



MINUTES

Tuesday, February 13, 2018

- Call to Order : 6:35 pm - Bisi Ola Buraimo

- Treasurer's Report - Bisi Ola Buraimo read the monthly financial report (available upon request) Kristal Davis and Angela Grimes approved the report
 - Reminder regarding **Membership Dues \$10.00** (covers operating expenses) & **Pledge \$100.00** (this pledge goes towards the PTSO scholarship and those who make the pledge will be eligible for their child to apply for the scholarship) **Reminded SENIOR PARENTS that they must make the pledge if they want to apply for the scholarship.**

- Activity Report – Bisi Ola Buraimo
 - Alternative Lunch was low for Potbelly's even though it was the #1 on the student survey (Not sure why it was low; maybe due to the rescheduled date) made \$300 in snacks
 - Red Snapper is the next one and the students seemed to love it 2/16
 - Outreach Committee meeting will be tonight after PTSO meeting
 - Scholarship Committee sign ups - only freshman - junior parents can be on the committee; forms will be distributed soon

- **Bullying: New Challenges and tips to help your student - Dr. KeaJuanis Malena, Clinical Psychologist - Olympia Fields**

- **What bullying really is:** Aggressive behavior towards someone and there's a power difference (dynamic) and persistent or perceived

- Types of bullying? Verbally, socially, physically, cyberbully

- What to look for? Unexplained injuries, frequent sickness, fake sick, change in eating habits, increased irritability & anger; suicidal gestures "if I take 4 pills or hang myself while others are home" these are cries for help

- How to respond? Conversations; listen; it's not a "one response fits all"; each situation is different

***Sometimes the bully might not be aware of how they feel about themselves

******20%** high school students **reported** that they are experiencing bullying

***Suicidal statements - most who said it, did it and when no one listened, they tried again

***There is NOT a high correlation between bullying and suicides; other factors are included

- How do you get the bullying to stop? Administration and mental assistance therapy: ASSERTIVE vs. AGGRESSIVE WAYS TO RESPOND; 1st thing is for parent to connect with the school not the other parent; the school may be aware of some things in regards to the other household in regards to whether you should approach them directly

- Bullying Code of Conduct - Dr. Hale/Administration
 - 1st thought - be careful what we call "bullying"; it may be just a disagreement; approach is different; **BULLYING IS NOT TOLERATED**
 - Steps to end will vary; administration works with both sides: bully and bullied; bullies are seeking a reaction and bullied - work on your response to prevent and work on coping skills; Dr. Hale shared what he tell students in regards to video games: when you push a button, then there's a reaction
 - Sometimes parents/students wait too long to share this information; once administration finds out, they work to find out history and have conversations with both sides; parents have to be patient because it is a process and depending on how early admin intervened will determine the length of the process
 - CYBERBULLYING: Dr. Hale stated that it doesn't exist unless you go to it; friends shouldn't bring "it" to you; With cyber bullying no straightfoward and each case is different depending on the severity of it (A parent made a statement here: "Don't do anything or say anything to put yourself in situations...")
 - Mrs. Charmaine Gettings shared a program that was created by her daughter, a NHS student, India; she asked **Delisa Thomas** to speak on "**Teens Helping Teens**" program: Delisa shared that it is a mentoring program for freshmen and sophomores to help them get through their first two years at Southland; the juniors and seniors assist the mentees with questions and concerns that they may have about Southland and how to make it; if troubling situations come about, the mentors will bring it to the counselor's attention; **The program's motto is: "It's nice to be important but important to be nice"**; and it promotes random acts of kindness; Admin added that freshmen struggle with the environment and it may be a tough transition so this program will and can help while

the upperclassmen navigated through what it takes to help and grow

- Southland Administration Update
 - 2/14/18 3 pm dismissal; students can wear red, pink, or purple tops; don't have to wear blazers either
 - * Speech team going to state in Peoria for Humorous duet and PIR; 6 semifinalists in the August Wilson Competition at the Goodman Theatre
 - * NO school Monday 2/19/18
 - * Senior Picture Days 20, 21, 22nd Time slots are in cafeteria
 - * 1st Prom Committee meeting yesterday and 3 themes
 - * Prom is May 4th at DiNolfos in Homer Glen
 - * Black History Program is Feb. 22nd 7 PM; park on the East side of parking lot; front doors will be closed;
 - * Senior Prom payments - Feb. 23r

- Audience question/feedback, – i.e. topics parents want to discuss
 - Senior parent asked if there will be a "senior night" for all sports? Dr. Hale shared honestly that basketball was the only sport that did it and there's a Sports banquet however he will talk to the Athletic director, Mr. Thomas; the parent's son has been on the bowling team for 4 years and is a senior now

- Raffle

Next PTSO meeting **Tuesday, March 6th @ 6:30 pm** (Meeting dates are the 1st Tuesday of the month and subject to change due to holidays, school events, etc.)

- Adjournment 7:40 PM



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