Parent Committee January Meeting Minutes
Wednesday, January 18 at BCECA

1. **Ready Rosie-** Stephanie Lyons, Director, explained about the Ready Rosie. This is a Parent Curriculum. Teachers will get all parents/guardians signed up. Teachers will send out invites. You will need to accept the invites.

Handouts and power point were given at this meeting. The meeting was recorded and will be sent home to all parents and guardians. The copies of the power point and handouts will be sent home with a survey.

2. **College Information/GED-** Mathew Donovan, KEDC, came and spoke about going to college or getting your GED. He discussed how they could help you. He indicated he could help with financial aid or see if a scholarship is available. He brought in information about all the information he spoke about.

3. **Healthy Eating, Portions, Sugar in Foods and Screen Time-** Tiffanie Buckner from the Health Department came in. She spoke about the My Plate, it has replaced the my pyramid. She went over the serving sizes for different ages. Read labels because some say they are multigrain but it is not as you read the labels. Make sure when you are serving a preschooler, you can use smaller bowls and plates. Please read labels for the added sugar in foods also. Tiffanie also explained about screen time and to limit this. Great resource is wwwchoosemyplate.gov.

4. Any questions, concerns or comments.

5. Upcoming Events- Fatherhood Initiative scheduled Friday, January 20. 2023 at 5:30 pm. at the Summit Library.

   Policy Council scheduled Tuesday, January 24, 2023 at 8:15 a.m.

These meetings are held hybrid.

   KDMC are scheduled to come Thursday, January 19, 2023.

6. Survey

It should be noted we had a great turn out with the video and survey sent home regarding the December Parent Committee Meeting. January's meeting will also be sent home via a video and a survey will

Be sent home at a later date.

Susan Kessler — 1/30/23

Secretary — Date