



PS 174 PA General Meeting Minutes

January 9, 2023, 6 p.m., via Zoom

<https://nycdoe.zoom.us/j/97391036128?pwd=dXdTQVpCSXd0QnVoeGNIVDM5SG1WZz09>

Please remember to sign in. The purpose of this meeting is to conduct the official business of the PS 174 PA.

Board attendees: Max Dickstein, Marc Lee, Judy Wong, Anna Myers Sabatini

Total Board attendees (4)

Catherine and Owen, Rebecca Chin, Dalelyn Wyszinski, Erin Branum, Fun, Hannah Trager, Jen Chiu, Judy Wong, Katerina Zuniga, Vladimir, Nibha, Sonya Sakhrani

Guests: Virginia Fadis, Richard Niccolich - physical education teachers presented on health and nutrition.

Total attendees (17)

I. Call to Order 6:02 pm

A. Minutes read, approved

II. Guest Speakers Mr. Niccolich and Ms. Fadis (PS 174 Health and PE teachers)

- A discussion and Q&A about children's health and diet info for parents. Slide link available here: [https://docs.google.com/presentation/d/11-kLPgi82OT4ZIDd1bLqZL9IDxsRBiVCkw4lQUgUcFw/edit#slide](https://docs.google.com/presentation/d/11-kLPgi82OT4ZIDd1bLqZL9IDxsRBiVCkw4lQUgUcFw/edit#slide=id.g1c922948c30_0_104)

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And as PDF here:

https://drive.google.com/file/d/1l_AyBfyHIOIXsGwWICipTp8dUdBMKBzT/view?usp=share_link

- **Healthy Eating** - My Plate Food guide. 1. Having regular family meals. 2. Serve a variety of healthy foods and snacks. 3. Be a role model by modeling healthy eating. 4. Avoid battles over food 5. involve kids in the process.
 - Family meals are a comforting ritual for kids and parents. Could be a Saturday or Sunday thing if kids have practice or other conflicts in the evenings. A chance to model good eating behavior - good eating choices. Oh this meal was so good, I wish I could eat more but I'm full so I need to stop.
 - Some cultures after a meal go for a walk - good for exercise and good for digestion. Maybe one time a week have a sitdown dinner, or over the weekend. Keep mealtimes friendly, calm. Not a good time for lectures - wait until after or before. Have mealtimes as a neutral ground.
 - Involve kids with meals and planning and preparation.
 - **Having healthy foods on hand.** Fruit cup for desert. Healthy snacks - stock up on yogurt, peanut butter, whole grain crackers, cheeses. When possible, choose a leaner meat or alternate sources of protein (eggs, beans, nuts), sometimes a black bean taco. Limit fast foods, and low nutrient snacks (once and a while is okay). Alternatives to chips: Popcorners, or popcorn, chickpea chips. Limit sugary drinks - switch to water and low fat milk as opposed to sugar added juices (i.e. fruit punch, with added sugar).
 - **Be a role model by eating healthy yourself.** More fruits and vegetables, don't overindulge in less nutritious food. Try to avoid overeating. If you're complaining about food or dieting (i.e. have to fit into an outfit, I don't like this food but I have to eat it).
 - **Avoid battles over food.** Don't let food become a source of conflict. Give children a choice of what to eat, but limit their choices. Offer 3 healthy choices. They're feeling empowered that they're picking something they like better than the other two, but you're controlling what's going on. Establish a predictable schedule of meals and snacks. Kid might be less likely to skip a meal if they know they aren't going to be eating for another 3 hours. Don't use food as a bribe or reward with food. Don't use food as a way of showing love. Should be separate - give kids a hug, time, or praise.

- **Get kids involved.** Have them help decide what to have for dinner, help prepare the food. Gives them a sense of ownership in what's being prepared.

III. President's Report

- School Leadership Team (SLT) report from Anna/Judy/Erin:
Success academy taking over space in another school - if the existing middle school doesn't get enough enrollment they'll lose funding for building improvements.
Going to be a meeting tomorrow at 9am for an anti-cyberbullying meeting.
- Safety Committee report from Max (meeting was 1/6/23)
Bullying and Cyberbullying - writing in the bathroom. Written by an upperclassroom but found by a 1st grader. Talked about posting monitors outside - but maybe get to the root of the problem - should be Respect for All. Meeting 1/10 - sign up at this link:
<https://docs.google.com/forms/d/e/1FAIpQLScDwVzxpYohlgT0iYcWH154RKxGjgSl1iSU-2J8eloQL5WbnA/viewform>
Emergency readiness team - drills - exits changing due to construction.

IV. Treasurer's Report

- Monthly report, current state of funds

PA Financial Accounts						
	12/31/2022	11/29/2022	10/31/2022	9/30/2022	8/31/2022	7/1/2022
Chase	\$7,335.85	\$14,897.88	\$8,838.21	\$4,197.80	\$2,554.00	\$0.00
Masbeth	\$653.71	\$731.96	\$496.56	\$334.38	\$270.24	\$6,121.64
PayPal	\$0.00	\$2.42	\$99.22	\$6.79	\$42.70	\$14.06
Total	\$7,989.56	\$15,632.26	\$9,433.99	\$4,538.97	\$2,866.94	\$6,135.70
Fifth grade fund (in Chase)		\$0				

December 2022 Treasurer's Report .XLSX							
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5	December 2022 Treasurer's Report (12/1-12/31)						
6	PS 174 PA General Account 2022-23						
7		Balance 12/1/2022		\$15,632.26			
9		Income		\$759.27			
10		Expenses		\$8,423.32			
11		BALANCE 12/31/2022		\$7,989.56			
12							
13	INCOME					Upcoming Income	
14		Ongoing Contributions				Jan	
15		Dues				Read-a-thon	>\$4000
16						Flower Power	\$405.00
17		Fundraisers				Roam Restuarant	
18		12/15 Lillian's Pizza		\$126.00		Pahal Zan restaurant	
19		12/23 December Spirit Day Fundraiser for Art Supplies		\$633.00		Spirit Day	
20							
21		Interest					
22		Maspeth Savings - Interest		\$0.27			
23		TOTAL INCOME		\$759.27			
24							
25	EXPENSES					Upcoming Expenses	
26		Donations to School				Jan	
27		12/6 Supplies for STEM Teacher Ms. Aquilia		\$102.29		Circle of Dance (K)	
28						Circle of Dance (1st)	
29						Circle of Dance (2nd)	
30						MLK Assembly	\$597.50
31		Fundraiser Expenses					
32		12/5 Scholastic Book Fair		\$5,841.03			
33		12/23 Dancing Classrooms		\$2,380.00			
34							
35							
36		PA Expenses					
37		12/6 Refreshments for Book Fair volunteers		\$100.00			
38							
39		TOTAL EXPENSES		\$8,423.32			
40							
41							
42							
43							
44							
45							

Donors choose for Ms. Aquila - her donors choose was almost funded but would expire - Judy alerted us - alerted parents - PA matched the remaining funds - need to reimburse Marc \$400 for the remainder.

School Admin's requested devoting funds from Spirit days to specific teachers/uses.

V. Business

- Recent Fundraising
waiting for check from LifeTouch - waiting for update from Roam
- Upcoming Fundraising
- Photo Day vendor discussion
Permission from Principal Kelly granted to switch to new provider, keep LifeTouch
- 5th grade Committee update
- 2023–24 Executive Board Elections in May

VI. Discussion

VII. Adjournment

- End recording
- 7:02pm