



RHS Parents' Club Board Meeting
October 21, 2024 - Start 6:30 pm
RHS Library

In Attendance: *Board Members:* Emily Phillippe, Dara Dungworth, Lynelle Perry, Laura Pipitone, Michelle Sheidenberger, Autumn Faris, Nicol Hunter, Jennifer Bartee, Deborah Bales

Guests & Members: Matt Pipitone, Heather Munoz, Rob Munoz, Crystal Call

1. Welcome

Meeting opened at 6:30pm by Dara

2. Introduction of Board - Executive Officers and Chairs, Dara

3. Introduction of Attendees, Dara

4. Treasurer's Report, Autumn

(to be provided verbally and in meeting minutes)

- Balance \$6,201.49
- Dara to transfer money from PayPal and Venmo
- Reflect in October

5. Update on Grant Awards, Michelle, all

a. Vote on budget amendment of additional \$339 above \$2,000 allocation - previous discussion with Board over email.

b. Vote to approve the grant awards

Laura P. motioned to approve, Lynelle P. seconded; 11 approved, 1 abstained; **The motion passed.**

6. Student Activities Update, if available, Brent Mattix and Student Gov Rep

- Brent introduced himself; class of 1992, started teaching in 1999, Student Activities Leader
- *Homecoming*
 - Exceptional Parade! It's not the final parade but we will lose Campo Street due to construction. Partnered with the community, military, etc.
 - always invite the elementary students - 150 came. Kids got to vote on the best float. Seniors won! Freshmen won 2nd place.
 - Pretty wholesome event to embrace culture
 - Rally and Dance were the best in the last nine years, actually one of the hottest (A/C broke), and good DJ
 - Sophomores wanted to and learned how to run a *Belly Flop Contest* at the pool; had judges, 12-13 people pre-signed up, some flaked; had about 200 kids around the pool area
 - *Wednesday: High School on the Hill (HSOTH)* - designed for incoming freshman class

- *Thursday: Fall Bonfire* - hangout, blankets, balls, food/vendors, wholesome event
- *Friday: Think Pink Day! Cancer Awareness* - lunchtime rally; Brent shared his wife caught early; *Football Game* - Dress in Pink! Tiger Cage will have pink beads

7. Campus Safety with Officer Derek Anganes and Vice Principal Pipitone with Q&A

- Roseville Police Department (RPD) provide an officer for RHS daily/most days
- Vice Principal Pipitone introduces Resource Officer Derek Anganes - he's been with the department 10 years, 15 years total; went to Woodcreek; spent 4 years as a patrol officer, 3 years in the homeless unit; spent 3.5 years at Oakmont High School
- RJUHSD one of few districts that have Resource Officers (RO); benefits are:
 - Improve relationships with youth
 - Increase feelings of safety
 - He's a part of the Threat Assessment team member. His focus is *safety*.
 - Shares a Drug & Career Presentation in the classroom
 - Attends sporting events
 - Works as a team with the school staff. What's the best outcome for the kids' success
 - Never searches students without an administrator and always has the camera on. The 4th Amendment does not apply once on campus.
- Q&A
 - Vaping - legally must be 21 to vape. It is the #1 problem on campuses! Vape pen is only an infraction (it's like getting a ticket). To help decrease vaping, the school locks down the bathroom for the first ten minutes of lunch. Finding vaping happening at school 90% of the time in the bathrooms. *Cannot suspend for vape*. Alcohol - procedure is to call parents for pick up; suspendable offense.
 - RO Anganes works most of the games

8. Wellness Center Presentation with Edgar Cazares

- Edgar Cazares is a Mental Health Specialist
- *What?* A place to take breaks (10-15 minutes), brain breaks;
 - Students need a pass from their teacher.
 - Parents get notices when child drops-in
 - Walk-in support available
 - Individual and Group Support with parent permission
 - Short-term **free** therapy - anxiety, depression, etc...
 - Refer out to community - free or low-cost (including family members); Care Solace
 - Alternative to suspension - harm reduction; substance use including Vaping
- Part of the Tiger Support Team
- Wellness Services are confidential unless student is harming self, someone else is hurting student or given permission
- *Why?*
 - Taking care of Mental Health leads to greater success in life
 - Makes school a safer place
 - Support and Problem Solve
 - Pressures students face:
 - Academic, Peer Relations, Family, Stress, Anxiety and Depression, Bullying

- Every year since the Covid Pandemic report statistics to the Coordinator - consistent with other sites
- Teachers have judgement to release students to the Wellness Center
- Tea Station is available
 - Psych education about breakfast - offers granola bars, oatmeal
- Wellness Intern plus five on team
- *Wellness Center Activities* - classrooms presentations and lunchtime availability
 - stress balls, wheel spin, “drunk driving” goggles
 - hang out on Senior Square on Wednesday during One Lunch
- Groups are based on needs
 - 15-20/day, approximately 75 students per week
 - lots of participation during One Lunch
- Budget has decreased
- Tea, snacks, etc.
- Giving us a Wishlist for a SignUp Genius

9. Reminders/Upcoming Meetings (Dara)

- a. 10/23 - HSoTH - need at least two volunteers** - set up and tear down
- b. Dine and Donate for late October** - none for this month
- c. 11/18 - Board Meeting** - all welcome - recruiting Web and Fundraising Chairs
- d. 11/19 - Dine & Donate @ Shake Shack**
- e. No Meeting in December**
- f. 1/27 College and Career Center (Dara)**
- g. Laura Pipitone** - Tiger Pride loved to Wednesday, 12/11, 10:15 check-in, 10:40-2 delivery

Adjournment and Tour of Wellness Center (Dara) @ 7:52pm