

WEST END SECONDARY SCHOOL PARENT ASSOCIATION
227 WEST 61ST STREET, NEW YORK, NY 10023
WESSPA.ORG

PA GENERAL MEMBERSHIP MEETING MINUTES

November 29, 2022
9:00 am In-person and Via Zoom

I. Opening Exercise

Co-Presidents, Rebecca Weel called the meeting to order at 9:12 pm. There were approximately 45 participants on Zoom and 17 attendees in person.

Dante Burgess from Elevate Education

Beating Procrastination - for students and parents

Founded in 2001, elevate education has become an award winning global provider of study skill programs, working with over half a million students across the US the UK, Australia, South Africa, and Singapore. Levine has developed a proven track record of engaging students and fostering critical thinking skills and today, Dante Burgess will be addressing the topic of beating procrastination.

Overall Recommendation

- Remove cell phones from the working area
- Use OurPact - Service for managing locations and parental control

Reasons for Procrastination

- We put things off
- We feel guilty

Why do we procrastinate

- Overwhelmed
- No motivation
- No plan

Action Steps

- Write all deadlines for the month
- Create a weekly plan
- create a daily plan - daily to-do lists
- check tasks off they are completed
- Develop discipline

“Extrinsic motivation, wanting to please another person. actually doesn't work as well as people think.”

Write out all things that are due

“By the age of 21, a typical young man and we'll also look awesome statistics for our female gamers, but a typical young man by the age of 21 would have adapted enough hours to equate to two bachelor's degrees.”

Plan to work with Elevate

6th Grade - Stress Management

7th Grade - Motivation and Goal Setting

8th Grade - Memory

9th Grade - Home Study Hacks

10th Grade - Time Management,

11th Grade - Memory

12th Grade - Motivation and Goal Setting

II. Treasurer's Report

Giving campaign is going to kickoff this week. Some companies do matching. There is also the option to contribute monthly. Received over \$3,000 from Cabaret Night. Spent funds on various field trips. Treasurers can be reached at patreasurer@westendsecondary.com with any questions.

III. Upcoming Events

WESS spring event - March 31

Next PA meeting - December 16 at 9 am

The International Food Festival will be held in February 2023 to focus on foods and cultures from around the world that we have in our WESS community. This will be hosted by the Diversity and Inclusions VPs. Please email pavpdei@westendsecondary.com if you are interested in helping plan the event.

IV. Communication

Two places for parent/family information

Blue card

Membership directory

Issues should be addressed first with your child's crew teacher, and then can to follow up with Jessica and or Joe. You do that via email and you always see this was emphasized in the weekly that Karen sends out but I also wanted to emphasize it. And to finally say that when communicating with anybody at WESS or each other on the PA We always want to do it with assuming best intentions on everybody's part and with the utmost of kindness and respect. We're all super busy and we all care more about our kids than anybody else. but we just have to be respectful of each other. So please do assume that everybody's acting with the best intentions and with kindness and respect and I think we'll all end up with the information we need. given questions you can always reach out to me.

V. VP of HS

Looking for parent reps for 9th, 10th, and 11th grade. Please email pavphs@westendsecondary.com

VI. Adjournment

There being no further business, the meeting was adjourned at 10:19 am.

Respectfully submitted,

/s/ Barry G. Waldman
Barry G. Waldman, Recording Secretary