



## PA meeting Minutes Feb. 4, 2020

### Welcome and Gratitude:

Thank you to Erin Blakely for sorting the dorkage.

Thank you to Cat Vallance for organizing donuts for the sunrise swim.

### Headmaster Update:

Bianca: The 3rd quarter is an uninterrupted time for academic focus. Projects like the 9th grade play, the 6th and 7th grade academic fair, and the 8th grade's humanities exhibition are all underway and will be ready to present too. This time of routines, with normal classes and schedules make teens feel safe, and they may start testing norms, trying out new behaviors and making big decisions. All this is followed by the mid year trip, a great time for bonding and healing. Students are in small groups for this trip, and many have gotten to make choices about which adventure they will take.

### Development:

Phoebe: Auction May 2, theme is the "20s", volunteers needed!

### Board of trustees:

Structure and function

### Steve Smith:

Licensed psychologist, professor at UCSB, on-site counselor @SBMS

Introduced Jasmine, a Phd candidate who is supporting his work w/ students on campus.

There is a lot of need on campus! Among teens generally there is an epidemic of anxiety, stress and depression. There is a lot of pressure to succeed, be happy and perfect. Social media makes us think that everyone's happy and this is confusing to the teenage brain. Parents believe that "best means more" and so overschedule kids. Focus is misplaced on achievement, not experiences. College stress is huge although overblown, they are not as competitive as we are made to think, and many small schools are overlooked. Students need playtime, downtime, family time. Parents asked questions about phones, sports, and Steve's availability on campus.

Homework—no correlation between elementary homework and education outcome

### UPCOMING EVENTS

Feb 11<sup>th</sup>, 6-8pm, 6<sup>th</sup> and 7<sup>th</sup> Grade Academic Fair

Feb 13<sup>th</sup>, In Service Day, No School

Feb 14-17<sup>th</sup>, President's Holiday Weekend, No School

Mar 2<sup>nd</sup>, No Diamond Time

Mar 5<sup>th</sup>, Book Club

Mar 10<sup>th</sup>, 8:30am, Parent Association Meeting

Mar 10<sup>th</sup>, 6-9pm, 8<sup>th</sup> Grade Humanities Night

Mar 12<sup>th</sup>, 8:30-9:30am, PA Parking Lot Coffee

Mar 16-20<sup>th</sup>, March Trip

Mar 23<sup>rd</sup>-Apr 3<sup>rd</sup>, Spring Break