

# PTHS PTSA

MEETING MINUTES – JANUARY 10, 2013

## CALL TO ORDER/OPENING – PLEDGE OF ALLEGIANCE – By Minna at 11:08

### MANJRI GUPTA – “Guiding Your Students to Manage Time, Stress and Test Anxiety”

- Some test anxiety is healthy.
- Anxious when there is something at stake.
- Being too confident lowers your guard.
- What causes test anxiety? Readiness, sense of worth, high stakes, big competition you have prepared for all your life.
- Some people are good test takers, some aren't.
- Signs of Stress/Anxiety – sweaty, heart racing, stomach problems, bad, negative thoughts.
- Where do you begin? Begin with the end in mind, good study habits, identify test timeline, you are their motivator.
- Ways to help – effort, readiness, evaluate performance on practice tests, visualize, worst case scenario.
- Getting ready for the test day – Good night sleep, don't cram, eat well (need the energy to focus and maintain concentration), relax, listen to music, muscle relaxation techniques, deep breathing calms the nerves.

### PRINCIPAL'S REPORT – LORI PAVLIK

- Keystone Exams this week. Tests take longer than allowed. Juniors take literature on Friday. Biology was a hard test. Results should be available in March.
- PSSS in February for just 9<sup>th</sup> grade.
- Graduation Project – just graded “Reflections”.
- There will be changes in Guidance due to pregnancies. There are 3 different people filling in soon.

### SECRETARY'S REPORT – LINDA CARPENTER

Minutes from the November 7, 2012 meeting were approved as submitted.

### TREASURER'S REPORT – KAREN BOVALINA

- Treasury Report – need to pay bills for November & December. There was a motion to pay bills by Sheryl Wilson and Mary Pat DeRienzo
- The concession stand made \$8,258.00 this past fall. Special thank you to all those who ran the concession stand.

### <sup>2nd</sup> VICE PRESIDENT – MARGARET RAUSCHER

- Character Counts on January 15 in the Choir Room at the HS.
- Teacher Breakfast on January 22.
- Area Council Meeting on January 24 at 9:15 at the PT library.

### <sup>3rd</sup> VICE PRESIDENT – MAUREEN WATSON

- College Planning Night to be held April 24.
- Student of the Quarter – selections were made, see display case at the front of the school.

### OLD BUSINESS - None

### NEW BUSINESS – Gift to School

- We will discuss at the next meeting after speaking with Mrs. Pavlik.

**Meeting adjourned – 12:06 p.m.**

**Minutes Approved:** \_\_\_\_\_