

# Welcome to Issaquah High PTSA General Membership Meeting

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February 12, 2021  
9:30 AM

Kim Wilkinson & Birgit Aarrestad  
Co-Presidents IH PTSA





# Agenda and Meeting Documents

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

-Go to PTSA Info

-Select Meetings and Financials

# Thank you to our Volunteers!



The Upstanders - film discussion  
w/ Swedish Mental Health  
**Heidi Fuhs – Chair**  
**ParentWiser**  
**Tori McBride- Swedish Mental Health**



Senior Events  
Issaquah Celebration  
**Tracie Jones**  
**Betzy Jones**  
**Cynthia Lydum**



Angel Closet  
Pick Up &  
Distribution  
**Julie Gamble**  
**Karissa Mobilia**



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



Nominating Committee  
**Karissa Mobilia, Blyth Claeys,**  
**Tracy Drake**



# Secretary's Report

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Minutes

Alisa George - IH PTSA Secretary

# Treasurer's Report

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January 2021 Financial Report

Tara Moe - IH PTSA Treasurer

# Our guest speakers are:

Andrea McCormick  
IHS Principal



Emily Combellick  
IHS Counselor



# COMMITTEE REPORTS

## Outreach

Blyth Claeys - VP Outreach



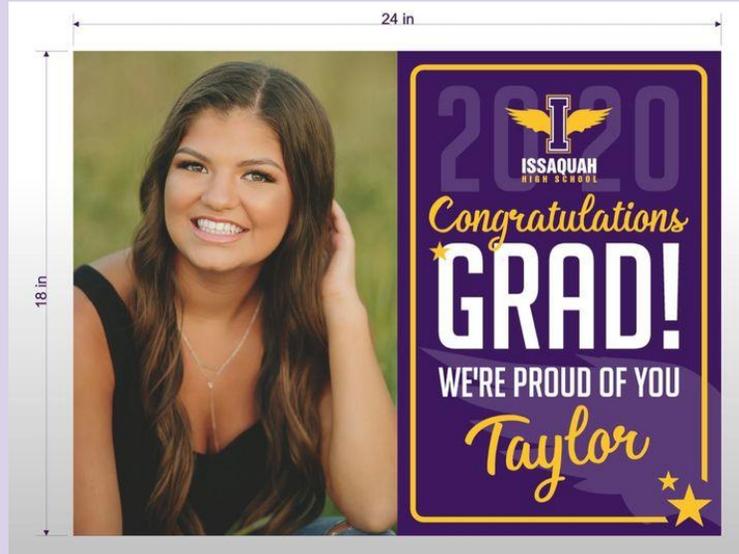
- Angel Closet
- New Family Ambassadors
- Parent Education/ParentWiser

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

Angel Closet Chairs:  
Karissa Mobilia & Julie Gamble

Parent Education/ParentWiser (Heidi Fuhs)

# 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](mailto:hollingsworthl@issaquah.wednet.edu)



Clothing Distribution Event  
February 24, 2021

Handing out sweats, leggings, hoodies, and sneakers long with toiletries.

## 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™*.

***Stay tuned for registration information.***

Heidi Fuhs - Chairperson

Powerful Study Techniques That Make the Grade  
Wednesday, March 3, 2021  
7:00 PM - 8:15 PM



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

## *Parent Ed for High Schools (from ISD Enews)*

# **Encore Presentation: Supporting Your Teen During COVID-19**

On February 24 at 6 p.m., the Issaquah School District's school-based mental health counselors will give a free, encore 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.

**How to attend:** Join via Zoom at <https://issaquah-wednet-edu.zoom.us/j/97367505623>

*NOTE: This is the same content as the presentation given on Nov. 17, 2020. There will be a 300 person cap. A recording will be available afterwards.*

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)



**ISSAQUAH**  
**SCHOOL DISTRICT 411**



**SWEDISH**  
Issaquah



# Issaquah Schools Foundation Impact Scholarships

Available to high school juniors and seniors, the Issaquah Schools Foundation offers 2 scholarships, awarded to students who submit essays that describe how Issaquah Schools Foundation-funded programs have enriched their education. The scholarships are offered in two categories: Written (\$1000) and Presentation (\$1500). Information at: <http://isfdn.org/impact-scholars>

**Application deadline is February 28, 2021.**

 ISSAQUAH SCHOOLS FOUNDATION

**Impact Scholarships**  
Application Deadline:  
February 28, 2021

Tell us your story - earn money for ongoing education!

The Issaquah Schools Foundation Impact Scholarships are open to juniors and seniors in the Issaquah School District. The scholarships will be awarded to students who submit essays that describe how Issaquah Schools Foundation-funded programs have enriched their education.

The scholarships will be awarded in two categories:  
Written category (\$1000)  
Presentation category (\$1500)

Apply Today at [www.isfdn.org/impact-scholars](http://www.isfdn.org/impact-scholars)

# Issaquah Schools Foundation



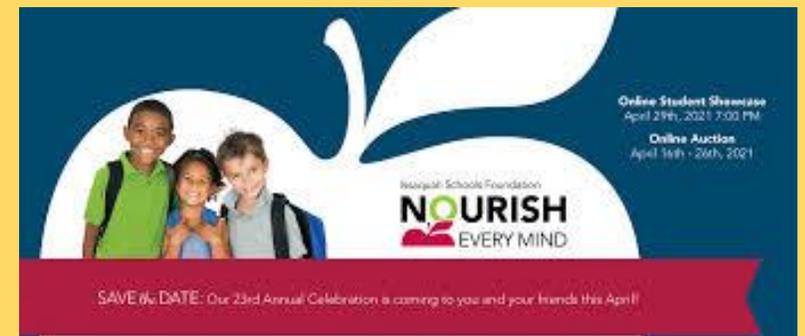
## Grants

- ISF awarded over \$35,000 for 15 grants to teachers & staff in ISD
  - No grant applicants from IHS
  - A district-wide grant for Learning Ally (\$10,000) was awarded, giving online access to audio books, helping slow readers improve reading and comprehension skills. 4 pilot schools this year; pilot schools unidentified.

## Nourish Every Mind – *Save the dates!*

(traditional breakfast & luncheon program fundraising events)

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



# What are our current membership numbers?



768 family Memberships  
40 Staff Memberships  
808 Total Memberships

Budgeted 800!

Nicole Garcia - VP Membership

IH PTSA PROGRAMS

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

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# Mock Tests

## ACT/SAT

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- Sat. February 27 Practice SAT
- Sat. March 6 Practice ACT
- Wed. March 10 Feedback Session

~ ALL Virtual ~



# College & Career Planning Spring '21 Speaker Series



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

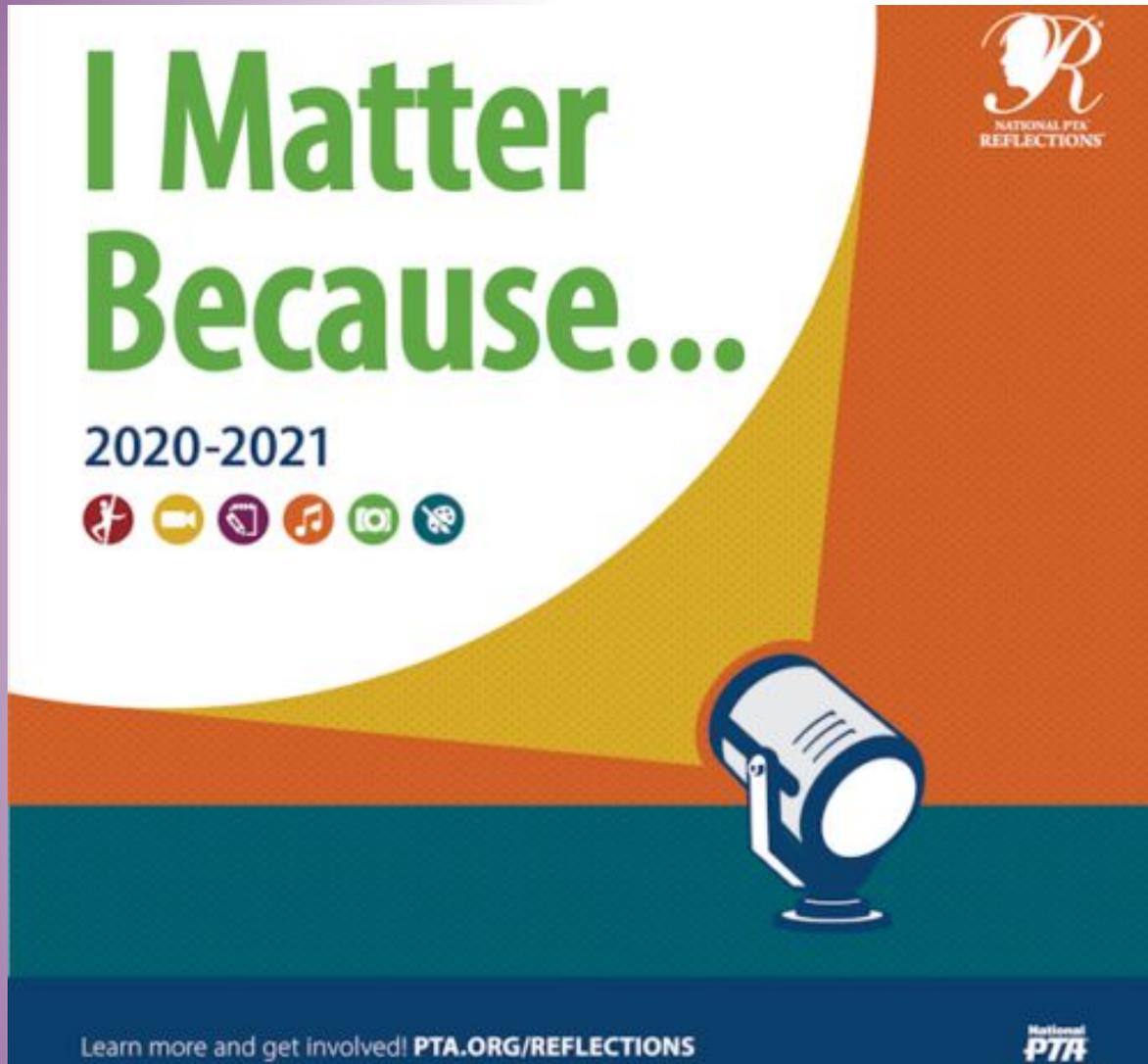
ENTREPRENEURS: WED, APR 21, 4PM  
Start & Grow a Business or Non-Profit  
Featuring Kim Guarino Bulgar

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

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

Visit: [issaquahhighpts.org](http://issaquahhighpts.org)



# Reflections

"I Matter Because."

Congratulations to the following IHS student Reflections participants who are advancing 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://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



As of 2/11/21, ~ 100 seniors have earned the Community Service Cord

# Hospitality



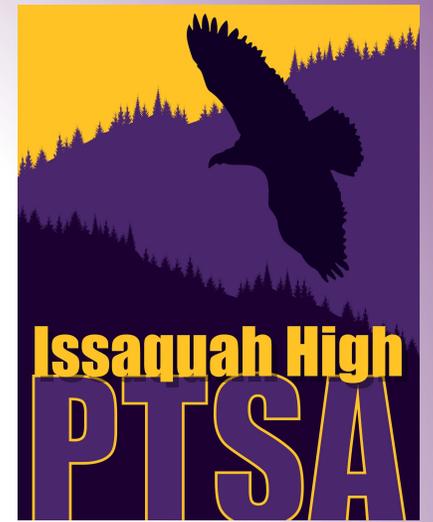
Laura Schmidt & Rachel Stoner - VP's

# SENIOR EVENTS UPDATE

Still need Senior  
Farewell Chair



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



## Class of 2021 Senior Celebration

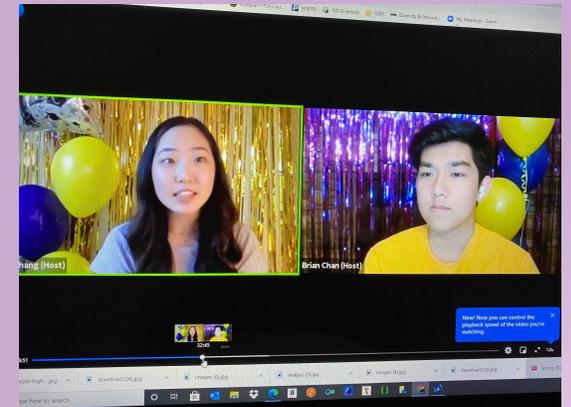
- Working with City of Issaquah to celebrate our seniors during the "streatery" utilizing Front Street/ nearby parks
- Aiming for a Saturday or Sunday afternoon in late May or early June 2021
- Negotiating discounted meals for IHS seniors w restaurants
- Working on booking food trucks and possibly music keeping social distancing in mind

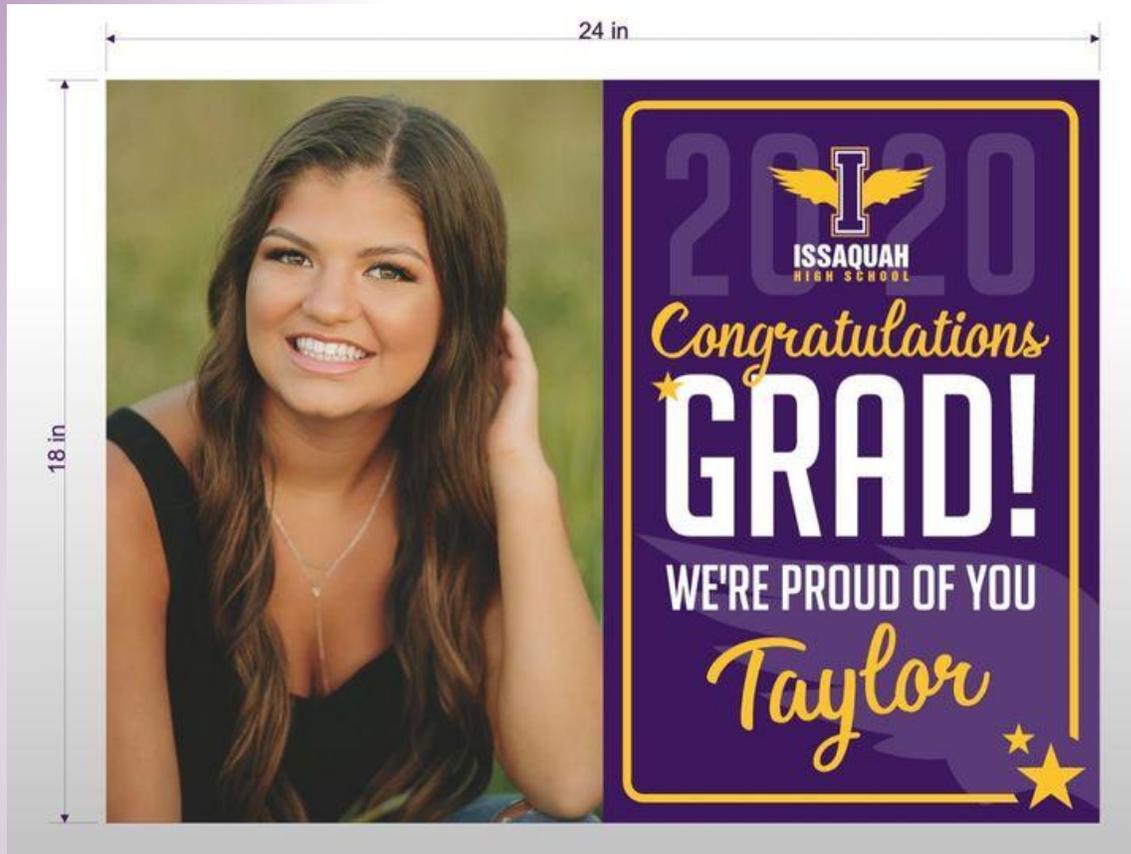


*ONLY will happen if we can safely work within WA State Covid Guidelines*

# 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

(until Feb. 28)

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.issaquahhighptsa.org](http://www.issaquahhighptsa.org) .

As of 2/11/21, sold 83 yard signs

# Communications Update



677 followers (672 last month)  
Last month posts reached between 150 - 1600  
Senior grad sign was the most popular!



505 followers (494 last month)  
Last month posts reached between 30 - 350  
30% of the people reached are not followers  
Most popular post was the return to sports.



79 followers (80 last month)  
Posts reached on average between 50 - 850  
WA state PTA Scholarship was the most popular



Used for meeting announcements and newsletters.  
Meeting announcements are opened by over 200  
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](mailto:ihptsaFACE@gmail.com)

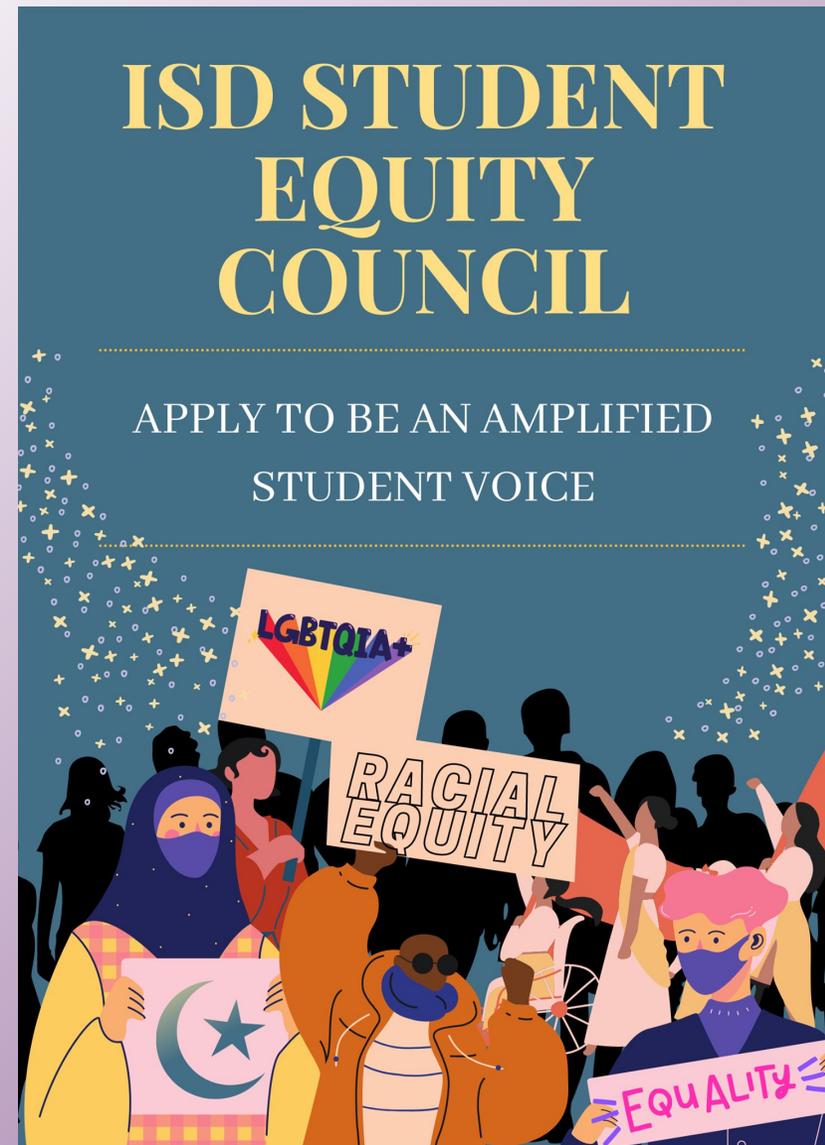
# OPPORTUNITY

- WA State PTA Contests- WSPTA Game Development Competition & Essay Contest <https://www.wastatepta.org/events-programs/>
- Volunteer/Teacher Awards - Carla Geraci
- ISD Student Equity Council
- IH PTSA Open Board Positions
- IH PTSA Still looking for 2021 Senior Farewell Chair
- New Business



The Issaquah School District Student Equity Council is a newly-formed advisory board in which students advocate for equity-related issues. Council members come from diverse backgrounds and schools. We are currently composed of the following affinity (identity and advocacy) groups: Students of Color, Low-Income and Physically Displaced Students, Physical and Cognitive Disabilities, Women and Gender Minorities, Religious Minorities, LGBTQ+, Immigrants, and Mental Health and Illness. This representation and inclusion are essential to ensure that every student's concern throughout the district is voiced.

If you are interested in working with equity in the Issaquah School District, apply with us! Applications open on January 30th and will be reviewed on a rolling basis until March 31st.



<https://docs.google.com/.../1FAIpQLSeX3hgHakjllg.../viewform>

Nominating Committee - Blyth Claeys, Tracy Drake, Karissa Mobilia



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

**Our Board of Directors is looking for new members for the 2021-22 school year! Are you interested in learning more about the school and how the PTSA supports your student? Be involved in the process! No prior experience is necessary — just a desire to build a stronger school community!**

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

**[IHPTSAOutreach@gmail.com](mailto:IHPTSAOutreach@gmail.com)**

**Position descriptions are available upon request.**



- Feb 15 – 19 Second Winter Break
- Feb 25, 9:30am Issaquah PTSA Council Meeting
- Feb 27, SAT Practice Test
- Feb 28, Senior Yard Sign Deadline
- Mar 1, 8th-9th Grade Transition Night
- Mar 1, WSPTA Scholarship & Contests Deadlines
- Mar 3, 10:30am IH PTSA Board Meeting
- Mar 3, 12pm 8th-9th Grade Transition Drop-Ins
- Mar 3, 7pm ParentWiser Powerful Studying Techniques
- Mar 6, ACT Practice Test
- Mar 10, Feedback Session for ACT & SAT Practice Tests
- Mar 12, 9:30am PTSA GMM
- Apr 1, TENTATIVE Resume/Interview Webinar
- Apr 12, TENTATIVE Due date for Senior Scholarships
- Apr 16, Grant Cycle #3 applications due
- Apr 21, 4pm TENTATIVE College & Career Planning- Entrepreneurs
- Apr 23, 9:30am PTSA GMM
- May 1, Seniors 100+ Community Service hours due
- May 5, 2pm TENTATIVE Essay Writing workshop
- May GMM Meeting TBD (possible evening meeting)
- 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, March 12th

9:30am - 11:30am

