PTSO General Board Meeting Minutes – April 14, 2016


**Approval of March 10, 2016 Meeting Minutes: Susan Vukovatz** handed out minutes for approval. Annie Ying motioned to approve and Susan Chin seconded. All approved.

**Nominating Committee Report - Laura Tillett** reported that the Nominating Committee did a great, quick job finding board members for next year (2016–2017). President - Ranjana Sivaram and Ashley Chou, VP Communications - Parul Samdarshi, VP Membership - Wendy Lei, VP Special Events - Annie Ying and Yufan Lu, VP Fundraising - Susan Vukovatz, Treasurer - Sarah Hung, VP Volunteers - Susan Nakahira, Secretary - Susan Carter, Auditor - Heidi Magner, Parliamentarian - Kalpana Ramakrishnan, and VP Programs - Anita Parsons, Lisa Busse and Felicia Deng. Annie Ying motioned to approve slate and Yufan Lu seconded. All approved.

**LGSUHSD Greg Medici** spoke about Parcel Tax, stating he can only talk about factual things, 2016-2017 last parcel tax of $49, and the election is for the renewal of $49 parcel tax for 8 years which raises about a million dollars for the school district, funds 9.5 teachers, provides lower class size for English and Math, revenue is 449.8 M last year 4.5 Million, 2.5M one time money, receivables retired, 11/12 to 15/16, property tax went up $9 Million, tons of money coming in with property taxes, 60 basic aid districts, 20-25 like us, 6.5 million kids in public school, $7,500 guaranteed per student, first pool of money is local property taxes, Sacramento writes a check to school districts, we are roughly $13K per student, next year will be a challenge, will maintain a million dollars, Prop 30 is a temporary tax going away, governor cutting $5.6B going into non basic aid districts, Saratoga K-8 is a basic aid, Los Gatos is not so fortunate and could turn into a normal school district, heard loud and clear that wanted a tutorial center, this summer installing a bridge in library, tutorial center space, will be staffed, at least one teacher and looking at a classified person, there is an oversight committee, Treasurer for Measure A is Katherine Tseng, only 2 people working on committee, really want to keep parcel tax going, pension issue to deal with, important to continue this measure, flyers cost a lot of money, $70K in bills, head person running is responsible for dotted line, help us fund some of these flyers to help get it passed, spoke to Board here asked if would fund $999. Mary Eschen made motion to approve and Dory Albert seconded. Not everyone approved.

Mary Eschen introduced Sixtine Gontier, who does Academic Life Coaching and she will present "How to Understand and Motivate your Teen". Sistine moved from France with her family 4 years ago, oldest son is 19 years old who joined Marines, will come back in September to finish his degree in Foothill, 17 year old Junior, 15 year old Freshman, and 13 year old 7th grader in Middle school. She is surrounded by teenagers and young adults. So what is life coaching for teenagers? She works with 2 programs, ALC and Orientation program, using core motivation tool to understand core motivation type.
What is coaching? Coach gets you through step or goal, guides, motivates, enables, leads, with structure, tools, challenges, support, and energy.

Coaching vs. Therapist? Coach is not a therapist. A therapist has something to fix or heal, a coach works on how, not on why like a therapist.

Work with Academic Life Coaching Program (ALC) for students 13-18 years old, with 24 tools over 10 sessions to become more successful and also does an Orientation Program 4-6 sessions to set their project in steps, they select possible careers and set project.

Let’s dig into core motivation exercise either external vs. internal motivation. What motivates you?

External - Being motivated because want something external, paycheck so goes to work, does homework to get good grade, avoid pain, works on short term

Internal - Likes doing it, enjoys it, notion of challenge, for example like play tennis, know what kind of motivation works best for you, works on long term

List what have to do and what kind of motivation you are using, find balance between external and internal motivation and how to shift balance

Personality typing system. Who am I? Each human has a personality type. One type usually is attached to four other types. Kids find out how different they are.

The Perfectionist - Wants to be perfect and doing everything perfectly, has a harsh inner critic, need to talk to inner critic, everything perfect is their idea of what perfection is and they do not compare themselves to others

The Helper - Wants to help others, tremendous friend, feels needs of others before own needs, sometimes leads to frustration because gives and doesn't receive, becomes resentful towards best friends, has feelings not receiving enough back from them, never shows who she really is, never asks for help herself, encourages them to show their emotions and take own needs into account

The Doer - I am ok, I am the best, usually can do very well in one area like work or sports, inner critic less present than perfectionist, intense, competitive on the games

The Artist - The individualist, need time and space to express their emotions, let them decide when move into actions, don't avoid negative emotion, acknowledge negative emotion, when you comfort them you don't need to do anything else, students will feel heard and understood, when talk with friend and share emotion, acknowledge the emotion.

The Thinker - I am okay if I am right self worth about being right, annoyed if wrong, don't need to know everything about subject, but need experiences, acknowledge the point, I might have another opinion, what to encourage their brains, we all see the world differently, over thinks and cannot quite move

The Friend - Primary concern is safety, want to be prepared for worst case scenarios, need to feel secure, usually have a good memory and do not forget, energy, hard time to choose between 2 options, hard time dealing with negative feedback, hard to make a decision help them understand that cannot have everything,

The Defender - Okay if in control, wants to control everything, likes a good challenge, need to get to the point when talking with them, doesn’t make things personal, just wants the facts, encourage them to ask for help when needed, help them be a bit when vulnerable

The Peacemaker - Okay if everything is peaceful, has hard time to choose between several options

We are all different, special, and having a better understanding of which type your teen is helps.

If signed up on sign up genius, presentation will be sent to you.

Meeting adjourned at 10:30 am.

Respectfully Submitted by:

Susan Vukovatz
PTSO Secretary