



**General Membership Meeting Minutes
Tuesday, February 13, 2018**

Handouts

- Meeting Agenda
- Treasurer's Report 08/01/2017 - 07/31/2018
- Draft PTO General Meeting Minutes, January 9, 2018

6:30

Agenda

- Welcome
- Vote to approve last meeting's Minutes
- Treasurer's Report
- Science Fair Recap
- Movie/Pizza Night Recap and Carnival update
- Pickford Theater announcement
- Mr. C — Movement and the Brain

Welcome everyone! Please sign in (forms on tables) and take a look over last meeting's Minutes. After looking them over, we'll move to approve them.

6:30

Meeting Minutes

The group spent a couple of minutes looking over last meeting's Minutes. One person motioned to approve the document, and it was seconded. Passed with a unanimous "aye" vote.

6:35

Treasurer's Report

Susan drew our attention to the financial reports on each table. They have a lot of detail. If anyone has questions, feel free to ask her or send her an email.

Our PTO has a couple of new fundraising tools.

If you shop at Amazon, when you use **Amazon Smile** as your default way to access Amazon, .05% of your eligible purchases will be donated to the Parkview PTO. Bookmark this link!

<https://smile.amazon.com/ch/81-2373878>

Amazon Smile has all the same items as Amazon, it is just a way that Amazon allows customers to support charities of their choice with no extra cost.

Fred Meyer Rewards: By connecting your Fred Meyer rewards card to the PTO you are raising money for Parkview every time you shop. You can link your Fred Meyer rewards card to Parkview here:

<https://www.fredmeyer.com/signin?redirectUrl=/account/communityrewards/enroll>. Parkview's non-profit number is 87440.

6:38

Science Fair Recap

Lindsay thanked all the volunteers that helped make this year's Science Fair a big success. It was busy, full and fun. Everyone was very supportive of our kids and their learning. If you're interested in volunteering for next year's event, please let her know.

This year there were about 100 displays, a bit more than last year. There was a longer lead time than last year, and great organization by Renee and Gina.

6:40

Movie Night

We had a big turnout at last week's showing of the movie Sing. Thanks to everyone who volunteered!

Pizza Night

Many Parkview families dined out at Rudy's Pizza last Friday. We don't yet know how much money was raised, but it was a neat atmosphere and enjoyed by many.

Carnival Update

Planning is underway for the Parkview Carnival on March 8. In an effort to reduce ticket lines that night, we will be taking orders for tickets, like we do for Scrip and coffee. Look for a flyer coming home within the next week.

There will also be a SignUp Genius page to organize volunteers for the event (ticket sales, staffing booths, etc.). Look for the link on Facebook, or talk with Ché or Amanda.

Amanda is still looking for a volunteer who would like to champion the event next year. She said it is a lot of work for a short period of time, but totally worth it. It is one of the biggest family events during the school year, and the kids always have lots of fun. There's a binder of information to make things easier. If anyone has questions or would like more information, please ask!

6:45

Pickford Theater — Bellingham Children's Film Festival

Angela is a member of the Pickford Board and arranged for the Pickford's Director, Susie Purves, to give us a quick overview of the upcoming Bellingham Children's Film Festival. She is very excited about the films they have arranged.

The Festival will be March 23 - April 1 and includes a great selection of shorts and films for audiences 2 years and up. Some of the films have been nominated for Academy Awards. The Pickford has worked with sponsors to keep ticket prices at \$5.

For full schedule, trailers, descriptions, showtimes and tickets, visit <http://www.pickfordfilmcenter.org>.

Angela suggested that the PTO consider ways to allow our kids to see some of this. There are opportunities for weekday school field trips to the event. The quality of the movies and shorts is very high, and better than much common commercial programming. She would encourage us to consider this as a Whole Child activity, especially for the younger grades. She's happy to talk more about this as well.

6:55

Movement and the Brain

Nicolas Castona (Mr. C), Parkview PE Teacher

Mr. C has been teaching at Parkview since 2014, but has been teaching since 2006, at a variety of age levels. He's very interested in physiology and how physical development is connected with overall learning.

He used his triple jump coaching experience to illustrate the importance of physical activity for young kids. The triple jump requires many skills (running, arm movement, striding, focus on right vs. left sides of the body, leaping, etc.) and linking these quickly together. When coaching high school track and field athletes, he discovered that some kids were better at this than others. While not surprising, he found that the kids that excelled had all played soccer when they were in elementary school. They learned certain skills that helped them later in a completely different activity.

Mr. C explained that the brain is predisposed to learn certain physical skills at certain ages. Gross motor skills (birth - 5 years) and fine motor skills (5 - 10 years) are necessary for kids to go on to master more complex physical skills. He shared a chart of “sensitivity windows” that depicts how specific ages are predisposed to learn certain physical skills. To take a few examples,

Kinesthetic Differentiation: ages 7-9

Reaction time and rhythm: ages 9-11

Speed: Girls ages 6-8 & 11-13 and Boys ages 7-9 & 13-16

During these “sensitivity windows,” kids are neurologically ready to learn these physical skills. It is still possible to learn these skills at other ages, but it requires more effort. Interestingly, many of these sensitivity windows shut down during puberty — the body is busy with other growth.

Mr. C brought out a bunch of colored scarves and led us through an activity that forced us to move quickly between throwing and catching with either the right or the left hand. He also showed us an exercise that involves switching between the right pointer finger and the left thumb and then switching to the left pointer finger and the right thumb. Surprisingly tricky!

Scientific studies have shown that kids that test high in physical skills are better classroom learners. Mr. C also emphasized the right brain/left brain connections. Exercises like the ones he demonstrated seem to strengthen these connections. He mentioned a study that found a 5 point increase in IQ by using the non-dominant hand to brush teeth! It’s tricky, and forces your hand and your brain to work in new ways.

So, more activity is a positive thing for kids. Unfortunately, current trends in youth sports are not so positive. Of the top 6 youth sports in the US (ages 6-15), all had fewer kids participating in 2013 than in 2008. Additionally, the model of youth sports is changing, moving toward a more competitive model, with less focus on fun. There are fewer opportunities for recreational sports as kids age. Kids that demonstrate aptitude join select/travel leagues. High school athletes may go on to compete at the college level, and a few will become professional athletes. This model supports the most skilled athletes to continue, but doesn’t encourage less serious or skilled athletes. It also encourages specialization, rather than kids learning a variety of sports. Mr. C contrasted this with a European model that focuses on physical literacy for everyone, with continued opportunities for recreational sport for all ages. Mr. C also noted that in the US, statistics show that household income is linked to the average age of kids entering organized sports and that kids from higher income families are more likely to participate in organized sports.

Mr. C made the point that he isn’t lobbying to focus solely on organized sports, but rather movement and activity. He mentioned that climbing trees, learning balance, and tackling physical challenges are all important. He showed a picture of an “adventure playground.” This is a 50-60 year old concept and includes things like tall climbing structures, long slides, etc.

While they may frighten some parents, these physically challenging elements can teach kids in important ways. He quoted someone who argued that risking a broken arm is better than risking a broken spirit: these types of playgrounds teach kids to concentrate and overcome challenges. He encouraged us to Google “adventure playgrounds” and learn more. There is an adventure playground at the Seattle Center.

On a related theme, he is concerned that some decisions about PE are made by people without a child development/movement background. With our Parkview gym renovation, the climbing ropes were removed and not replaced. He was told that these were now considered too dangerous, however he did some research and could find no evidence of increased injuries associated with having gym climbing ropes. Happy Valley, Birchwood, and Wade King also have no climbing ropes after their gym rebuilds. In the movement to build nice new gyms, some functionality is being lost. He worries that it is a negative for the kids.

Mr. C moved on to guidelines and rules about how much exercise kids should have. National guidelines support 150 minutes/week for kids in grades 1-8. Washington State law requires 100 minutes/week. The Bellingham School District funds 40 minutes/week of PE instruction for grades K-2 and 80 minutes/week for grades 3-5. The imbalance between our local policy and state law exists because there is no enforcement of the law and it would require a contractual change to have more instructors. He has been researching the situation at other school districts in the state and has found that some are better than others. The Kent School District has been incrementally increasing and will reach 100 minutes/week of PE instruction next year. The Seattle School District recently hired 50 new PE instructors to get closer to meeting State law.

Mr. C said that the District administrations are aware of the situation. In fact, Jessica Sankey, Bellingham School District Wellness Director, joined us at this meeting and wants to keep moving this issue forward — healthy kids are a priority of the Bellingham Promise.

Parkview parent Ali Bonner brought a clipboard to gather signatures of parents interested in keeping informed on this issue. Even though the District knows of this issue, it always helps to have parent advocates as well. By signing up, you will be notified of ways to be involved. People can also email “contact@parkviewpto.org” and ask to be added to the list.

7:30

Reminders

- March 8, Scrip orders due
- March 8, Parkview Carnival
- March 13, PTO General Meeting

Adjourn