

**Goodwin PTO Meeting Minutes**  
**18 May, 2016**  
**Goodwin Music Room 6:30–7:30**

**Present:** Jen Scanlon-Passmore, Tracy Rittenhouse, Marianne Legassey, Meghan Silliman, Marisol Dumeng, Helene Marcy, Tiffanie Itsou, Kathleen Peirsman, Jearl Clark, Kristin Zadnik, Eleiza Braun, Richard Weyel, Melissa McLaren.

**Recorder:** Alexia Smith

1. Call to order: 6:35
2. Officer's Reports
  - a. President's Report (Jen Scanlon-Passmore)
    - i. Motion to accept minutes from April by Megan Silliman, Kristen Zadnik seconds.
    - ii. All items will be covered below.
  - b. Vice-president report (Veronica Barcelona de Mendoza)
    - i. Not present.
  - c. Treasurer's Report (Tracy Rittenhouse)
    - i. Profit and loss statement presented (included below).
    - ii. Parent donation of \$500 to ski fund. Income included over \$700 for spring book fair (on target). Expenses: PTO purchased insurance, paid for enrichment, teacher grant. Big Whale Bash: very successful. Still need to pay out expenses. Ticket sales over \$400 more than last year, baskets about same, silent auction much more than last year. Estimated profit just shy of \$5000 (similar to profits of previous years). Much more food sold compared with previous years (some items sold out). Good weather helped. Financially a huge success. A few non-Goodwin people came but event was mostly attended by Goodwin community. Advertising the event well really helped this year. Might be able to draw in a more diverse audience next year.
    - iii. Motion to accept treasurer's report by Megan Silliman seconded by Melissa McLaren. All approved.
  - d. Secretary's Report:
    - i. Minutes from last meeting submitted to Goodwin PTO website.
  - e. Principal's Report (Susan Muirhead):
    - i. Not present
3. PTO Business
  - i. Vote for PTO board: Melissa McLaren made motion to vote Jen Scanlon-Passmore as President, Veronica Barcelona de Mendoza as

Vice-President, Tracy Rittenhouse as Treasurer, and Alexia Smith as secretary. Motion seconded by Kristen Zadnik. All in attendance agree to motion.

- ii. Committee members: many people agreed to continue to serve as chairs. List of committee chairs agreed upon provided below. Alexia Smith will reach out to committee chairs not present at the meeting to see if they are willing to continue. Backpack brigade: historically was a large event that involved children (encouraging students to donate). Could hold event on same day as ice-cream social, parents bring supplies and kids pack the bags ready to be donated.
- iii. 4<sup>th</sup> grade enrichment/buddy bench: 4<sup>th</sup> graders will be visiting the Mansfield Community Center a few days before the end of school. They would like to use the remainder of their enrichment budget to purchase a buddy bench (a bench where children can sit when they would like a new play mate). All agreed to the use of funds. Alexia Smith with contact Kloter Farms to get a quote for a bench and will research plaques.
- iv. 4<sup>th</sup> grade promotion: t-shirts have arrived, Meghan Silliman will work on the DVD, Kristen Zadnik has begun to organize the food for the event. A flier will be sent out to parents of 3<sup>rd</sup> graders. Event will be held on June 13 (7:00–8:00). Everything moving forward nicely.
- v. Big Whale Bash: Additional funds generated for silent auction that have not been deposited yet (totaling \$3639!). Volunteer schedule: fewer volunteers compared to last year. Will need to coordinate volunteers better next year. Will also need to build sub-committees next year since Christine Jeffers will be leaving the school in June 2017. May be possible to run auction online as a separate event. Moving forward could use square readers if not auction not conducted online. Could also consider holding auction alongside a wine and cheese night for adults only. As is, it is difficult for volunteers and parents with kids to bid. Could consider holding the auction in the fall when people are looking for Christmas presents. Community is willing to donate. Marisol Dumeng sent out more than 100 letters! Most companies are more likely to donate in the beginning of the calendar year and may only be able to donate once a calendar year.
- vi. Barre class: Last event was a huge success. 7 people attended. Keri Jenkins offered to host a second event on 2 June 2016. Everyone supported a second event.
- vii. Yoga with Nancy Alder: cancelled.
- viii. Math tutor: will discuss at next PTO meeting.
- ix. Update PTO/PTA update: will revisit over the summer. Eliza Braun has completed many non-profit status applications. Eliza help Tracy complete the form. Tracy is concerned that incorporating with the state would render the board financially liable in the event of a lawsuit.
- x. New Business: Revisit funds outstanding for Mr Dean's skis and boots. Mr Dean requested \$4284 initially. \$2142 promised already, \$500

donated. Vote to cover remaining funds for ski. Unanimously supported by all in attendance.

- xi. New Business: Mansfield Middle School Recess Initiative. Movement begun by Veronica Mendoza de Barcelona has begun an initiative to request the inclusion of recess at the Middle School (in her capacity as a MMS parent rather than PTO member). Flyer created by Veronica included below encouraging parents to provide support for initiative. Middle School argues that adding recess is difficult owing to scheduling. PTO will help support initiative. Will send a letter and help solicit support through a petition.
- xii. New Business: summer picnics for Goodwin families. Tracy may attempt to organize picnics this summer. The board will discuss this during a summer meeting.

4. Motion to adjourn: Jearl Clark, Meghan Silliman, seconded. Meeting adjourned: 7:55.

- i. Treasurer's Report
- ii. List of Committee Chairs (updated 18 May 2016)
- iii. Copy of email sent out by Veronica Barcelona de Mendoza regarding Mansfield Middle School Recess Initiative

**Goodwin PTO Treasurer's  
Report Profit & Loss Statement  
April 13, 2016 – May 18, 2016**

<b>Starting Amount</b>		<b>\$14406.38</b>
<b>Income</b>		
Cash box deposit	\$300.00	
t-shirts sales	\$150.00	
Yearbook	\$1282.25	
Ski Funds for Gym Program	\$231.25	
Ski Funds for Gym Program (\$500 parent donation to school)		
Spring Book Fair	\$729.17	
Big Whale Bash – Ticket Sales	\$3287.00	
Big Whale Bash – Raffle Baskets	\$565.00	
Big Whale Bash – Silent Auction (more income outstanding)	\$2492.00	
<b>Total Income</b>	<b>\$9036.67</b>	
<b>Expenses</b>		
Pizza	\$29.78	
Sitter	\$50.00	
Insurance for PTO	\$155.00	
Sock Hop	\$84.95	
iPad purchase for teachers – funds requested by Principal	\$1343.80	
t-shirt purchase	\$111.80	
Enrichment – 4 <sup>th</sup> grade	\$108.00	
Enrichment – 3 <sup>rd</sup> grade	\$456.50	
Teacher Grant – Mrs. Titchen (robotics)	\$573.26	
Staff Appreciation Week	\$237.53	
Big Whale Bash – CT Inflatables	\$604.44	
<b>Total Expenses</b>	<b>\$3755.06</b>	
Profit/Loss		+\$5281.61
Box Top Balance		\$3435.24
<b>Balance</b>		<b>\$19687.99</b>

	2015-16	2016-17
<b>PTO Board Members</b>		
<b>President</b>	Jen Scanlon-Passmore	Jen Scanlon-Passmore
<b>Vice- President</b>	Veronica Barcelona de Mendoza	Veronica Barcelona de Mendoza
<b>Secretary</b>	Alexia Smith	Alexia Smith
<b>Treasurer</b>	Tracy Rittenhouse	Tracy Rittenhouse
<b>Committee</b>	<b>Chairperson - 2015</b>	<b>Chairperson - 2015</b>
<b>Artist in Residence</b>	Barbara Mellone	
<b>Backpack Brigade</b>	Jen Scanlon-Passmore and Ellen Tulman	Melissa McLaren + TBA
<b>Big Y/Stop &amp; Shop</b>		
<b>Basketball/Tri-school bowling</b>	Marianne Legassey	Marianne Legassey
<b>Book Fair - Fall</b>	Noaris Burgos/Julie Klimkiewicz	TBA
<b>Book Fair - Spring</b>	Noaris Burgos/Julie Klimkiewicz	TBA
<b>Box Tops</b>	Barbara Mellone/Noaris Burgos	Kristen Zadnik + TBA
<b>Bulletin Board</b>	Secretary	Secretary
<b>Community Events</b>		
<b>Enrichment</b>	Alexia Smith	Alexia Smith
<b>Fourth Grade Promotion</b>	Ann Caranci	TBA
<b>Fun Fair/Big Whale Bash</b>	Christine Jeffers/ Ann Caranci	TBA
<b>Harvest Festival (scarecrows)</b>	Meghan Silliman/scarecrows?	Meghan Silliman
<b>Hospitality/Staff Appreciation</b>	Julie Klimkiewicz	TBA
<b>Ice Cream Social</b>	Kristen Zadnik	Kristen Zadnik
<b>Heritage Potluck</b>	Nancy Titchen	TBA
<b>Magician/entertainment</b>	Marisol Dumeng	Marisol Dumeng
<b>Mileage Club</b>	Jearl Clark	TBA
<b>Movie Madness/Dinner</b>		
<b>Resource Book</b>	Laura Wright	TBA
<b>School Photos</b>	Recruit person just before...	Recruit person just before...
<b>Silent Auction</b>	Melissa McLaren	Melissa McLaren
<b>Square One Art</b>	Ann Caranci	Helene Marcy
<b>Tag Sale</b>	No	No
<b>Thanksgiving Feast</b>	Jen Scanlon-Passmore	TBA
<b>T-shirts</b>	Kristen Zadnik	Kristen Zadnik + TBA
<b>TV Turnoff/Sock Hop</b>	<b>Need New Person</b>	TBA
<b>Yearbook</b>	Meghan Silliman	Meghan Silliman
<b>Parent yoga/salsa fit</b>	Yoga	TBA
		TBA= To be announced/confirmed

Dear friends,

In March of this year, I approached the Mansfield Board of Education regarding the need for outdoor, unstructured play time for our children at Mansfield Middle School (MMS). I did this because my previous attempts to discuss this issue with a nurse, school counselors and teachers, and the administration, including the Principal Morrell and Superintendent Lyman were ignored or dismissed. Last night, the Board of Education asked for more information regarding the physical health and well-being of children attending MMS, and the principals gave a presentation of the wide and impressive variety of programs they offer. Here's what they said:

**The bad news:**

- Our children are largely sitting down for the 6 hour, 40 minute middle school day.
- Administration states that having Physical Education 3x a week is sufficient, but it is a class. This is not free time, and usually it is not outside.
- 5<sup>th</sup> and 6<sup>th</sup> graders have no organized sports through MMS. 7<sup>th</sup> and 8<sup>th</sup> graders can participate on a try-out basis only.
- The "X-block" or free period where children can choose what to do each day from a variety of activities for 50 minutes, does not include outdoor time.
- After school, most children participate in sedentary afterschool programs, then have 1+ hours of homework each night. This leaves little time for outdoor play after school.
- No dance classes are offered, which would provide some physical activity.

**The good news:**

- Previous excuses for no recess included difficulties with scheduling. Last night, Principal Morrell described several new programs (including a daily 10 minute break time and an extended homeroom in September 2017 for 5<sup>th</sup> graders who need more time adjusting to middle school) which have been worked into the schedule, taking time away from core academics. This shows that scheduling is not a true barrier to implementing recess.
- All you need is blacktop. The MMS parking lot has ample space for kids to jump rope, play with basketballs, games, etc. The facilities are there.
- Our kids are strong! If they can go outside year-round in elementary school, they can surely do this once they're in middle school. The excuse for "bad weather" doesn't hold.

We are fortunate to have such a wonderful school program, curriculum, teachers and administrators in our community. One important aspect is being ignored, however, and that is physical health and wellness.

**Why is this important?**

- 12% of children in Connecticut are obese
- By adulthood, one in four CT residents are obese
- The American Academy of Pediatrics and the Institute of Medicine have both released statements supporting 60 minutes of physical activity for children on most days of the week.

- Research in education demonstrates that academic performance is not hurt by having this crucial time during the day to play, rest, and process what is being learned. In fact, most of the education research demonstrates an improvement in cognitive outcomes including standardized tests when children have recess.

### **What's the bottom line here?**

Our kids deserve more than just teaching about healthy lifestyles. They deserve to be able to move around, be outside and be physically active. The US Department of Health and Human Services' 2008 *Physical Activity Guidelines for Americans* state that kids aged 6-17 need at least 60 minutes of moderate to vigorous physical activity per day to be healthy.

### **What are we asking for?**

Write to the Mansfield Board of Education and Principal Morrell stating your support for unstructured, outdoor time, a.k.a. RECESS in the middle school!

Randy Walikonis (Board Chair): [randall.walikonis@mansfieldct.org](mailto:randall.walikonis@mansfieldct.org)

Candace Morrell (Principal, MMS): [morellcv@mansfieldct.org](mailto:morellcv@mansfieldct.org)

Kelly Lyman (Superintendent): [mboesupt@mansfieldct.org](mailto:mboesupt@mansfieldct.org)

### **How could physical activity be incorporated in the school day for ALL children?**

- Implement a "walking homeroom", where every day, the 15-20 minute homeroom class is held outside, walking, with the whole school
- Offer X-block, outdoors, every day of the week, for all grades
- Incorporate more physical activity breaks during the day for all grades- i.e. 10-15 minute breaks before lunch, before and after long classroom periods (classes go for 90 minutes in some grades!)

Will you support this initiative for our kids? Even if you don't have a middle schooler, please write and state that you have a future 5<sup>th</sup> grader! Please feel free to copy/paste from a sample message below in your emails. Your voice matters, and together, we will be heard!! Thank you!

Dear Mr. Walikonis/Ms. Lyman/Ms. Morrell,

I am writing as a concerned parent of a future/present/past student at Mansfield Middle School. Although there is a wide breadth of academic programming at MMS, one area for improvement is physical activity or recess. Currently, our children have few, if any opportunities for unstructured play, and no regular opportunities to go outside. Research shows that incorporating recess for children does not hurt test scores or learning, and in fact, may improve it! Recommended exercise for children aged 6-17 is 60 minutes a day, and P.E. classes are not enough. Below are some ideas for improving this, and I hope you will work with the administrators and Board of Education to implement one or more of these items.

- Implement a "walking homeroom", where every day, the 15-20 minute homeroom class is held outside, walking, with the whole school
- Offer X-block, outdoors, every day of the week, for all grades
- Incorporate more physical activity breaks during the day for all grades- i.e. 10-15 minute breaks before lunch, before and after long classroom periods (classes go for 90 minutes in some grades!)

Sincerely,

(parent of a past/present/future middle schooler)