

General Membership Meeting 01/08/2020

Board Members in Attendance: Lori Bignotti, Kelly White, Michelle Gosch, Hitesh Uppal, Susan Gilbert and Wendy Pekol

15 Members in Attendance

Meeting called to order by Kelly White at 7:08pm

Welcome-Kelly welcomed everyone to the January meeting.

Guest Speaker- Mrs. Kate Doyle, Regional Adolescent Sleep Needs Coalition (RASNC) Volunteer

- She has two elementary children at Evans Elementary.
- She volunteers on behalf of the Regional Adolescent Sleep Needs Coalition (RASNC) of Southeastern PA. It is her mission to spread awareness of chronic adolescent sleep deprivation as a nationally identified public health issue and lend support and guidance to school district communities who are considering adjusting their school hours as a result. She has cited many schools in our region that have already changed their start times, several others that have formed committees to evaluate the possibility and provided plenty of statistics on sleep deprivation and on the positive findings achieved by schools that start one hour later (16% less car accidents, better standardized test scores, less depression, less drugs, etc.).
- Spring-Ford is exploring this from the perspective of “What would an adjusted time look like in the day of a Spring-Ford family?” It’s being considered that all grade levels start and finish one hour later so that the adolescents going to bed later due to after-school jobs, extra homework and later activities aren’t getting up at 5:45AM.
- Different models are being looked into: flip the start times of Elementary and Secondary or everyone starts one hour late as examples.
- Why is sleep important? Mental health, Physical health, Safety, Quality of life, and Growth and Development
- Most U.S. middle and high schools start the school day too early. Teens need at least 8 hours of sleep each night. Younger students need at least 9 hours of sleep. Adolescents who do not get enough sleep are more likely to be overweight, not get enough physical activity and suffer from anxiety and depression.
- A chart was displayed that showed the Circadian rhythm during adolescence.
- Benefits of later secondary school start times result in the reduction of depression, reduction in car accidents, less risk-taking behavior, improved emotional regulation, improved attendance, less tardiness, increased alertness in class, improved cognitive and academic performance and improved athletic performance.
- Questions and Answers-If the start time is delayed, does everyone’s start time delay? It depends on what works for individual school districts. Is cost a drawback for this change? Yes, there’s always going to be a budgetary impact. There are creative ways to lessen this financial burden.

Budget Review- Hitesh Uppal

- Income- Dine Out Night (\$509.45), Fall Family Night (\$188.66), School Store (\$262.48)
- Expenses- Assemblies (\$3,102), Bank Charge (\$210), Book Fair (\$24.37), Field Trips (\$861.16), Principals Fund (\$800), Teacher Gifts (\$2,690), Yearbook (\$1,369.50)
- Hitesh mentioned that the Jack Rowley Memorial Fund line item will be zeroed out at the next meeting since a check was written on 11/6/2019.
- Kristy Thompson motioned to approve, seconded by Amanda Dabbeekeh

November Minutes – Wendy Pekol

- Susan Gilbert motioned to approve, seconded by Kristy Thompson

Committee Updates

- Basket Raffle (Jessica Tolomeo) - The event will be held on 2/22/2020. Start meeting weekly. Beth has taken on seat assignments. Teachers picked out their baskets this week. Letters should be coming home in the coming weeks with SignUp links. Classroom incentives will be offered.
- Book Fair (Wendy Pekol) – The fall Fair was a success. Total Fair sales were just shy of \$6,000. We elected to take our profit as Scholastic Dollars, which means we earn 50% of total sales. We are happy to share with you that we have earned about \$3,000 for the Library.
- Color Run (Kelly White) - Options are still be researched. We are keeping it on the table. The question was raised about a Fun Run verses a Color Run. Kelly believes the Fun Run would be the better option. One main concern is getting enough volunteers to run the event.
- Dine Out Nights - January's Dine-Out Night(s) are Monday, 1/13, through Saturday, 1/18, at Captain Chucky's Seafood (for the whole week). You must mention that you're from LES.
- Family Fun (Amanda Dabbeek) – Limerick Elementary Night at Limerick Bowl (Friday, 1/31). There was a letter included about this event in the weekly communication. Events will be planned for February and May. Amanda suggested Funfields Company for a Color Run and Susan Gilbert suggested Bounce U for an event location. Kelly White asked those in attendance if we should host the portable Planetarium again. The group said there's interest if it's a different show presented. Jessica Tolomeo suggested a snow tubing event at Spring Mountain.
- Fundraising (Kristy Thompson) - Discount cards update: We were required to buy 100 cards. 86 cards were sold so far. Kristy has the remaining 14 cards available for purchase. The invoice was paid on time so we can get 10 more cards free. The idea of selling Hershey Park tickets for a February fundraiser was suggested. Sell the tickets for \$40 per ticket. The gate price is \$74.80. The tickets would be valid May 1, 2020 through September 27, 2020. A second fundraising idea is to have an adult only event at Soul Joel's Comedy Club. This idea was well received by the attending members.
- Holiday Shoppe-The event was held 12/2 through 12/6. It was a success. There were many happy shoppers. Dena appreciates all the volunteers.
- Hospitality/Staff Appreciation (Kelly White) – A yogurt bar is the next planned event. It's coming soon. Be on the lookout for a SignUp.
- Kids Bingo- This event will be held on March 27, 2020.
- Outdoor Classroom/Beautification (Anthony Bubel) – The Comic Con Use of Facilities form was completed for March 7th. This event will be held in the library. There will be three components: Collectable display, Hands-on stuff (scavenger hunt, draw your own comic page) and Reading selections. There will also be a costume contest and raffles. Flyers will go out shortly.
- Refunding-Keep shopping at Giant and submit BoxTops (online).
- School Store- Watch for a Signup from Chris Andes.
- Spirit Wear (Wendy Pekol) - Thank you to Christie for all her hard work. Other notes to share from Christie: "Dana from Young and Sons said to keep the samples for future sales. These samples can be found in the HSL closet in the LGI. Everyone who ordered should have received their items. We ended up clearing \$325. If thinking of using this company in the future, I am happy to share my thoughts on how it could be done differently."
- Yearbook-Keep a lookout for information.

Membership Questions/Suggestions

Upcoming Events

Monday, January 13th through Saturday, January 18th- Dine Out Night/Week at Captain Chucky's Seafood

Monday, January 20th- No School (Martin Luther King, Jr. Day)

Friday, January 31st- Limerick Elementary Night at Limerick Bowl

Next Meeting-Wednesday, February 5th (7:00pm-8:00pm)

Call to Adjourn-Jessica Tolomeo motioned, Seconded by Jessica Schiller, Meeting adjourned at 8:15pm.