

Central PTSA Meeting

Evening, 5/31/2018

Minutes

In attendance: Alissa Chilson, Heidi Kerwin, Christina Pearson, Leslie Seltzer, Adrienne Markus, Norine Hsi Simpson, Amy Hsi, Becky D'Angela -Veitch, Stacy Turowski, Katie Rizzone, Lexi Popovici, Mark Kokanovich, Monica Alonica, Kathryn Kubiak-Rizzone, Emily Brown, Wende Domm, John Daly, Katrina Robinson, Manish Dixit, Emily Minerva, Deborah Pulley, Becky Picone, Yvonne Villareale

Meeting began at 7:05pm

Welcome –Deborah welcomed everyone to our last evening meeting. The last PTSA meeting of the year is Wednesday, June 13th at 9:15am.

Building Reports

Each building gave their report (see full content on May 9th Central Meeting Minutes).

*Stop in to Rob Thomas's office in TCMS to see the aerial picture of the 2022 class, or go to the Principal's report of the May BOE meeting

*Both 6th and 7th grades are going to SeaBreeze this year, with 8th grade returning to Darien Lake.

*The CRPS teachers loved the *Be Our Guest* themed appreciation luncheon. There are some pictures that the building chairs will send out. Zion Yerman made swan shaped cream puff desserts for the teachers and many other beautiful touches. It was much appreciated. The CRPS volunteer reception went very well.

*The BHS Senior ball was a success on 5/19, at RMSC.

*Deborah reminded everyone to send reports to the secretary and Emily Odhiambo, the BOE parent rep.

Treasurer's Report, by Alissa Chilson

Square One Art made \$1,473. We have not received the payment yet, Emily Brown is going to follow up with the company.

This month's budget was projected on the screen for everyone to view.

*Any checks need to be written out to Brighton PTSA.

*Please submit all receipts by 6/25 because the books need to be closed out by 6/30.

Presentations

Presenter: Kathering Rizzone, MD, Pediatric Sports Medicine URM

Preventing Sports Related Injuries in Young Athletes

*see our website for slide presentation (pending)

Presenter: Alexandria Popovich, Community Engagement Mgr for the Smoking and Health Coalition of Monroe County, working under the American Lung Association

**Impacts of E-cigarette Use on Monroe Co. Youth and Adolescents:
What Parents Need to Know**

Question and answer session

*What are common terms associated with this trend so we know what to look for? Ans: Vaping is the most common. Sometimes they start challenges on snapchat during class.

*What do you think about soccer heading? Ans: Studies have shown that most injuries are from the unintentional hits to the head. The head gear that is sold is not proven to prevent injury. Incidents actually go up with kids who wear the gear, maybe because of higher risk taking when you have gear on. Some professionals say under 10 cannot head, however it is

found that injuries increase dramatically when kids reach heading age because they have not been trained to head properly. This holds true for checking with lacrosse and hockey.

Is it too late to give Calcium supplements to a 16/17yr old? Ans: It is never too late. It is important to start being conscious of how much calcium is in kids' diets because bones absorb the most calcium under 20 yrs of age. Food is the best source, but supplements are better than nothing.

What about calcium fortified foods? Ans: OJ is popular, but absorption is the issue. Not everyone absorbs calcium in the same way and it is dependent on many factors, such as sleep and activity. Eat a colorful diet, again -food is the best source.

What kind of education is there in our schools about e-cigs? (question directed at Dr. McGowan) Ans: This information is in the curriculum, but the industry is evolving too fast for our curriculum to keep up. It is a serious problem in the middle school and high school here, and everywhere else. *There was a conversation about the dangers of e-cigs and Juuling, and about the need to keep parents informed so they know what they are looking out for.

Deborah concluded the meeting by thanking presenters, and telling guests that the presentation materials will soon be posted on our website.

Sunday night there is a fundraiser at Chipotle in Pittsford. 50% of all profits go to the Brighton PTSA.

Meeting adjourned at 8:35pm