

## P-CCS Parent Council Meeting Minutes

Plymouth-Canton Community Schools

Minutes of Regular Meeting

February 22, 2019

### 2018-2019 Officers

<b>President:</b>	Angie Guerin	<b>Corresponding Secretary:</b>	Cathy Vredeveld
<b>Vice President:</b>	Beverly Chetty	<b>Recording Secretary:</b>	Julie Ealovega
<b>Membership Coordinator:</b>	Judy Hart		

### Representatives

<b>Bentley:</b>		<b>Discovery:</b>	Julie Ealovega, Andrea Schultz
<b>Bird:</b>		<b>East:</b>	Swathi Bangera, Judy Hart
<b>Dodson:</b>		<b>Liberty:</b>	
<b>Eriksson:</b>		<b>Pioneer:</b>	
<b>Farrand:</b>		<b>West:</b>	Laura Anne VanSickle
<b>Field:</b>			
<b>Gallimore:</b>	Melisa Burnham, Preethi Kondur	<b>Canton:</b>	Angie Guerin, Bonnie Bedolla
<b>Hoben:</b>		<b>Plymouth:</b>	
<b>Hulsing:</b>	Brianne Colling, Ashlee Kurth	<b>Salem:</b>	Cathy Vredeveld, Preethi Kondur
<b>Isbister:</b>	Judy Hart	<b>Starkweather:</b>	
<b>Miller:</b>	Andrea Schultz	<b>EEF:</b>	Gretchen Ward
<b>Smith:</b>	Laura Anne VanSickle	<b>Board of Ed:</b>	
<b>Tonda:</b>			
<b>Workman:</b>			

**School Administration:** Nick Brandon

**Guests:** John Magoulick and high school student Claire

The meeting was called to order by President Angie Guerin at 9:40 a.m.

- Attendance was taken by Julie Ealovega.
- Laura Anne VanSickle made a motion to approve the January minutes, Cathy Vredeveld seconded the motion. Minutes approved. Preethi Kondur made a motion to approve the November minutes, Cathy Vredeveld seconded the motion. Minutes approved.
- **Old Business** – The April meeting will be held at the P-CCS Clothing Bank at Salem to assist with sorting and organizing shelves. The May meeting is cancelled due to only one officer being available on that date.
- **New Business** – Because the April meeting will be the last meeting of the year, Angie Guerin made a motion to accept officer nominations beginning today and to be voted on at the March 22 meeting. Julie Ealovega seconded the motion. Motion passed with a majority vote. Judy Hart made a motion that if there are not enough nominations by the March meeting, we will delay the election until the April meeting. Julie Ealovega seconded the motion. Motion passed with a majority vote. Public notice of open nominations will be emailed to all people who have attended council meetings and will be posted on Facebook. All positions are available. Four of the five officers are completing their terms and are not running for other positions.
- **Sugar: The Truth Presentation** – Claire, 9<sup>th</sup> Grade Student – After learning about the harmful effects of sugar, Claire prepared this presentation with approval from Dr. Robert Lustig, professor of pediatrics and author of Fat Chance. The universal truth is that calories in and calories out affect weight gain and loss. The obesity epidemic in the U.S. is still on the rise. We cannot burn off all the calories we eat. Not all calories are created equal. We eat more junk food than real food. Fats increase Type A LDL and carbs increase Type B LDL. Disaccharides are two smaller sugars. Sucrose is glucose and fructose. Lactose is glucose and galactose. Maltose is glucose and glucose. In response to extra sugar in circulation, the pancreas releases insulin to create fat cells and reduce sugar levels. The body is prepared to digest glucose, but not fructose, which affects the body 7 times faster. Eating sugar leads to gout, hypertension,

cancer, lung cancer, and Alzheimer's. Sugar affects the body similar to drugs by triggering dopamine. In the nation of Tokelau, an island near New Zealand, they are the most diabetic nation at 38% of the population. Before the 1960s their diet was 50% fat, but they were healthy. After the 1960s they consume 54 pounds of sugar a year, have high activity, less saturated fat, but are less healthy with a 20-30 pound weight gain. The American Heart Assoc. recommends only 25 grams of sugar /day for women and 37.5 g/day for men. The solution to this problem is to eat more fiber. Insoluble fiber is not digested and increases the speed of digestion. Soluble fiber is digested, slows digestion, and helps absorb water. You need both forms of fiber for the liver to work properly, so less insulin is released, and you feel fuller and have less cholesterol. Best source of fiber is whole fruits. Insoluble fiber is disrupted by the blades when making fruit juices or smoothies. Exercise is not to lose weight but to help with other parts of our health.

- **Education Excellence Foundation (EEF)** – Gretchen Ward, Executive Director – In March, P-CCS families will receive literature in the first direct fundraising effort to request them to donate to EEF to support teaching and learning in our school district. If each family donates \$10, that would raise \$125,000 for their annual fund of unrestricted dollars. This money is used for classroom grants and operational funds (which are minimal since most space and time is donated). Last year about \$43,000 in grants went to 44 classrooms. About 10 grants were unfunded. One of the larger grants, \$6400, was written by the elementary media specialists for STEAM kits that rotated monthly to each of the 14 buildings. Sets were at K-2 and 3-5 levels. They wrote another grant for \$3000 this year to restock and create new kits. You can find more information at [eeforkids.org](http://eeforkids.org).
- **P-CCS Communications Update** – Nicholas Brandon, P-CCS Executive Director of Communications and Marketing – **1)** The U of M asked P-CCS if graduate students from the School of Information could conduct a website survey of a cohort of elementary parents since that is the group of parents that uses the P-CCS website most often. They are conducting half-hour interviews to determine how best to improve the website. **2)** For the 7<sup>th</sup> year, the SOC (school of choice) policy recently passed at the Board of Ed meeting. The state of Michigan sets the timeline for application—after passing, there are 30 days to promote it, 30 more days to apply for seats, and 15 days until placement. The policy is now on the district website. The application period begins on March 13, 2019, for a maximum of 250 seats, with one seat per grade level from K-8 and the rest based on capacity. They only fill open seats. SOC families are choosing the district, not certain schools, and they can be bumped if new students move into that school area. There are usually about 120 students. **3)** The next Realtor Breakfast is on March 8 at Busch's in Canton. Registration is online.

Our next meeting is scheduled for March 22, at 9:30 a.m. There being no further business, Judy Hart made a motion to adjourn and Laura Anne VanSickle seconded the motion. The meeting adjourned at 10:40 a.m.

Respectfully submitted,

Julie Ealovega  
Recording Secretary

\*\*\*\*\* **Notes from the STEM Academy tour** \*\*\*\*\*

John Magoulick is the STEM Leader and one of its teachers. The STEM Academy is housed at Canton. Students in the academy are required to take one STEM year-long class each year. This counts as an elective, and the rest of their classes follow the district graduation guidelines. Talk to your counselor early in high school if you are planning to do a personal curriculum in your junior or senior year to replace mandated classes. It is not an automatic possibility, has to be core classes, and has to be approved by both the counselor and assistant principal.

There are currently two pathways, Biomed and Engineering, with a third Computer Science pathway beginning next year. Incoming freshman students apply for the academy during a specific period, and then seats are filled by lottery. Number of students are 128 in Biomed, 96 in Engineering, and 32 in Computer Science. The program cannot be expanded at the moment due to lack of space and resources. Engineering curriculum: 9<sup>th</sup> gr. CAD and computer design, 10<sup>th</sup> gr. principles and math behind it all, 11<sup>th</sup> gr. apply with coding and build with VEX, 12<sup>th</sup> gr. Capstone project = brainstorming 100 problems and narrowing down to one to focus on and solve over  $\frac{3}{4}$  of the year. Biomed curriculum: 9<sup>th</sup> gr. medical biology basics, 10<sup>th</sup> gr. human body systems, 11<sup>th</sup> gr. apply with experiments, 12<sup>th</sup> gr. Capstone project. The academy gives students chances to do things that they would not normally do until college. They have partnerships with Beaumont, St. Joseph Mercy, Visteon, Bosch, Hella, Yazaki,

and Aisan. The Capstone Project presentations will be May 22, 2019. Academy students also visit seven elementary schools a year and have an evening presentation for the half of the schools that they didn't visit. There is a STEM council of about 20-30 students. They started a Twitter account @PCEPSTEM .

**Resources:**

Educational Excellence Foundation: <http://eeforkids.org/>

EEF email address: [eef@pccsk12.com](mailto:eef@pccsk12.com)

**Contact Information:**

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