Juliana McNeill, President of PA Executive Committee called the meeting to order at 8:13 am.

Juliana McNeill
- Welcome parents to the PA General Meeting
- Latin SCRAM Convention to be held at Sage Hill on November 9, 2019
- Dr. Feland is looking for volunteers to assist at the convention
- Parents who are interested should contact Dr. Feland.
- Parents also must get TB test and fingerprint test.
- Need cashiers at the Lightning Locker kiosk during Open House on October 12, 2019. Please contact Amy Ray if you are interested.

Announcements
- 11th grade Walk and Talk on Thursday October 11, 2019. Meeting at Starbucks at Crystal Cove at 8:15am.
- Challenge Success parent survey- Parents are encouraged to take the survey which takes 20 mins to do. It is essential to get at least 50% participation from parents to have meaningful report and develop strategies to make a change and look into the focus areas that require change.

Student Wellness Overview- Merja Connolly, Sage Wellness Director.
- This program is through the Physical Health requirement at Sage Hill for 9th and 10th graders.
- Program is designed to make sure students have balance and enjoy their journey through high school.
- Once a month during the student’s physical health, dance or free block we have some programming on various topics like mindfulness, relaxation, nutrition, technology, vaping and its effects.
- Sophomore year topics covered are sexual health and safety, drug education, mental health.
- Upperclassmen program lives through their advisory program and they have discussions during their advisory or in Friday level meetings. October 18, juniors will hear from Meagan Gallagher on mental health and seniors will hear from Victoria Garrick and this will be followed by group activities in their advisory.
- Occasionally we call for a special schedule or town meeting to discuss a topic of importance.
- Last year school did a wellness review and students took a survey at the end of last year.
- Based on the review and survey students wanted more sex ed.
- Students wanted a choice of speakers based on gender.
• Juniors and Seniors- October 23, 2019 will hear from either John Emme, a human sexuality psychology and sociology teachers from Corona del Mar High School and Tanya Garcia, a healthy relationships expert form Cal State Fullerton will run workshops on sexual health, safety and consent.
• Students wanted young adults, alumni to come and present instead of being talked to they wanted stories that they could connect.
• October 23, 2019 Freshman will meet in person during their physical health or dance will meet Alumna Aurora Kaye, 11 who will discuss “be your authentic self.” She will give her life experiences and talk about positive mental health, joy and balance of life.
• Most of the wellness program were online but students wanted these programs to be on person. This year all wellness programs are in person.
• 21 Juniors and Seniors are working with the wellness program through their service leaning projects to address issues like respect on campus, mental health, consent, sexual assault, vaping, teen dating, texting while driving to name a few.

• Panel- Matt Balossi, - Dean of Faculty and Curriculum, Mike Prevost- School Counselor, Nicole Ngom – Learning Specialist and Merja Connolly – Wellness Director. Offices are in H building.

“What are the stressors that you see among students and what tools and services are available for the students to seek you out or avail themselves too?

• Open door policy, students can walk in to talk about their issues.
• Students will email to schedule a time or sometimes parents will contact the counselors. Teachers also may recommend students to be seen by counselors.
• Anxiety is one of the stressors. Great importance placed on what college they get into to be successful as human beings which leads to stress about grades.
• Interpersonal relationships with friends, parents or girlfriends/ boyfriends could also be stressful.
• If chronic, students see outside counselors and the school supports the students.
• Academic stress
  o Load of work- not enough time for downtime, not enough sleep leads to stress and unhealthiness.
• Engagement
  o Students taking classes that they are not really interested but take it because they feel they need to.
  o Wasted energy and focus
  o Disconnect between expectation and reality
  o Expectation is difficult to manage
  o Teachers and parents help strike that balance
  o Its ok for students to have downtime and have enough sleep.
Its ok to have some healthy level of anxiety so students can learn to overcome that and build resilience.

When that becomes unhealthy, chronic, traumatic, persistent school steps in to address those issues.

External stressors that school has no control over – parents can reach out to us to let us now so we can support the student.

Do the students know belief system- expectation vs reality? Is that addressed during wellness program that students are realistic and not put undue pressure on themselves.

- 9th and 10th grade- is a part of the curriculum
- Students do a lot of exercises to be mindful and not wrapped up in their own world.
- Program addresses balance and the best way to instill that is through modelling.
- Programs include mindfulness and meditation to relieve stress.
- Learning specialist- help with organization of time. Some of the students are on a learning plan. Help relieve stress to use time wisely.
- Procrastination is one of the reasons that builds stress.
- Having a learning disability is not stigmatized like in the past. Select colleges that help with that learning disability and help you succeed.
- Wellness programs address disappointments, manage stress, time management, positive self-image.
- Basic, Calm are some of the apps that students can download to calm themselves.

Q&A

Can you talk about ARC?
ARC- Academic Resource Center. It’s for math and science. Its open in the morning before school and in the evening after school. The schedule is posted all around the school. Students can get extra help and support from teachers.

“Screen time” and cell phone usage on campus.
The policy is in the handbook. Juniors and Seniors are talking about it as stressors. Freshman and sophomores are not really identifying it as stressors. We see a shift in the last two years.

Next PA meeting is on November 5, 2019.