

Minutes of the General Membership Meeting of the Academic Boosters on 1/10/19

The meeting was called to order at 9:05 am by Spencer Brown, President. Spencer introduced himself, gave an overview of the agenda, and reviewed the stats for the first semester Exam Prep, sponsored by the Academic Boosters. Spencer stated that there were 232 total visits over the two days: 147 on the 16th of December and 85 on the 17th. Spencer also mentioned that there were 20 teachers who participated in Exam Prep, five of whom were there on both evenings, as well as others who were there voluntarily. Spencer then handed the floor over to Craig Weigel, Principal, for the Principal's report.

Craig began by thanking the Academic Boosters for sponsoring the Exam Prep and pointing out its importance. Craig then mentioned that the two weeks off after exams, with no school pressure for the students during break, seemed to be appreciated by them. Craig stated that EGRHS teacher Tad VandenBrink was the only recipient in Michigan to receive the 2019 Outstanding American History Teacher Award given by the Daughters of the American Revolution. Craig went on to discuss how the power outage this past Monday evening did not keep seven recent graduates from participating in an IB Alumni Forum at the High School that evening. Craig said that all the participants agreed that they would tell their younger selves not to stress so much, and he also mentioned that the IB program has improved over time based on student feedback. Craig reported that Model UN is at the University of Michigan this weekend and is being supported by some EGRHS IB alumni attending U of M. Craig also reported that the We The People state competition is tomorrow. Teacher Adam Horos is the sponsor of We The People. Craig stated that EGRHS has been invited to host a Michigan Supreme Court Live Session in the PAC in April, with more information to come. Craig also reported that the Robotics team just got the topic for their competition: Deep Space Exploration. Craig finished his report by stating that first semester grades come out tomorrow; there will be a presentation this Monday at 7:00 in the PAC by the "Tall Cop" who will be discussing trends in substance abuse; and there will be no school on MLK day this year, but there will be a number of activities that students and parents can participate in in the community during that day off, as well as activities for the students the following week. Jeff Webb is the EGRHS teacher sponsoring the MLK planning.

Lori Johnston, Director of Guidance, and Guidance Counselors Michelle Harper and Elle (Bodnar) Burgess then presented "School and Stress." Elle began the presentation with a short story called "Two More Aisles" about mindfulness and having an internal dialogue, "talking yourself down" to a manageable level of stress. Their presentation continued with the following slides:

- Remember "The Race to Nowhere?" Lori showed a clip of this documentary film, which was presented in EGR in 2012.
- Remember your child's first day of kindergarten? It was centered around your child being happy, confident, safe, exploring, making friends.
- Contrast with now picturing your child's first day of High School.
- What stress may look like for teenagers: panic attacks, sleeplessness, substance abuse, lack of focus, mood swings, rebellion, increased/decreased food consumption, getting lower grades.
- Student Needs: Social Worker, Asst. Principal, guidance counselors meet every Monday morning to discuss students in need. Students at risk are continually observed,

administration is kept updated. Students at high risk may have parent/teacher meetings, student check-ins. Greater than 60 students have been discussed this year. Lori mentioned that the counselors can't help or support students if they don't know they need help, so when a student's behavior is beginning to affect school and or their relationships, that is a good time to involve the guidance office. Lori stated that she is a big believer in the EGRHS counselors being generalist counselors, not just college counselors.

- Key points for students to remember: stress is common, it can be used in a positive way, limit not eliminate stress, use stress to improve performance, learn coping skills, ask for help.
- In the news: NEA- Epidemic of Stress, Psychology Today, Jake Heilbrunn video, Grown and Flown (blog). Lori will post today's presentation on the guidance office website and she will forward it to the Academic Boosters to post, and the links to these items will be in the presentation.

Lori opened the floor for questions and discussion. Lori stated that most importantly stress is real, but it doesn't have to be permanent and it can be used as a motivator – the student has the power to control it. Lori also mentioned that CALM and Headspace are good mindfulness apps, and the Center for Mindfulness in Grand Rapids offers great classes.

Spencer moved on to the business portion of the meeting. The minutes of the December Academic Boosters meeting were approved. Spencer proceeded to the committee updates, and he introduced Julie Schultze, Co-Chair of the Academic Boosters Progressive Dinner. Julie reported that the dinner is on Saturday January 26, and the cocktail party will be at the Gauri's house this year. There is a signup genius for people to sign up to cook the Thursday and Friday before the dinner, and there is a need for more host homes (there are five so far). Invitations are in the mail and should be delivered tomorrow. There was some discussion about problems with school pay that need to be resolved. Spencer then introduced Jill Jacobson who is one of the Winter Whirl Co-Chairs. Winter Whirl is on Saturday February 9 (changed from February 2), and Jill stated that the same DJ as last year will be there, tickets are \$15 each, and tickets will be sold during lunch the week before the dance. Spencer reported that the Awards Ceremony is on March 25, and there will be a need for volunteers for this event (sign up sheets are available).

Spencer stated that the next meeting, on Thursday February 7, is the annual Book Club Meeting, and the book is "The Self Driven Child" by William Stixrud, PhD, and Ned Johnson. Spencer said that the book is really good and an easy read, and he recommended to let any friends who have elementary age children know that they are welcome to join the meeting. Spencer also mentioned that you don't need to read the book to come to the meeting.

The meeting was adjourned at 10:20 am.

Respectfully submitted by Stacey Levitt, Recording Secretary