Meeting called to order at: 6:10

Acknowledgement we are on indigenous lands.

TAF Update by Krishna Richardson-Daniels:
Stem Expo June 14th and 15th.

Minutes from WMS General (Community) Meeting March 25th 2021 Approved.

2021-2022 Budget presented by Kat Barr:
Link here
Motion made by Kat Barr to approve budget as proposed, seconded by Jen Drain, approved.

Nominating Committee update:
Based on covid constructions current plan: Nominating committee formed now and voted on in fall.
Email feeder school PTSA information.
Principal Hunt will be sending out more information to our WMS community.
Thank you to PTSA Board Members who are leaving.

Guest Speaker Reducing Parent-Teen Power Struggles: Kari O'Driscoll
Presentation PowerPoint link here
Books written by Kari O'Driscoll here.

Presentation:

Adolescence: Age 10-25.

Adolescence and Brain Development.

      Brains, hormones and emotional landscape are changing at this age.

      They don't have the capacity to fully understand consequences.

      Thoughts go from black and white to more creative and abstract thinking

      Prefrontal cortex is underdeveloped at this age which controls logic and reasoning.

      They are questioning everything differently than young kids, trying on identities.

      Dopamine causes increased risk taking (3x normal during adolescence).

            Our job is to help them be safe.

      Identity development.

            Important for them to experiment.

      Emotions are King/Queen.

            It is a big experience they are having.

Basic Needs of all Humans:

      It's important to be valued in the moment- right now.

      It's survival for us to belong and adolescence feel this now more than any other time.

      It's important to let them know they are safe, and they are important and they belong.

Be aware of how our systems are set up to remind kids they are falling short.

      Grades, check lists, etc.

      Are we asking kids to learn? (versus know)

      Making mistakes is THE POINT.

Give them opportunities to feel competent.

      Focus on growth and learning

Practice making decisions and experiencing consequences. It's hard for parents to share power.

      Examine Control versus Connection

      Control: Exerting our influence and giving up a relationship of mutual respect.

      Disagreements: Shared power, we can disagree.

Teens lose hope when they start to believe they are not important.

Give your teen an opportunity to demonstrate their expertise.

Help kids learn who they are: Ask them questions, who really are you, what are you awesome at?

Adolescents Amazing Attributes

Curiosity/ability to think outside the box.

Integrating across subjects and complex ideas.

Be gentle with yourself as a parent, this takes time, use intentionality.

Apologies are AWESOME. So is transparency.

We can always build trust as long as we are willing to have the honest conversation.

Breakout Room discussions:

The Self Project questions/activity [here](#)

Parent Questions:

For non-English speaking families with power of English language reversed, it's important to know and agree on

What respect looks like (share power).

Relationship is our goal and is how we get through adolescent years.

What is happening is normal development and we need to honor and respect them.

You as a parent chose a relationship or control.

Resources: Her books, Peps: peps.org: parent support groups for adolescence , books, website (theselfproject.com)

Meeting was Adjourned at: 7:44

In Attendance:

Jen Drain

Keyonna Saloy

Brynne Veitengruber

Cliff Meyer

Katrina Hunt (Principal)

Chris Robertson

 Carola Egulagaray (Interpreter)

Michael Chan (Interpreter)
Tibebu Begashaw (Mr. T (interpreter)
Tricia
Kari O'Driscoll
Tam Nguyen (interpreter)
Katrina Hunt
Kyle Sato
Barb Trosper
Ryan Calkins
Thy Pham
May
Kristen Dang
Lindsay Calkins
Bill Brewster
Michelle
Krishna Richardson-Daniels
Maria Garcia
Kevin Connor
Carol Podney-Wartman
Ginger Culver
Tiffany Acker
Lona
Iona
Anthony Baruffi
Sean Suell
Jared Roach
Megan
Elisa Ridley
Frewoini TeWolde

Eleanor Bradley
Briana Wicks
Gloria Barber