

# Welcome to the Annual PTSA General Membership Meeting

September 17, 2021

\*IH PTSA GM Meetings will be recorded for administrative purposes. In attending IH PTSA GM meetings, all present agree to video consent, and abiding by IH PTSA & WA State PTA Bylaws & Standards of Conduct.





## Co- Presidents

Kim Wilkinson &  
Birgit Aarrestad

e: [IHPTSAPresidents@gmail.com](mailto:IHPTSAPresidents@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

GMM & Board Meetings

Board Retreat

New to IHS Night

Curriculum Night

Monthly Meetings w Principal

Oversee Board of Directors

Teacher, Staff & Student Spotlight Series



# Agenda and Meeting Documents

---

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

-Go to PTSA Info

-Select Meetings and Financials



# Thank you to our Volunteers!



New to IHS Night  
**PTSA- Kim Wilkinson, Birgit Aarrestad, Tracie Jones, Wendy Cummins, Natasha de los Reyes**  
**New Family Ambassadors- Cathy Habib & Lisa Hill**  
**FACE - Chinese- Wendy Maruchek & Sue**  
**Spanish- Marisa Garcia Struck**  
**Korean - Chanju Lee**



Welcome Coffee  
**Cathy Habib & Lisa Hill**  
**New Family Ambassadors**



Staff Appreciation Luncheon  
**Laura Schmidt & Kendra Gallaughier- Hospitality**



Picture Day  
**Birgit Aarrestad, Shamitha Sridharan, Amy Koch, Natasha de los Reyes, Nada Alwarid**



Issaquah Food & Clothing Bank  
**POWER PACKS**

Power Pack Distribution  
**Karissa Mobilia & Julie Gamble**  
**Angel Closet**

Special thanks to the IH PTSA Board and Committee Members who worked hard this summer to get ready for the 2021-22 School Year!





IH PTSA Presidents are proud to present...

## Teacher, Staff and Student Spotlights



[ihptsapresidents@gmail.com](mailto:ihptsapresidents@gmail.com)



# Secretary's Report

---

Minutes

Tracy Drake - Secretary  
e: [IHPTSASecretary@gmail.com](mailto:IHPTSASecretary@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)



# Treasurer's Report

---

Year-End Financial Review

August 2021 Financial Report


2021-2022 Budget Approval



BUDGET

Tara Moe - Treasurer Kaiyu Yun - Asst Treasurer  
e: [IHPTSATreasurer@gmail.com](mailto:IHPTSATreasurer@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)





## Director of Membership

Wendy Cummins

e: [IHPTSAMembership@gmail.com](mailto:IHPTSAMembership@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

What are our current membership numbers?

What are our membership goals for 2021-22?

What is the breakdown of families/staff?



## Co- VP's Outreach

Karissa Mobilia &  
Chanju Lee

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

w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

Angel Program

Ask the Academic Advisor Night

Family & Community Engagement  
(FACE)

Healthy Student

New Family Ambassadors

ParentWiser Education

Safety Backpacks

# Angel Program

## CONFIDENTIAL



Issaquah Food & Clothing Bank

**POWER PACKS**

IH PTSA Angel Closet is a safe place for students to "shop", located at IHS, in a private office area. Periodically, students may find clothing, toiletries, personal care items, along with weekend food packs, school supplies, homecoming attire, booster wear, coats, jeans, and more.

### Need HELP?

Complete Scholarship Eligibility Application, also located with Attendance and Counseling Offices. Return to IHS Attendance Secretary, Lisa Hollingsworth. Questions? Email Lisa Hollingsworth, or call at 425-837-6012. Attendance Office coordinates and follows-up with families and Angel Program.



# New Family Ambassadors Update



**Past Event:**  
**Coffee at Central Park - Sept 7**

**Upcoming Event:**  
**Twin Falls Nature Hike**  
**Thursday, Sept. 30, 10am**

**New Family Ambassadors - IH PTSA**

## *Capri Cellars September Parents Mixer*

**September 21, 2021  
6:30 PM  
88 Front Street, Issaquah, 98027**

*Mix & mingle with new IHS parents and established IHS Veterans, joining Cathy and Lisa - NFA Chairs. Non-alcoholic, alcoholic beverages available. Adults only.*

[IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

**Upcoming Event:**  
**Capri Cellars - Parent Mixer**  
**Sept. 21, 6:30pm**

Events and activities are open to all Issaquah High family members who'd like to meet other IHS families.



# ParentWiser

## Building Resilience and Positive Coping Skills

Wednesday, October 13, 2021

7:00 PM 8:30 PM



Dr. Laura Kastner

### Learn how to:

- **Maintain stability *and* flexibility in the face of unpredictability**
- **Manage the anxiety that springs from uncertainty, fear, and feelings of powerlessness**
- **Alleviate stress, reframe strained relationships, and address behavioral issues with compassion for self and others**
- **Establish practical and healthy routines that will strengthen family connection and help our children build resilience**
- **Prioritize self-care and cultivate a positive mindset about our parenting capabilities and ability to cope**



## Co- VP's Programs

Sathya Kannan &  
Lisa Small

e: [IHPTSAPrograms@gmail.com](mailto:IHPTSAPrograms@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

Grants

College & Career Planning

Community Service Honor Cords

Reflection Art

Senior Scholarships



# Grants & Community Service

First Round of Grants - Due  
October 15, 2021  
Open to staff, students & parents!



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



Sathya Kannan & Lisa Small - VP Programs  
Cristine Varzali - [IHPTSAGrants@gmail.com](mailto:IHPTSAGrants@gmail.com)  
Nicole Garcia & Heather Bratton -  
[IssyHighCommunityService@gmail.com](mailto:IssyHighCommunityService@gmail.com)

Sathya Kannan & Lisa Small - VP Programs  
Tracey Kinsley - Chair -  
IHPTSACCP@gmail.com

# Mock Tests

## ACT/SAT

---

- Sat. September 18 Practice SAT
- Sat. September 25 Practice ACT
- Thurs. September 30 7pm  
Scoreback Session





- *NEW DATE* -

**Applying to Colleges 2021-2022 Zoom Webinar**

**Tuesday, October 5, 2021, at 7:00 PM.**

Cynthia Seidel, of On Course College Consulting, will present the latest information on applying for colleges, as well as answer family questions. Webinar is perfect for all grade levels, as information changes year to year.

From On Course College Planning, "College planning starts by identifying and prioritizing what matters: your academic and career goals, the type of campus culture that matches your values and learning style, and a realistic budget giving consideration to need and/or merit scholarships. The process continues with a selection of colleges where you will truly thrive, followed by development of the authentic and professional applications and essays which present yourself to these schools.

Questions, contact Tracie Kinsley @ihptsaccp@gmail.com. **For more information, visit Issaquah College and Career Planning webpage.**



# Reflections

Sathya Kannan & Lisa Small - VP Programs  
Kristen Allen Bentsen & Heather Bratton - co chairs  
ReflectionsISD@gmail.com

Due October 29, 2021

This year's Reflections Theme  
is "*I Will Change the World By...*"

Create visual art,  
photography, literature, film,  
dance choreography or  
music composition inspired  
by this theme to be shared  
with your school community  
and potentially to advance to  
the district, state and/or  
national level. .



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



## Co- VP's Events

Kristen Allen-Bentsen  
&

Natasha de los Reyes

e: [IHPTSAEvents@gmail.com](mailto:IHPTSAEvents@gmail.com)

w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

5K PE Runs

College & Career Center Hospitality

New to IHS Night

Textbook Checkout

Picture Day

Senior Events





## New to IHS Night & Picture Day



## New to IHS Video & Evening

Thank you to Principal Erin Connolly, Asst Principal Mark Jergens-Zmuda & ASB Director Kurtis Evans as well as student, teacher & PTSA volunteers

## Picture Day

Thank you to Asst Principal Mark Jergens-Zmuda and Principal's Assistant Cathie Foote as well as PTSA volunteers





## Co- VP's Hospitality

Laura Schmidt &  
Kendra Gallagher

e: [IHPTSAHospitality@gmail.com](mailto:IHPTSAHospitality@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

College & Career Center Hospitality  
Senior Exit Interview Snacks  
Staff Appreciation Week  
Staff Back to School Lunch  
Staff Monthly Breakfasts  
Student Support/Snack Fund



# Staff Back to School Luncheon





## Co-VPs Communications

Tracie Jones &  
Molly Dorr (Incoming)

e: [IHPTSAComms@gmail.com](mailto:IHPTSAComms@gmail.com)  
w: [IssaquahHighPTSA.org](http://IssaquahHighPTSA.org)

IH PTSA E-News

IH PTSA Signage, I-Vision Coordinators

IH PTSA Social Media Coordinators

IH PTSA Website

ISD & IHS Peachjar eFlyers

IHS Special Features

IHS Staff Bios & Photos



# FOLLOW US

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

<https://twitter.com/ihptsa>

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



**Follow, join, & support YOUR Students and Teachers through PTSA**

中文 WeChat (Mandarin) & Español WhatsApp  
Contact Marissa and Wendy @IHPTSAFACE@gmail.com

Tracie Jones & Molly Dorr, VPs Communications



# Business...

- Mission & Goals Approval
- Standing Rules Approval
- Election- New VP Communications  
Vote - Molly Dorr
- Open Positions
- New Business

## IH PTSA Mission Statement:

The IH PTSA strives to **expand** educational opportunities and **enhance** the learning and social environment at Issaquah High School, through programs, volunteers, advocacy, and financial support, benefitting all Issaquah High School students, families, and community.

### Goals:

**Enhance** and support the positive, inclusive, and welcoming environment at Issaquah High School.

Effectively **communicate** with our IH PTSA members, and the greater Issaquah community.

**Produce** programs and events, and **collaborate** with other education stakeholders, to support the whole child.

**Engage** parents and students in activities relevant to Issaquah High School families, faculty, community, and partners.

**Establish and maintain** strong partnerships with Issaquah High School staff, students, organizations, along with the greater Issaquah community.



IH PTSA MISSION STATEMENT & GOALS

[IssaquahHighPTSA@gmail.com](mailto:IssaquahHighPTSA@gmail.com)

# Standing Rules

## The Purpose of Standing Rules

1. Standing Rules are specific conditions and rules the Issaquah High PTSA (IH PTSA) has chosen to impose upon itself.
2. Standing rules must not conflict with the WSPTA Uniform Bylaws.
3. In case of conflict, the Uniform Bylaws will be considered superior to Standing Rules.
4. Standing Rules should be reviewed, updated, and approved at the first general meeting each year.
5. Standing rules may be amended at any time by a vote of the membership, provided that quorum is present
  1. Quorum is defined here and by the WSPTA Uniform Bylaws as at least ten (10) paying members of the IH PTSA
6. Notice of a vote to amend shall be given no less than thirty (30) days in advance by the current President of the IH PTSA
  1. If notice is given a simple majority of the quorum is required to pass the amendment
  2. If no notice is given a  $\frac{2}{3}$  majority of the quorum is required to pass the amendment
  3. Results of the vote shall be recorded in the official minutes by the Secretary.

[https://issaquahhighptsa.org/Doc/IHPTSA%20Docs/2020-21%20Standing%20Rules\\_Aproved.pdf](https://issaquahhighptsa.org/Doc/IHPTSA%20Docs/2020-21%20Standing%20Rules_Aproved.pdf)

### Questions Standing Rules should answer

- Calendar of PTA events prepared by whom?
- Who approves the calendar?
- Who prepares notices?
- How do you communicate with your members?
- What expenses incurred by your board members does the PTA pay? (conventions, dinners etc.)
- Who does what, when and how?



# Our guest speakers today are:

Erin Connolly  
Principal



Kurtis Evans  
ASB Director





<http://issaquahhighptsa.org>

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

## Upcoming Events (September/October/November)

- Sept 16 - 18, 8am WA State PTSA Leadership Lunch
- Sept 17, 9:30am IH PTSA Virtual Zoom General Membership Meeting- Erin Connolly & Kurtis Evans (Student Activities Director) to speak
- Sept 18, SAT Practice Test
- Sept 22, Canvas Workshop for Secondary Families
- Sept 22, Staff Appreciation Breakfast
- Sept 26, ACT Practice Test
- Sept 29, Family Access Workshop
- Sept 30, 7pm ACT/SAT Score Feedback Session
- Oct 5, Applying to Colleges in 2021-22 Webinar
- Oct. 6, 10:30am IH PTSA Board Mtg
- Oct. 12, 7pm IH PTSA General Membership Meeting – Evening Zoom Mtg (Principal Connolly)
- Oct 13, Family Connections Q&A support
- Oct 13, ParentWiser, 7pm
- Oct 15, 3pm Grant Applications Due (1<sup>st</sup> set)
- Oct 18, Teacher Work Day – no school for students
- Oct 20, 6pm Ask an Academic Advisor Night
- Oct 23, Homecoming Dance
- Oct 27, Staff Appreciation Breakfast
- Oct 29, PTSA Reflection Contest Due Date
- Nov 3. 10:30am IH PTSA Board Meeting
- Nov 11, Veterans Day – No School
- Nov 12, 9:30am IH PTSA General Membership Meeting



Thank you for  
joining us  
today!

Hope to see you at our next  
General Membership  
Meeting

Tuesday, October 12<sup>th</sup>  
7:00pm – 9:00pm

