

Minutes
Homestead Parent Club Meeting
November 20, 2014

Present: *Kathy O'Shaughnessy, President; Heather Wilcox, Alicia DiGuilio, Vice-Presidents; Kim Brown, Secretary; Judy Fehlhaber, Treasurer; .*

The meeting began at 11:02 am.

Welcome by Kathy O'Shaughnessy.

PE Fit – Asst. Principal Jeff Kintz and PE Instructor Mike Miller

- Jeff Kintz read an article in *Cycling Magazine* by Bruce Barcott.
 - About a boy in Indiana with ADHA – on meds. Middle school student who liked riding his bike. Through self-observation, he found he could sit and focus if he rode his bike prior to school.
 - He went on an hour long bike ride before school and after school. World class cyclist. He now attends to Marion University.
 - On page 59 it mentioned Dr. Wendt. Jeff contacted him in New York. Superintendent. Dr. Wendt decided to try it with elementary school students. Asked parents about giving their students an opportunity to exercise for 35 or minutes before school. Mind/body connection.
- Dr. Wendt worked with us and talked with us over the next few years.
- We purchased 25 heart rate monitors. We have 15-20 kids who take this class and exercise at least 4 days a week during first period. They might walk the track and run the stairs. It isn't about "are you in better shape?" We track how many minutes are they in their target heart rate zone during the class.
- We incorporated it into a first period class. Mind/body connection with focus and cardiovascular activity. This is year #4.
- How do your kids feel after they exercise?
- Every single kid interviewed said they were able to focus on math much, much better. Math was held immediately after the PE class. Almost all the kids continue to exercise and wish the program was still offered to them. Their grades from freshmen year to jr/sr year have increased from 1.5 to 2.0 or 3.0. Biggest struggle? They didn't want to do it initially. Their parents wanted them to do it. Good alternative to a traditional PE class.
- New Program down south – Orange Theory. 2 aerobic and 1 anaerobic exercise. 20 minutes each. They have equipment that allows you to see heart rate for all students in real time. Instructor can use information while walking around and helping the kids.
- MIKE – issue with heart rate monitors. Must be wet. Fit against skin. Sometimes they don't work as they move around. Check their monitors after and enter the information into a spreadsheet. The straps were too big for some of the kids. Weren't getting information.
- New system, the monitor fits on the forearm.
- December 4th, you are welcome to come and watch through the first four periods of the day to see the new monitors. All the information goes up on the Big Board. Red – too high, Green – okay. Yellow – too low. It generates a report for each student at the end of the day. He can email the report to the parents if they are interested.
- In the future, each student will buy their own strap, only switch out the projection/reader for each student.
- We are hoping to purchase 35 monitors. Usually have 30 kids in a class. Currently it should cost \$3500.
- Three students who had taken PE Fit. Emily, Sam, and Jeff. All completed the class as a freshmen. Just took it for one semester.
 - Emily – took class as a freshman. It helped. More focused throughout the day.

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- Awake and ready to go. Still active all day.
- Sam – in middle school didn't think about working out. The class helped him focus in class. Did a lot better than he did in middle school. Inspired him to keep working out. Really love the program.
- Jeff – took before his math class. It really helped. Extra snacks. Math grade went up from middle school.
- The effect lasted through the whole school day.
- Initial study showed math improvement and attention improvement. The current study shows improvement in both math and reading.
- They all regularly ate breakfast before the program.
- What do their parents think of the program? Sam's parents really like it. It really helped a lot. Jeff's parents liked it a lot.
- Would it be affective for upperclassmen? Yes.
- If you could fit it into your current schedule, would you take it? Yes.
- Saw a difference in their behavior and their demeanor.
- Felt more confident in math. Started to get a better grade.
- They would all do it for free if the facility was open to them.
- They have more time to change and shower because they are so sweaty.
- Had to stop the snack program because they needed supervised snack time. Finding spilled food everywhere.
- How much of your success was due to the fact of knowing that someone cared about you? Jeff – it didn't really matter.
- PE Fit – doesn't have the regular written tests that a PE class has. PE Fit is more focused on heart rate. Other PE classes are doing more team sports and the timed mile.
- Do kids who are taking a regular PE class also do better? Is it true that anyone who exercises before they go on to do a task do that task better? The military has many studies to show that is true.
- New friendships were created.
- School district in Chicago did a similar program and it had such a huge success rate, they implemented it throughout a larger group.
- This semester Mike Miller started with 19 in the class and he is down to 14 students.

School Resource Officer, Officer Ingrid Herriott – A.L.I.C.E.

- ALICE – Alert, Lockdown, Inform, Counter, Evacuate. Used to enhance our lockdown procedure. Changing a mindset. Taking into account your normal, natural reaction.
 - Alert the building to a threat. Say it 2-3 times over the PA. Gives people the power to make a decision – go out a window. Evacuate if it is clear. lockdown
 - Lockdown – first option to go to.
 - Inform – more information that is pertinent. Updated, real time information about the threat. Can talk to the person over the PA. Can frustrate the attacker.
 - Counter – for age appropriate levels. Swarming, take him down. Barricading. Evading. Run past him.
 - Evacuate. How do you know it is appropriate? Where is the threat? Find a rally point to gather your students.
- Our reps for the high school are Jeff Kintz and Officer Herriott and Jennifer Sprig
- FBI did a study from 2001-2013. 160 incidents (not all schools, all public places) Only 2 of the incidents had more than one shooter.
- The ALICE Program was started by a retired police officer whose wife is an elementary school teacher. He asked her what they are taught to do in these situations. He realized that things had to change. She wrote a book.

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- Teaching them how to cinch a hinge. Now to break a window at a weaker point – near the corner. Kids asked about locking the door – added a hook and cable so door can't be opened from the hallway.
- Training should be made available to substitutes and volunteers who are also in the building.
- Different information provided to middle school and elementary school students.
- There will be an article in the December newsletter describing ALICE. Maybe they could include a link with what has been shown to the kids.
- Two-day training for teachers. (two-hours) Day One - watch video. Day Two - Work through scenarios, have teachers be the students. Have a teacher with a Nerf-gun act as the assailant. The pressure is still on. They get to make the decision and act on the information. They are getting an idea of how they will react.
- Homestead will do their training in January and February.
- VAPE PENS (eCigarettes) – students can buy them at Amazing Vapes, etc. Flavored oils. Some have nicotine and hemp in them. Spoke it in the pen. Admits a water vapor.
 - Smoke in bathrooms, the lunch room, in the hallways. They can't be in possession of it. It is still smoking. It is still a nicotine oil. They are taking more nicotine into their system. She has written three tickets. Can be cited for carrying a nicotine device.
 - Flavored oils are still a smoking violation if you are under 18.
 - You have to be 18 to buy it legally.
 - You can smoke anything in these including crack, heroin, cocaine, etc.
 - What do the oil droplets do in your lungs?
- 420 is now being replaced by 710 – which is oil spelled upside down. They cook down marijuana. Use butane torches to cook it down. Call it butane honey oil. They can smoke it in their vape pens. A store in the mall sells hidden flasks (Hot Topics and Urban Outfitters). It looks like a tampon. They use it to sneak alcohol into a concert. Fake flasks that look like Capri Sun packets.

Business Meeting, Kathy O'Shaughnessy, President

- Approval of last month's meetings? Saghi Togashi moved to approve the minutes and Judy Fehlhaber seconded. The minutes were approved.
- Judy Fehlhaber, Treasurer – starting to have expenditures go out. Still receiving some income for practice exams. National Honor Society had expenses this month. Had a larger class and they had to buy more keys and more invitations.
- Presidents Council – Kathy O'Shaughnessy
 - *Rise Above the Mark* presentation about school funding and public education. One hour movie. Goal was to understand funding at a state level. We have a referendum coming up for renewal in 2 years. It funds about 50 teachers.
 - Two movies – Budget 101 which is up on the website. They are going to try to link the video to our website also.
 - It will affect all of our kids if you have a sophomore or younger.
 - They will host additional screenings. Very well put together. Worth the time to see.
 - Talk of showing it at each school.
 - How to continue our school funding. It is now based on Free & Reduced Lunch. They are trying to change that.
 - Dr. Downs is trying to get a new law based on textbook reimbursement instead of Free and Reduced Lunch numbers.

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- PR – trying to be transparent and clear. View website, tweets, etc. We should not be uninformed. Can they send us a monthly newsletter through email?
- Committee Reports
 - ACT/SAT Practice Exam – had to contact 88 students through the student email address because they could not be given the parent email address. Also sent home a hard copy with the students.
- Teacher Grants – Heather Wilcox and Alicia DiGuilio
 - Alicia met with Susan Summers. They are trying to look at funding. Discuss more in December.
 - December meeting is only about Teacher Grants. Monday, December 15 at 11:00 am.

Meeting adjourned at 1:08 p.m.

Respectfully submitted by Kim Brown.