



**Wayne County Parent Advisory Committee**

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**Kara Clarke**, Chairperson **Jennifer Seal**, Vice-Chairperson  
**Jennifer Padgett & Samara Wolf**, Secretary **Linda MacClinton**, Treasurer

MEETING MINUTES  
 January 14, 2021

**Call to Order**

Kara Clarke called the meeting to order at 6:32 p.m. A quorum of members was present.

**Members Present:** Virtual Meeting- A roll call performed by Jenn Padgett

Maha Jaber Crestwood	Eilia Syed Dearborn	Iesha Brassell Drb. Hts. #7	Joann Goree Detroit
Tiffany Edmonds Ecorse	Sharon Woodson Ecorse	Jennifer Seal Garden City	Crystle Upshaw Lincoln Park
Eileen Brandt Livonia	Kara Clarke Livonia	Michelle DeJesus Melvindale/A.P	Maria Warmuth Northville
Linda MacClinton Redford Union	Khalilah Montgomery Redford Union	Monique Draw River Rouge	Carol Matthews Riverview
Jacqueline Dalzell Romulus	Michelle Muse-Worthy Southgate	Celestine Tarver Taylor	Philip Czernik Trenton
Jennifer Padgett Woodhaven/Brnstwn	Priscilla Grossenheider- Albano Woodhaven/Brnstwn	Victoria Martinez Wyandotte	Monique Fields Metro Charter Acad.
Jessica Owulette Plymouth Scholars	Samara Wolf Quest Charter Acad.		

**Members on Phone:** N/A

**Members Excused:** Helena Stephenson

**Guests Present:** Linda Junod, Darlene Heard-Thomas, Jim Michalik, Beth Kohler, Matt Salah, Carie McGauley, Kim Tackett, Clare Brick, Sharene Nathan, Liz Brisch, Donna Payne, Angelica Ramirez

**RESA Representatives:** Larry Stemple Regina Baker

<b><i>Dates to Remember</i></b>	
<b><i>Dates to Remember</i></b>	
<i>Next Meeting on February 11, 2021 @ 6:30pm Virtually</i>	

**I. Approval of Agenda**

A copy of the meeting agenda was emailed and posted to the website to members in advance and made available at the meeting. A motion was made by Carol Matthews and seconded by Michelle Muse-Worthy to accept the agenda. Motion was supported by majority of members present. No objections were made.

Objections: \_\_\_\_\_

**II. Approval of Minutes**

A copy of the December 10, 2020 minutes was mailed and posted to the website to members in advance and made available at the meeting. A motion was made by Jennifer Seal and seconded by Maha Jaber to accept the minutes as noted. Motion supported by majority present. No objections were made.

Objections: \_\_\_\_\_

**III. Presentation:**

Dealing with conflict and mental health breaks  
Bridget Green is the Clinical Director at Midwest Wellness  
<https://midwestwellnessclinic.com/>

Brain Drugs and their function:

Serotonin – The motivator, mood regulates the intensity of the other “brain drugs”

Melatonin- The dreamer helps control sleep/work cycles – activates later in the day in teenagers vs. kids and adults

GABA & Glutamate – The soother & the primer work to reduce fear, soothe & calm, focus, illuminate our minds creating balance between awareness & concern.

Endorphins- The tranquilizer provides feelings of elation relieves pain, also promotes a sense of satisfaction & excitement

Dopamine- The exhilarant encourages interaction, creates a sense of euphoria and anticipation, increases effects of others brain drugs

Oxytocin- The comforter promotes feeling of trust, love & connection, reducing anxiety & building self-confidence

Adrenaline- The investigator causes a significant increase in the body’s strength & performance & a heightened awareness

Cortisol- The protector- coping drug protecting the body in extreme crisis, too much in the body over a long period of time is too much

Keep mindfulness at the forefront of your attention during these times, it’s important for care givers to stay healthy medically and mentally.

Exercise: yoga, a run, walk around the block, bike ride, just 5 or ten minutes of any physical activity can help regulate these “brain drugs”. Due to us being in the northern hemisphere we have a tendency to

lack in vitamin D which is a key vitamin for many reasons, this can be easily checked in a blood test. These activities' benefit should display right away, so you know if they are balancing out better.

A pro to being at home they can have a nap if they need one, let them have it.

When you have good communication it's helpful to overcome excess of cortisol & adrenaline. Too much Cortisol & Adrenaline can cause:

Inability to self-regulate, lack of sleep, increased/decreased appetite, weight gain/loss, diabetes, auto immune disorders.

Communication is very important on many different levels and in this instance it's to keep the "whole team" apprised of anything important. It may also help prevent a crisis or prevent much frustration in everyone's best interest.

Remember if you have more than 3 sentences it might serve better to send an email versus a text.

During all this upheaval please keep in mind that teachers are parents too, and they also have lives outside of the education of your child. They too may be virtually helping "their own" child(ren), they also are in need of parental assistance. Also keep in mind that if you feel overwhelmed by the volume of communication (emails, text) these teachers are doing this communication in some instances x 20. Teachers are doing their best to keep parents informed (if yours are not PAC can help you), the best communication is a two way conversation. If you have things going on at home that may hinder your child's education or is causing conflict for the student then you should communicate this with the teacher or team so all the adults are on the same page and they may be able to offer help.

A teacher has to document, document, document just like us parents do, again for many children not just 1 or 2. They usually go above and beyond (they can only work as hard as the family does) and they too are used to having a "team" of helpers readily available in the building so now they are relying on us, just like we are relying on them. Don't be afraid to let a teacher know if the material is either not your area of expertise or it's beyond you (honesty can seem embarrassing however, see it as helping your child. If the teachers don't know you can not help the child will not receive help).

Attached to the email with the minutes is a flyer ( for an upcoming virtual presentation) and the PowerPoint presentation.

**IV. Chairperson Report** – Kara pointed out how appreciative at the PAC's patience with everything since this pandemic. (i.e. trouble with minutes, technological issues at the beginning of the meeting and in the past. She's also thankful for our presence/attendance.

**V. Vice Chairperson Report-** If you need a welcome packet (i.e. your brand new/lost your other one) let Jennifer Seal know and she will get you taken care of.

**VI. Secretary Report** If you need business cards either because you are new or just need new ones please contact Samara Wolf or Jennifer Padgett so they can gather the necessary information for RESA. Even though we are not meeting in person please make sure you sign in at each meeting not just for minute purposes but also for year end mileage reimbursement. If it's a virtual meeting please make sure a member of the board knows you are there so you can be accounted for.

**VII. Treasurer Report** The account balance remains at \$2,251.30

**VIII. Membership/Public Relations Subcommittee**

No one had anything to report

**IX. Subcommittee Reports**

No one had anything to report

**X. RESA Reports –**

Larry nor Regina had anything to report, Karen Howey was not in attendance.

**XI. Member Reports**

Samara recommends going to a couple of websites and signing up for notifications if you haven't already done so. [www.mich.gov](http://www.mich.gov) – This is the state site, there you poke around and sign up for notifications for any department, but on there is the MDE link to sign up for that too. The Federal site is - [https://public.govdelivery.com/accounts/used/subscriber/new?topic\\_id=used\\_5](https://public.govdelivery.com/accounts/used/subscriber/new?topic_id=used_5) ( once you sign up and pick your preferences of interests you can go to this page for more sign up options - <https://public.govdelivery.com/accounts/USED/subscriber/network>

**XII. Adjournment**

A motion was made by Samara Wolf and seconded by Celestine Tarver to adjourn the meeting at “the exact moment Kara said “that’s it” (LMAO) 8:07 p.m. Motion passed by majority present. No objections were made.

**The next WCPAC meeting is scheduled for Thursday, February 11, 2021 at 6:30pm virtually ( when in person at Wayne RESA in the Boyds Arthur’s Auditorium).**