SHS Parent Teacher and Student Organization (PTSO) General Meeting Minutes

Date: Feb 9, 2017
Location: SHS Cafeteria

Attendance:

<table>
<thead>
<tr>
<th>Executive Board</th>
<th>Wendy Lei</th>
<th>Y</th>
<th>Kalpana Ramakrishnan</th>
<th>Y</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Busse</td>
<td>N</td>
<td>Yufan Lu</td>
<td>Y</td>
<td>Parul Samdarshi</td>
</tr>
<tr>
<td>Susan Carter</td>
<td>Y</td>
<td>Heidi Magner</td>
<td>Y</td>
<td>Ranjana Sivaram</td>
</tr>
<tr>
<td>Ashley Chao</td>
<td>N</td>
<td>Susan Nakahira</td>
<td>N</td>
<td>Susan Vukovatz</td>
</tr>
<tr>
<td>Sarah Hung</td>
<td>Y</td>
<td>Anita Parsons</td>
<td>Y</td>
<td>Annie Ying</td>
</tr>
</tbody>
</table>

Staff: Paul Robinson (Principal)

Guests: Richard Freed, Ph.D.


Agenda:

1. General Meeting - PTSO Business
   - Approval of Minutes - Susan Carter
   - Financial Report – Sarah Hung
   - Vote on teacher grants – Ranjana S.
2. SHS Update – Paul Robinson
3. Speaker Series – Richard Freed, Ph.D.

Call to Order: The General Meeting was called to order at 8:40 am by President Ranjana Sivaram.

Motions:

<table>
<thead>
<tr>
<th>Item for Approval</th>
<th>Moved by:</th>
<th>Seconded by:</th>
<th>All approve?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratification of checks # 1535 – 1543</td>
<td>Reshma Hyder</td>
<td>Yufan Lu</td>
<td>Yes</td>
</tr>
<tr>
<td>Teacher Grants totaling $10,784</td>
<td>Susan Chin</td>
<td>Shalili G.</td>
<td>Yes</td>
</tr>
</tbody>
</table>

PTSO:

- Minutes from Jan were not ready for approval, moved to next meeting.
- Ranjana – More Teacher Grant requests came in, totaling $10,784:
  - Spanish – Mr. Rodrigues, $550 for class materials
  - SS – Miss Anzalone, $162, Educational DVDs
  - Special Ed – Miss Reiber, $1666, 2017 Council for Exceptional Children Session
  - Drama Dept - Thurmond, Stapleton — Tech Conference, $3739
  - Engineering Dept – Warmuth – Computer Numerical Control, got grant to cover $33,000, but still need $4667.

SHS Update (Robinson):

- Thanks for coming out in this weather. A lot of our staff is battling slowdowns on Highway 17. It’s fun for me to come in and find out what I’ll be teaching that day.
- Music building is on time, move in during August. Having a Measure E project meeting Tuesday 4:30 Feb 28th at Board meeting, open to public. Study session in SHS Library. Will discuss progress on Measure E projects. Will discuss plans for changes to old buildings.

Announcements:

- The next PTSO General meeting will be March 9, 2017, at 8:30 am in the SHS cafeteria.

Adjournment: The PTSO business portion of the meeting was adjourned at 9:03 am by President Ranjana Sivaram.
Parent Education Speaker Series – Dr. Richard Freed - Reclaiming Childhood in a Digital Age

Anita introduced the guest speaker Dr. Richard Freed. Dr. Freed is a child and adolescent psychologist who lives in Walnut Creek with his wife and two daughters. He is the author of Wired Child: Reclaiming Childhood in the Digital Age.

Time – Nov – Highest rate of thoughts of suicide, cutting, etc. Gunn High School struggling with suicides.

Increased amount of academic stress. Biggest change is kids spending time in front of screen. 8 hours of entertainment and texting. Far more time with tech than sleeping or studying. Very little time spent on learning….16 min per day. 2.5 hrs text and talk.

Tech and family – Kids feel disconnected from family due to their technology – phone. However, 64%-74% of parents believe tech brings families closer. However, research shows that tech is pulling the family apart. Multi-tasking kids ignored parents. Parents struggled to “penetrate the child’s universe”, parents “backing away, retreating” from device-obsessed kids.

Kids’ attachment and connection when they are a teen, builds their emotional health…if not connected, can lead to depression, cutting, suicidal thoughts. Attachment builds self-esteem; Kids have less anger, less substance abuse, better academic performance.

Kid’s main job = school. Parents are more important to your kid than their friends. We have a much more developed prefrontal cortex, we can help our kids through tough times. Investment- we are more invested in our kids than their friends are. There is a myth that detachment is good.

Tech overuse and emotional problems
Kids > 3 hr/day on social media are more likely to have high levels of psychological distress and suicidal ideation.

Cyberbullies and victims are generally heavy internet users.
Teens who are always on their pones are more likely to be involved in sexting, especially girls

Entertainment Tech and Academic Success
- Boys who spend a lot of time online gaming started dropping out of extra circulars, started to do bad at school.
- Girls get higher grades, more honors, girls are 57% of college admissions,

Value of college = 17.5 more income, less poverty, less unemployment.

After 45 min of screen time a day, GPA drops:

<table>
<thead>
<tr>
<th>Daily Screen Time</th>
<th>1-30 min</th>
<th>31-60 min</th>
<th>1-2 hrs</th>
<th>2-4 hrs</th>
<th>&gt;4 hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>GPA</td>
<td>3.55</td>
<td>3.34</td>
<td>3.2</td>
<td>2.88</td>
<td>2.4</td>
</tr>
</tbody>
</table>

Smart phone use – Now you can watch sitcoms while you sit anywhere.

Data shows 2/3s of American 8th graders score below proficient in reading and in math. US Kids score 30th in math, 23rd in science, and 20th in reading compared to other developed countries.

We need to get American kids to stop spending so much time on screens!!!

Internet Gaming Disorder is listed as a “Condition for Further Study” in the American Psychiatric Association’s (APA) guidebook, DSM-5 (2013), meaning the APA wants to see more research on this issue. Japan, China fully recognize the problem. In South Korea, parents have been prosecuted for leaving kids alone to game. World Health Organization is about to label it an actual addiction.

Internet gaming is like a drug for kids. Functional MRI’s show the tech addicted brain looks just like the substance addict brain. Dopamine in the tech addicted brain is at the same level as the brain of someone who received an intravenous injection of amphetamine.

Experts in human behavior are the ones developing tech games. Microsoft has hired behavioral scientists to develop addicting games!!

Signs of unhealthy tech use:
- Preoccupied with video games or the internet
- Withdrawal symptoms when they stop
- Keep playing for longer periods of time
- Losing interest in other activities
How can we help? Get the word out about the dangers of tech over use! See: The Huffington Post – The Obamas’ Low-Tech Parenting – Get the message out

Many issues:
- Myth of normalcy – kids just ride bikes!
- What once seemed normal for kids – smoking – what turned this around, was bringing science to the public
- Prefrontal cortex not fully developed until 20’s, example – very powerful engine and really crummy brakes
- Pop culture – let kids run wild online – Time article by Dana Boyd, works for Microsoft – Pop Culture tells parents to turn their back
- Parents overuse of tech (at home, during meals) impacts their kids. Pediatric study – 1/3 of parents eating in fast food places spend time on phone.
- Peer pressure – All my friends are at a higher level
- Schools are integrating technology and kids can go back and forth between the homework tech needs and their gaming.

Parenting Styles – 2 dimensions Demanding and Responsive…AUTHORITATIVE = high demand, high responsive

High Responsive – engage, be involved. Avoid “Hands-free” parenting…teens are so difficult to be with, irritable, stand-offish, nasty. Instead, try to have a “let’s go hang out” approach.

High Demand – Set limits on kids – Expect a strong effort – in 1850 kids did chores!
Parent like a Tech Exec – Jobs, Gates – NY Times article, low tech parents. The Gates family sets really strong limits on their kids. Majority of kids say they have no tech limits – they need them!

- No gadget use on weekdays
- PCs only for homework on school nights
- Print books – have them around, use them
- Postpone smartphones and data plans until 14-16 yrs old
- No screens in the bedroom

Help Kids use Tech Productively
- be the strong family your child needs
- give kids structure
- support kids school success

Serious risk with tech today. You can and should set limits…it’s difficult, because our culture tells us we should live on devices, but limits are necessary.

How can we teach our kids self-control?
Watch ScreenAgers – documentary about kids with limits in HS, then go off to College.

One idea is to think about diet…you don’t have sodas in the house, don’t spend a lot of time at fast food, you role model for your kids

Movie/TV – watch together, talk about favorite moments, night and day different from gaming, not addictive. Interactive devices much more addictive.

Search up “internet gaming disorder” – there are professionals out there that can help. Impose the limits NOT while they are gaming.

Ranjana closed the session and thanked our speaker. Dr. Freed’s flyer will be posted at the SHS PTSO website and more information can be found on his website: http://richardfreed.com

Respectfully submitted by,

Susan Carter
Recording Secretary