

Evans Elementary Home & School Association General Meeting Minutes – March 12, 2019 @ 7pm

Minutes Recorded By: Lisa Osborne

Meeting Attendees:

Jacqueline Havrilla	Jennifer Henson	Sara McDowell
Lisa Osborne	Jennifer Steffenaar	Suzanne Harvie
Kate Doyle	Tina Parker	Alison Mazur
Amy Lumpkin	Laura Sheehan	Stacey Fonash
Jen Earley	Megan Moench	

Secretary Report

All present had an opportunity to review the minutes from the last general meeting held on January 8, 2019. A motion to approve the minutes was made by Alison Mazur with a second by Jenn Henson.

All approved minutes will be posted to the Evans HSA Website.

Budget Report – Cash Balance as of 3/12/2019 \$48,103.15

Significant Activity Since Last Meeting

- \$4,345 – Basket Raffle Ticket Sales
- \$1,7750 - Payment to Winter Fun-tivities Teachers
- \$709 – Spirit Stick Sales (in school all grades and Valentine’s Grams)
- \$86.08 – Squad Locker Profit
- \$65.35 – Amazon Smile donation
- \$494.30 – First Box Tops shipment
- \$690 – Chrysler cars event
- \$725 – Community donations to Basket Raffle, offset by \$531.29 expenses incurred
- \$206.60 – Fun Run expenses (Escape Room Prize and Free Books redeemed at Winter Book Fair)
- \$221.60 – Replenish spirit stick stock, offset by sale at cost of excess stock for \$40
- \$3,250 – National Circus Project

A copy of the budget report will be posted to the Evans HSA Website.

SNAP Presentation – Tina Parker

- SF Highschool students can attend post prom party – 10p – 4am
- Safer alternative to other post prom events - Keeps them away from drugs, alcohol, or other activity that they may encounter on prom night

- Theme this year – Night at the Movies
- Walk Through April 27 6:30pm – 9pm – Bounce Houses, Face Painting, Caricatures, etc. All invited.
- SNAP Committee meeting Wed, March 13, 2019
- March 16, 2019 from 12p-2pm – Open Session for decorating at UPE. Paint, color, help prepare decorations. All invited.
- Sign Up Genius (www.signupgenius.com/go/20f0848afa72ba6fe3-lights) – Volunteers needed to help during the weekend of post prom with transport, set up, chaperone, clean up. Need ~ 200 volunteers to run event
- Donations accepted. Event is free for students

RASNC Presentation (Regional Adolescent Sleep Needs Coalition) – Kate Doyle

- PHX School District implemented the change - High School new start time 8:05am, Elementary 9:05 start
- 2014 – American Academy of Pediatrics stated due to circadian rhythm shift during puberty, adolescents starting school early contributes to sleep deprivation.
- 2016 – American Medical Association reported adolescent sleep deprivation as a public health issue
- ~ 11pm there is a melatonin shift for adolescents, which is later than younger children and adults – leads to restricted sleep time
- 8-10 hours still needed
- If you remove other factors such as cell phones, video games, etc, adolescents unable to go to sleep earlier due to melatonin shift
- Consequences – Depression, anxiety, obesity, risk taking behavior, learning deficits, decline in academic and athletic performance, decreased car accidents, improved attendance
- Current start time 7:20 - 8am in Montgomery County.
- CDC supports later start times – after 8:30pm
- Not asking SF to change start times, asking to consider other changes
 - Teaching sleep hygiene & caffeine decrease
 - Exams/midterms moved to later in the day rather than early AM
 - Asking district to allow students to complete a validated sleep survey. Montgomery County has emailed all superintendants with survey – FREE
 - Please mail Dr. Goodin & SF Board Members to request SF allow students to complete the survey
- Consider coming to SF School Board Meetings to make requests known
- WHY NOW – Sleep science improved over the last 20 years. More is known about adolescent sleep needs and consequences of sleep deprivation
- Staggered start times are a money issue – three-tiered school in SF
 - Some districts who have implemented the time change flip high school and elementary start times while others push all start times later

Executive Board Election Update

- Welcome Jen Steffenaur as VP for 2019-2021!
- Jenn Henson coming back for 2nd term as Treasurer!

Committee Status Reports

- A. 4th Grade Parent – N/A
- B. Art Committee – Art Show May 9, 2019. Sign Up Genius link went out to mount art work. Sign Up Genius will be going out to hang artwork soon
- C. Basket Raffle – Lots of great prizes, 39 tickets left
- D. Beautification – N/A
- E. Book Fair – Spring “Dino-Mite” Book Fair coming May 2 – 9, 2019
 - a. Family Shopping May 7 and May 9 (Art Show)
 - b. Coin challenge for All For Books to bene fit CHOP
 - c. Last chance to redeem Fun Run free book vouchers
 - d. Bruster’s will be there both nights
- F. Community Service – Continue to help Daily Bread Food Pantry and Operation Backpack
- G. Daytime Help
 - a. Field Day coming up – Sign Up Genius link will come out as it gets closer
 - b. Kindergarten Orientation – First week of June
- H. Dining Out
 - a. April 7, 2019 @ Bertucci’s - giving 25%
 - b. April 24 @ Margarita’s in Collegeville - giving 20% back including alcohol
 - c. JC 3 Square pending
- I. Directory – No updates
- J. Evans T-Shirts – N/A
- K. Family Fun
 - a. Movie Night – May 10 (rain date May 18). Kona ice will be there (donating 25% of sales). Popcorn for sale. Mrs. Harvie to give Jen Steffenaur Auntie Ann’s traveling van Info
 - b. Bingo – This year was free. Families donated to teacher supply bin. Plan to include collection to other HSA events
- L. FIT Nights – March 20 at 6:30pm, Family Yoga. Rain date March 27
- M. Fun Run – N/A
- N. Holiday Shop – N/A
- O. Laminating – Volunteers always needed. New link sent for Spring sign up
- P. Original Works – Info coming home next week. Orders due April 5. Will all be done online. Orders delivered before Mother’s Day
- Q. Fightin’ Phils – Fundraiser just concluded. Sold just over 100 books (\$10 per book)
- R. Refunding
 - a. Box Tops Contest Complete – 11,000 Box Tops collected. Mrs. Pence’s 4th grade class won classroom contest. Mr. Emes (AM), Mrs. DeAngelo, Mrs. DiBenedetto, Mrs. Conroy runners up per grade
 - b. Giant Coloring Contest – 3 winners chosen today. Announced in newsletter and morning announcements
- S. Showcases – N/A
- T. Spirit Sticks/Grams

- a. PSSA Grams – Not a spirit stick this year as no good options were available. Students will receive Smarties with gram if purchased, \$2 each.
- U. Spirit Wear – Still open. Spring items being added.
- V. Teacher/Staff Appreciation – Scheduled in May
- W. Yearbook
 - a. 350 sold copies, lower than this time in previous years. Evans is contracted for 425 with Lifetouch. Deadline to order yearbook March 31.
 - b. Love Lines due Friday March 15.

Committee Chairs reminded to reply to Liz Rakoff with plan to stay on or not next year.

Spirit Stick Winner – Emily Doyle! Next sale Gr. 1-4 May 30. Kindergarten sale pending.

Next meeting May 14, 2019 at 7pm in the Library.

Motion to adjourn made by Kate Doyle and 2nd by Alison Mazur.

Adjourned at 8:28pm.