

**Montessori School of Manhattan Beach
Parent Teacher Organization (PTO)
Meeting Minutes**

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| Meeting Type | Monthly General Meeting |
| Objective | Update on progress; Guest Speaker: Diana Lipson-Burge, Nutrition |
| Date | 11/19/2002 |
| Location | Multipurpose Room, Peck Campus |
| Attendees | See attached attendance list |

Meeting Minutes

Carla Buck chaired the meeting.

Organization Update - (Carla Buck)

There has been a change in the board, with both the President and Vice President resigning due to health and time conflicts respectively. Carla Buck has assumed the role of President and Ann Mazuk is now the Treasurer/Secretary and Membership. There was much discussion on how to make the General Meetings more interesting for higher turnouts. From now on, the newsletter is going to be the main method that the PTO will use to share our business and what we are doing. Thus, it will keep the meetings less administrative and allow more time for topics of interest to parents. Some suggestions from attendees on how to communicate with parents more effectively and make meetings more interesting included:

- PTO Box in each classroom to spread information
- Show the direct link from Scrip to Child Enrichment
- Signs on the gates are helpful, but remember to add location
- Put list or calendar in each classroom showing classroom specific PTO funded events
- Let parents know that members and non-members are always welcome at meetings

The PTO is very interested in feedback from parents about how we are doing. Parents should feel free to email or phone anyone on the executive board or the school. Any comments or suggestions are appreciated. Our main metric of our success is membership. If you like what the PTO is doing, we encourage you to join.

Budget – (Carla Buck)

The budget was derived based on feedback from the parents in the Spring 2002. The projected budget for 2003 is:

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| Income: | |
| Scrip: | \$5481 |
| Kids Art: | \$975 |
| Spring Sing Videos | \$1500 |
| Membership: | <u>\$1000</u> |
| Total Income | \$9756 |
| Expenses: | |
| Parent Education | \$850 |
| Child Enrichment | \$3925 |
| Community Relations | \$2000 |
| Website | \$600 |
| Operating Expenses | <u>\$1000</u> |
| Total Expenses | \$8375 |

We will always share the budget and where we stand at each meeting, but not necessarily talk about it. The PTO will always let parents know if the budget deviates.

There was a comment that the PTO should do the KidsArt fundraiser in September as some of the local public schools did the exact same fundraiser about a month before.

Organization Update – Child Enrichment (Letitia Lau)

The Child Enrichment (CE) committee brings extra events and speakers in addition to what the school already does. The CE committee asked each teacher for the top 4 speakers and topics that they would like for their classrooms. After receiving input from the teachers, the committee realized that they could get more for the money if some events were brought to either the whole school, or multiple classrooms in a single visit. Since September, CE has brought in the Manhattan Beach Police Department to a class to talk about Stranger Danger. Also, several classes have had visits by a dentist and a lifeguard. On November 21, there will be a school assembly for a traditional Native American POW WOW. Later in the month will be a visit from the Bug Mobile to several classrooms. Today, Diana Lipson-Burge, the guest speaker for tonight's PTO meeting, spoke to 2 classes about nutrition. The CE committee is also trying to coordinate additional events, pending funding, for Science Adventures (<http://www.scienceadventures.net>), Cabrillo Marine Museum, Jim Gamble puppeteer, and Flights of Fantasy Story Theatre. For Black History month in February, the CE committee will put together a craft box for each classroom for the students to help educate students on Black History. A binder will be put in the office for any parent to look at with information about Child Enrichment.

Several attendees of the meeting said that their children really enjoyed the Manhattan Beach Police Department and the nutritionist.

Parent Education Special Topic: Nutrition

Diana Lipson-Burge is a Registered Dietitian, as well as an MSMB parent. Her clients include the Los Angeles Clippers, the Los Angeles Kings, The Motion Picture and Film Fund and Association of Volleyball Players. She co-authored the book "Un-Dieting: Undoing the Diet Mentality and Staying Trim Forever" with Jackie Jaye-Brandt. She specializes in disordered eating, which is eating when you are not hungry and not eating when you are hungry, and weight management.

There is an epidemic of self body image which leads very often to eating disorders or drugs and alcohol. There are three main reasons why she sees kids with body image issues:

1) Diet Deprivation Backlash (good vs bad food)

Starting about at age 3, parents tend to label foods as bad and good and the kids pick up on that. This can cause kids to eat the bad food in hiding because it's human nature to each what you cannot have. Instead, teach that all foods are good as each food does provide for nutritional requirements. Even fat is good for shiny and healthy hair and skin. Giving a small portion of cookie or brownie with a feeding everyday is okay. If the child wants more, tell the child yes, you can have more, but not until tomorrow.

2) Emotional Eating

This is eating at a celebration or to numb out feelings. When asked "how are you feeling", the majority of her clients respond with "I feel fat" or "I feel fine". His really are not feelings. Teach your children that feelings are okay, even if they are angry or sad. This is important because the good child tends to go to eating disorders, while the bad child tends to go to drugs and/or alcohol. Also, your brain fights to be right. So if others are always saying to you "You are fat" or "You are lazy", pretty soon you will start to believe that you are fat or lazy even if you were not to begin with. You can control your thoughts but not your feelings. To concur this, control your thoughts to bring on good feelings.

3) Lack of Truthful Knowledge

There are a lot of cookery books out on the market. Any books that recommend throwing out an entire food group are not good books. As an example, one pound of fat is gained by:

1300 kcal: basal metabolic rate (burn)

+ 600 kcal: activities (burn)

=1800-2000 kcal a person burns per day. This is how much you eat to maintain current weight

It takes 3500 kcal to gain 1 pound of fat, thus a total of 5400 kcal in a day to gain 1 pound. Or, if you divide 3500kcal/7, then over a week period of time, it takes just 500 kcal additional each day to gain a pound a week. This implies you are eating when you are hungry.

A stomach is about the size of a potato. If you think of your stomach as a fuel tank on a scale from 0 to 10, eat when you feel you are at a 2. Stop when you feel you are at a 7 and no longer hungry, not stuffed. To know if you stopped at a 7, you will be hungry again in about 3-4 hours. As a guideline, eat what you can fit in two hands. This portion control works whether you are a child or an adult.

There are 3 types of calories: carbs, proteins and fat. Try to eat 50% carbs, 20-30% proteins and 20-30% fats.

The only thing that creates energy is food. Vitamins don't create energy because they don't have any calories.

Many thanks to Diana Lipson-Burge for a very informative seminar!!

submitted by: Ann Mazuk