

Speakers	
Shazia Manekia (PTO Co-President)	Riva Levy (Prevention Programs Coordinator at Corner House)
Sasha Weinstein (PTO Co-President)	Frank Chmiel (PHS Principal)
Beth Behrend (BOE Member)	

Brief Description / Agenda
<ul style="list-style-type: none"> <li>Welcome from the PHS PTO and general updates.</li> <li>Board of Education brief update.</li> <li>Guest Speaker Riva Levy, Prevention Programs Coordinator at Corner House.</li> <li>Principal Frank Chmiel monthly update.</li> </ul>

Summary of the discussion	
Speaker	Items discussed
Shazia Manekia and Sasha Weinstein	<p>Welcome from the PHS PTO.</p> <ul style="list-style-type: none"> <li>Reminder to please read the Tiger Tribune (produced by Diana Lygas). It is one of the primary ways to get PTO information circulated. Also available on the PHS PTO website if experiencing problems opening it on the phone.</li> <li>Executive Board PTO nominations are open for next year. Check out the PTO website for positions that are open and a form to complete if interested in applying.</li> </ul>
Amanda Arshan	<p>Princeton Mobile Pantry (<a href="http://www.pmfpantry.org">www.pmfpantry.org</a>) supplies fresh produce to families in need.</p> <p>The pantry is looking for volunteers at the Pantry. Volunteers are needed to pack groceries from 9-10.30 approx. and then drive/deliver from 10.30-11.30 to our friends in need every 2 weeks on Wednesday mornings.</p> <p>Also see link and information on the PHS PTO website under 'Parent Resources/Getting involved'.</p>
Beth Behrend	<p>Beth Behrend provided the Board of Education update</p> <ul style="list-style-type: none"> <li>Budget season – will be approving preliminary budget on March 15<sup>th</sup>.</li> <li>Operations committee will be discussing the budget again on March 8<sup>th</sup>.</li> <li>The Board is starting the strategic planning process to identify the goals of the district. This is done every 5 years. There will be ways for the community to be involved in this process.</li> </ul> <p>Look at the board website <a href="https://www.princetonk12.org/board">https://www.princetonk12.org/board</a> for meeting dates and agendas.</p>
Riva Levy	<p>Riva Levy, Prevention Programs Coordinator at Corner House, was the guest speaker. Michelle Simborski, PPS Crisis and Student Assistance Counselor, was unable to attend. Riva shared some insights and observations on our teens' mental health as well as key information and resources to help us navigate these challenging times and support our teens.</p> <ul style="list-style-type: none"> <li>Recently started working with PMS and PHS – twice per week at PHS.</li> <li>Covid triggered a lot of issues.</li> <li>Social anxiety</li> <li>Lack of motivation</li> </ul>

Summary of the discussion	
	<ul style="list-style-type: none"> <li>• Anxiety and stress in general</li> <li>• Stress – physical symptoms that we all experience / somewhat normal.</li> <li>• Anxiety – persistent worries that don't go away. Students delay their tasks and then they pile up. They don't go to class, school. Then they are afraid to go to class because they are so far behind.</li> <li>• The extended home environment for some students was not great.</li> <li>• Anger and anxiety - numb their feelings by using alcohol and drugs.</li> <li>• PHS is providing extra support.</li> <li>• Trying to get the students to just try and talk. They can meet with Riva in her office at PHS.</li> <li>• Build a self-care program and every week they report back.</li> <li>• Coping skills include: Mindfulness; Meditation; Writing in a journal; Reading books; Watching movies; Practice gratitude;</li> <li>• Engaging in activities; physical activities; stay hydrated; have a schedule; be prepared and organized; avoid information overload;</li> <li>• Connect with others; parents check in with your students; have dinner and hear about their day;</li> <li>• Students often say they don't want to talk to their parents because they don't want their parents to worry about them;</li> </ul> <p>Corner House teen leadership program applications are open and include:</p> <ul style="list-style-type: none"> <li>• TAG (Teen Advisory Group) - High School juniors create presentations for school children to highlight the risks of alcohol and drug use. They meet once per week.</li> <li>• GAIA (Growing Up Accepted as an Individual in America) - High School juniors participate in workshops about bullying, discrimination, promoting peace etc. They meet once per week.</li> <li>• Corner House Student Board - Seniors only program. Create free events for Princeton area schools.</li> </ul> <p>The PTO posted various handouts shared during the meeting on the PTO website: <a href="http://princetonhspto.weebly.com/past-meeting-archives.html">http://princetonhspto.weebly.com/past-meeting-archives.html</a></p> <p>Students can reach out to their counselor or Ms. Simborski for help and more information. If the student is under 16 the parent has to sign a consent form to see Riva.</p>
Frank Chmiel	<p>Principal Monthly Update</p> <ul style="list-style-type: none"> <li>• Mr. Chmiel sends an email every morning to faculty and staff and a similar one to students – what letter day it is, important dates, special events, sports, menu for the day etc.</li> <li>• The Tiger Café recently opened.</li> <li>• Parking issues are stressful for the faculty and staff. Please park only in the visitor spots. Visitors can stop briefly in front of the main entrance office to get a hang tag to park along the permit only street for brief school visits / meetings.</li> <li>• Career Spirit Week <ul style="list-style-type: none"> <li>○ March 7 - 11</li> <li>○ College and career readiness – not all students go to college.</li> <li>○ The flier is posted on the PTO Facebook page.</li> <li>○ Incentivize students and staff to participate with raffles etc.</li> <li>○ Mr. Chmiel is participating in the 'how to tie a tie' event and is also donating</li> </ul> </li> </ul>

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	<p>some ties</p> <ul style="list-style-type: none"> <li>• Masking <ul style="list-style-type: none"> <li>◦ Now optional although encouraged from Monday March 7<sup>th</sup></li> </ul> </li> <li>• NJPGA testing <ul style="list-style-type: none"> <li>◦ Graduation assessment requirements for the classes of 2023, 2024, and 2025</li> <li>◦ Students take the New Jersey Graduation Proficiency Assessment (NJGPA) in grade 11</li> <li>◦ Will be administered March 15-16 (ELA units) and March 17-18 (Math units)</li> <li>◦ 8:20-10:45 – 4 days – 90 minutes for each test</li> <li>◦ All students will come to school at normal time</li> <li>◦ Different activities planned for 9<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> grade students who are not testing; modified E and F days for the remainder of the school day.</li> </ul> </li> <li>• Rotating office hours where students can visit with Mr. Chmiel – There is a google sheet to sign up for a 15 minute slot</li> <li>• Prom – Diana Lygas <ul style="list-style-type: none"> <li>◦ Planned for an outdoor prom – Forest Lodge</li> </ul> </li> <li>• Communication <ul style="list-style-type: none"> <li>◦ Sunday Night Blasts (email and phone)</li> <li>◦ Read the Tiger Tribune (produced by Diana Lygas)</li> </ul> </li> <li>• Questions in the meeting chat <ul style="list-style-type: none"> <li>◦ Coping techniques (as mentioned by Riva) <ul style="list-style-type: none"> <li>▪ Peer Group is a team of senior students who have gone through leadership training and assigned to a group of 9<sup>th</sup> graders. Could coping techniques be incorporated into this program?</li> <li>▪ March 21<sup>st</sup> - District professional development half day will incorporate mental health and coping techniques</li> </ul> </li> <li>◦ Can PHS host more athletic clubs that are not at the varsity level? <ul style="list-style-type: none"> <li>▪ Must take the PIRL class to start a club.</li> <li>▪ Space is an issue.</li> <li>▪ Clubs are supposed to meet on campus. Once they are off campus, they are treated like a field trip with insurance and liability issues.</li> <li>▪ Need support available in case someone gets hurt.</li> <li>▪ March 21<sup>st</sup> is the Club Fair during the PE period.</li> <li>▪ What about dance programs? Once construction is finished, will get more class room space that may help with more physical oriented clubs.</li> </ul> </li> </ul> </li> <li>• Gold key awards – Communication sent asking students to consider nominating an 11th or 12th grade student for the Gold Key!</li> </ul>
	<p>Next PTO meeting is on Wednesday April 6<sup>th</sup> at 7pm via zoom.</p> <p>See the zoom recording of this meeting posted on the PTO website. <a href="http://princetonhspto.weebly.com/meeting-archives.html">http://princetonhspto.weebly.com/meeting-archives.html</a></p>

Meeting ended at 8:15 PM.