



MRHS PTSA meeting minutes  
February 8, 2021 at 7:00 p.m. via  
Zoom

**Present:** Tammy Goldeisen, Joanna Ramos-Romero, Sharon Blessing, Ernestine Wright-Palmer, Denise Guiliano, Joseline Castanos, Jennifer Shea, Becky Blackman, Pam Wilson, Michele Kocak, Amy Grutzik, Chris Johansen, Francine Bennett, Theresa Yodzis, Gwen Bury, Elizabeth Fitch, Nicki Mantzouris, Ruchira Mahajan, Alyson Quick, Victor, Stephanie Green, Juna Erman, Helen He, LaNae Nelson, Kevin Li, Kathy Baur, Eric Bennett, Lori Bacon, Antoinette Marbray, Anzeh Afshin, Abi Akinwale, Michele Weller, Bruce Neimeyer, Lori Bacon, Kevin Dorsey

The meeting commenced with a presentation from NAMI (National Alliance on Mental Health).

**Presentation: Youth Wellness and Mental Health**

Denise Guiliano, Executive Director of NAMI Howard County, gave a presentation on youth wellness and mental health and expanded on how mental health can affect the youth. Some statistics she shared were the reality that 17% of high school students seriously contemplate suicide and that suicide is the second leading cause of death for 15-24 year olds. Denise stressed the importance of recognizing early signs based on the intensity and duration of symptoms and level of stress, as well as the need for parents to be an advocate for their children. NAMI can be used as a resource for parents and students. There are monthly support groups for parents and educational classes. NAMI also has presentations given to high school students by a young adult who has experienced mental health illness. They will be giving a presentation entitled, "Ending the Silence," through the MRHS Active Minds Clubs on February 19 at 3:45 p.m. Joseline Casanos, a volunteer with NAMI, shared her personal story about her daughter's mental health challenges. Denise and Joseline's presentation and the resources they referenced can be found on the [NAMI page](#) of the MRHS PTSA website.

The PTSA will advertise the upcoming "Ending the Silence" presentation in our next newsletter.

**Call to Order/Introduction**

Joanna called the meeting to order with an ice breaker and introductions via the chat at 7:38 pm.

**SGA Report**

SGA has been meeting once a week. They are in the process of organizing a money fundraiser event with Centennial High to donate to a charity that is yet to be chosen. On February 27, students will have an opportunity to meet virtually with teachers from last semester. There were lots of questions on plans for hybrid learning and what it will look like. There are also ongoing discussions about prom.

**Principal's Report**

Mrs. Goldeisen reported that the staff are preparing for students to return to school.

Special Education students and students who have received an invitation from the school will attend school in person 5 days a week, starting on March 1.

Ninth graders and seniors will return on March 29. Tenth and eleventh grades will return on April 12.

650 of 1600 students have chosen the hybrid option. The high school schedule has changed. Classes will be 85 minutes long each. Lunch will be in the cafeteria with desks placed 6 feet apart. Flex time will occur on Wednesday mornings. There will no longer be asynchronous support time.

**President's Report**

Joanna acknowledged the feedback received on our meetings. Joanna shared changes to our meetings that will help facilitate connection and collaboration: quick ice breaker via chat at the beginning, opportunities to ask questions after each committee report-out, ending the meeting at 8:15, and encouraging everyone to keep their cameras on. Also, all PTSA members are welcome to join the monthly Executive Committee meetings; they just need to notify Joanna of their interest, and she will send them the Google Meet link.

Maryland PTA has finally passed a vote to allow PTAs/PTSAs to vote electronically, including on items such as the updated bylaws.

**Financial Report**

Nalini could not attend the meeting. However, she shared the following financial information: The bank beginning balance on 01/01/2021 was \$38,880.89, and the ending balance on 01/31/2021 was \$38,766.70.

**Minutes**

The minutes were unanimously approved.

The draft updated bylaws will be sent to all members for review. We will plan to vote on the updated bylaws at our next meeting.

**Committee Reports**

**Membership** – Sharon reported that we currently have 554 members, bringing in a total revenue of \$9,810. We currently have 38 staff members. We are down in revenue from hassle-free donations this year.

**Fundraising** – Theresa reported that fund raising on hold. Chipotle and Bubble Tea are possible fundraisers.

**Grocery Rewards** – Pam reported that there are 15 more families in the Harry Teeter program with a total of 81 Harris Teeter participants generating \$810.00 in revenue. Pam Wilson has contacted Weis; the company is still in the process of setting up their grocery rewards program.

**Afterprom Committee** – On hold until the school decides whether prom will take place. The SGA are not planning to call it a prom as the juniors are not going to be a part of it.

**Hospitality** – Nothing to report

**Liaisons** – Not present at this meeting

**Website** – Website is being maintained by Sharon and Francine. They are looking for parent volunteers to help with the website.

**Facebook/Communications Report** – Lori is happy to post any communications sent to her.

**HCDrugFree** – Jen Shea reported that HC Drugfree has upcoming programs this month. They are partnering with a chiropractor to offer free services/adjustments to teachers and para educators.

She talked about a program that educated parents about the opioid crisis, opioid overdose, and using Narcan to reverse an accidental or deliberate opioid overdose. They are happy to do a training session for MRHS PTSA, and members were open to this. Jen will contact the Howard County health department to set this up.

**Horizon Foundation** – Linda has found a yoga instructor who would be willing to do a virtual class via Zoom meeting aimed at alleviating mental stress. She charges \$50 per session.

Bruce is looking into applying for a \$100,000 grant from Cigna for training mental health professionals. More information will be shared at the next meeting.

**Student Directory** – No new information

**Senior scholarships** – Amy Grutzik reported that the applications were opened on February 1. Francine will send an email link to all senior parents with an application link to improve participation.

The PTSA agreed that we will support Senior Banners this year. Michele Weller suggested hanging Senior Banners outside the school, as not everyone will come into the school buildings, and pictures could then be taken outside.

**PTACHC Report** – Nicki reported that PTACHC is looking for volunteers to be a part of their legislative committee that review legislation that affects local PTAs/PTSAs, and encouraged everyone to consider volunteering.

**General Discussion/Closing**

Sharon announced that American Foundation for Suicide Prevention is doing a presentation on February 21 on suicide prevention in college. More details will be posted on the MRHS PSTA Facebook page.

Theresa asked about the dates for Administrative Professionals Day (April 21), Staff Appreciation Week, and Bus Driver's Appreciation Day. We want to ensure that all the staff are appreciated.

Joanna adjourned the meeting at 8:38 p.m. Next meeting will be on March 8, 2021, at 7:00-8:15 p.m. via Zoom.