



Meeting Title:	Parent Meeting / Fitness presentation 7 Family Harvest Dinner
Date / Time Start / Location:	November 19 th , 2019 5pm Library
Date / Time Finish / Location:	November 19 th , 2019 7:45pm Library
Staff Attendees:	Melody Pink, Aurelina Ramirez, Lester Samson, Kelly Thomas, Regina Johnson, Annette Rosa, Jermey Kronenberg, Rhonda Creed-Harry, Carla Savay, Forever Lavi, Derival Jean, Frank Fried, Nate Robinson
PLC Member / Parent Attendees:	Roxanne Liverpool (Secretary); Refer to Sign In Sheet
Minutes By:	Melody Pink (Parent Coordinator) & Roxanne Liverpool

- I. **Welcome from our Parent Coordinator Ms. Pink.**
- II. **Greetings & School News with Principal Lester Samson & Ms. Pink.**
- III. **Ms. Dominga Olivo gave an interactive Fitness presentation. She brought in rubber tires and demonstrated various fitness techniques and all parents, staff and scholar practiced the different techniques. We had a disabled parent with a cane. Ms. Olivo showed her techniques to use at home while sitting in a chair. All participants left the workshop with a free rubber tire to use at home.**

- IV. The WCHS Band “ Strings of Mercy” & Mr. Ferguson performed various musical selections while families and scholar ate dinner.
- V. Families, staff and scholars ate as a community. Parents brought in various dishes; families connected through conversation and got to know one another better.
- VI. Ms. Pink & PLC had a “Take What You Need Table”, filled with canned beans, fish, meat, seasonings, vegetables, rice, pasta, cereal. Oatmeal, bread crumbs, juice, water, fresh sweet potatoes, squash, tomatoes and apples. She provided families with bags to take the food home as well.



OUTCOMES AND PARENT SUGGESTIONS

The Outcomes of our Parent Meeting are:

- Parents stated that the presentation was fun and interactive. They found the workshop very helpful for their families. Ms. Olivo gave a great demonstration.
- Parents stated they love the monthly meetings with Ms. Pink and look forward to next month’s presentation.
- Parents stated they love they “Take What You Need Table” filled with food and more. It really helped their families during these tough economic times.