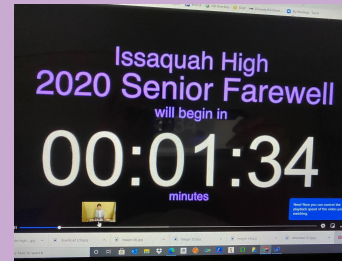


Co-Chairs - Tracie Jones,
Betzy Jones, Cynthia Lydum

ONLY will happen if we can safely work within WA State Covid Guidelines

IH PTSA Senior Farewell Chair

- Are you or your student tech savvy?
- Virtual Presentation
- In-charge of getting MC's for event
- Students send in pre-recorded videos of music/art performances
- MC's or other students ask students specific questions concerning school and school events - pre-recorded
- Put video together and upload it to YouTube Channel
- Livestream video night of event
- Students can be in-charge of putting video together with parent involvement
- If IH PTSA does not find a chair, Senior Farewell will not happen so please think about stepping up





Senior Yard Signs for Sale

(extended through March 12th)

Help your senior feel celebrated and proud by recognizing them with a personalized yard sign! Our hope is for EVERY SENIOR to have a sign. Each 18"x24" sign is \$20 (with or without photo). Scholarships are available.

To order, visit
www.issaquahhighpta.org .

As of 3/10/21, sold ?? yard signs

Communications Update



695 followers (677 Feb report)
Last month posts reached between 70 - 1000
Golden Acorn post is the most popular!



526 followers (505 Feb report)
Last month posts reached between 180 - 280
Most popular posts were spotlights.



80 followers (79 Feb report)
Posts reached up to 150
Spotlights were most popular



Used for meeting announcements and newsletters.
Meeting announcement opened by 446
Past newsletters are opened by 600

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

Issaquah Schools Foundation

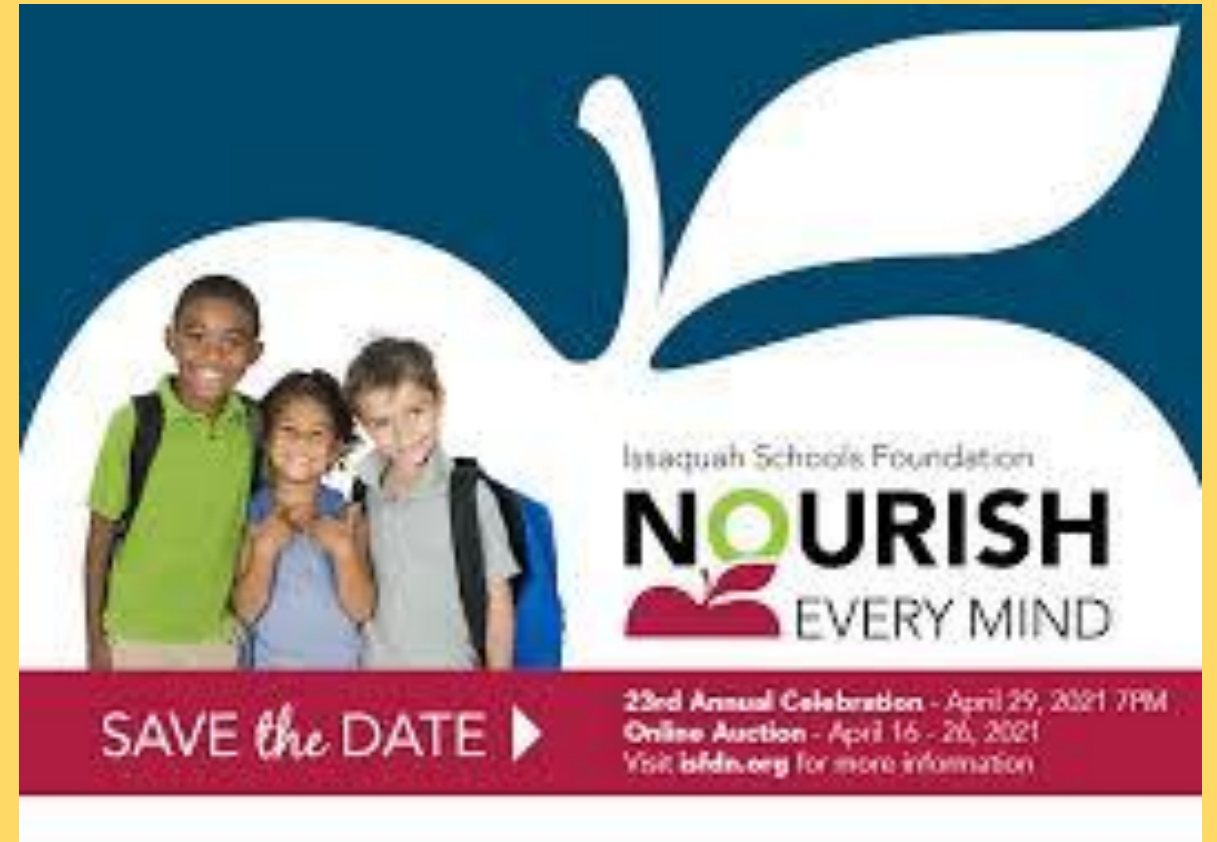


Nourish Every Mind – Register NOW!

(traditional breakfast & luncheon program fundraising events)

- Virtual online program session on April 29th, 7pm
- Online auction April 16-26th

<https://isfdn.org/nourish-every-mind/>



OPPORTUNITY

- Volunteer/Teacher Awards - Carla Geraci
- IH PTSA Open Board Positions
- New Business



Awards Committee

Golden Acorn Awards



Golden Acorn/Outstanding Advocate

Do you know a current Issaquah High parent or student who has gone above-and-beyond to help the youth in the Issaquah High community? Deadline to nominate one of the PTSA's volunteer awards by March 21.

Recognize Teachers and Others

Nominate staff or Outstanding Educator Award by April 12! This award recognizes individuals who have provided outstanding educational opportunities for students that are beyond the normal scope of their jobs. An educator can be, but is not limited to, being a teacher and can include specialists, support staff, administrators, or community members.

Nominations Due
March 21, 2021

Carla Geraci
Awards Committee Chair

Nominating Committee - Blyth Claeys, Tracy Drake, Karissa Mobilia



WE NEED YOU FOR THE 2021-22 PTSA BOARD OF DIRECTORS!

Make a difference! Join the 2021-22 PTSA Board of Directors! No prior experience is necessary.

Our Board of Directors is looking for new members for the 2021-22 school year. We still have a few open positions, but we're really in need of a **Treasurer** and **Secretary!**

To learn more about available positions, please contact the IH PTSA Nominating Committee at:

IHPTSAOutreach@gmail.com



- Mar 12, Senior Yard Sign extended sales end date
- Mar 21, Outstanding Advocate and Golden Acorn Award Nominations due
- Apr 1, Resume/Interview Webinar
- Apr 12, Due date for Senior Scholarships
- Apr 16, Grant Cycle #3 applications due
- Apr 21, 4pm College & Career Planning- Entrepreneurs
- Apr 23, 9:30am PTSA General Membership Meeting
- Apr 29, 6pm ISF Nourish Every Mind Virtual Event
- May 1, Seniors 100+ Community Service hours due
- May 5, 2pm Essay Writing workshop
- May 18, 7pm General Membership Meeting
- May 21-21, WSPTA Convention
- June 6, 12pm-5pm, IHS Senior Celebration (Memorial Park, Downtown Issaquah)
- June 11, 2021 Graduation at IHS

<http://issaquahhighptsa.org>

Questions? Email issaquahhighPTSA@gmail.com

Thank you for
joining us
today!

Hope to see you at our next
General Membership
Meeting

Friday, April 23rd

9:30am - 11:30am

