



**Minutes of the Meeting of the
Burnside High School Parent Teacher Association
Held on Monday 4 September 2017 at 7.30pm**

Present:

Melanie Russell (Chair), Othonia (Tonia) Konstantinopoulou (Treasurer), Carmen Nolan (Uniform shop co-ordinator), Shanthini Govindasamy (Secretary), Chrisa Pipilaki (Communications/Funding), and 38 PTA members.

Welcome:

Melanie Russell welcomed everyone to the meeting. She referred to the agenda and reviewed the agenda items for the meeting. The main focus of this meeting would be the guest speakers.

Apologies:

- Truus Adams
- Phil Holstein (Principal)

Minutes of the last meeting

The minutes of the meeting held on 6 August 2017 had been posted on the school's website for ease of access by parents and teachers.

Motion: That the minutes of the previous meeting as published on the school's website be approved.

Moved: Melanie Russell

Seconded: Chrisa Pipilaki

Carried.

Matters arising from the minutes

None

Correspondence

None

Financial Report

The Treasurer Othonia Konstantinopoulou delivered the financial report and explained the different accounts. She provided detail about the opening and closing balances of the different accounts.

Education account \$15,890

Commercial call account \$5,156

Uniform shop account \$40,763

Total closing balance of \$61,809 and \$2,245 Cash on Hand.

She explained the funding projects and asked for approval for two projects

- \$2609 for three outdoors Table Tennis tables to be installed before October when the National Games will be held in Christchurch
- 3 TV Display monitors had already been approved. Because of price increases and also some extra costs associated with technical issues, they had asked for an additional \$300.

Motion: That the financial report be accepted, and that additional project funding for table tennis tables and TV Display monitors be approved.

Moved: Tonia Konstantinopoulou

Seconded: Chrisa Pipilaki and Vicky Bishop

Carried

General Business:

PTA Update

Melanie Russell reported the following:

- The PTA had had some volunteers since the last request but would also welcome more.
- The newsletter would be coming out in the last week of term and would have details of the upcoming uniform sales.

Speakers: Kaye Wolland (Psychologist) and Jane Macgregor (Nurse) from the School Based Mental Health Team

Melanie introduced Kaye and Jane from the School Based Mental Health Team. The Team had started up as a response to the earthquakes. The team had grown since then and it now had about ten members. They provided input into schools about mental health for young people. They often attended pastoral care meetings at school to listen to staff concerns and also to offer their support. They had backgrounds as psychiatric nurses, social work and clinical psychology. They were here to talk about stress and they noted that anxiety seemed to be something people were talking about throughout Canterbury, and it seems to have increased. She noted that for young people at high

school there were a lot of stresses. Stress and anxiety are similar but stress is usually about a stressor i.e. something you can usually identify as making you stressed. Anxiety is a bit more about the unknown, and apprehension and fearfulness about the unknown. There are individual stresses as well as collective stress. They had definitely noticed collective stress in Christchurch.

Anxiety was an emotional state which was necessary to get through particular events, but severe anxiety can be disabling. They discussed the physiological aspects of stress and anxiety. They noted the behaviour changes that accompanied stress and anxiety. Some of these could mimic anger so it was important to work out what was going on behind someone's anger. That is why it was important to look out for these signs.

What can students do to help themselves with stress? They talked about the Five Ways to Well Being model: Connect. Give, Take Notice, Keep learning, Be Active.

School pressure/exams: They provided some tips for dealing with exam related issues and other school pressures. The social scene can also be a source of major stress for young people: relationships, peer pressures, social media, identity and self esteem issues, gender diversity

Preparing for independence: part time jobs, learning to drive, life skills career choices being away from home. These could bring up stresses for young people and their parents.

What can parents do to help students with stress? They provided some tips about what to do: emotional validation, realistic expectations, focusing on strengths, modelling. They reminded everyone that there are some simple strategies to deal with stress such as slow breathing and other physical relaxation techniques

Specific apps and resources 5 Love Languages for teens, VIA character survey, TedTalk from Susan Cain about the power of introverts, Smiling mind, The Real you website, YouTube clip Photoshop example.

There was also further support if the problem was more serious: Guidance Counsellor, GP, NGO services, E-therapy and online support.

Next meeting

The next meeting would be held on Monday 27 November 2017 at 7.30pm in the staffroom.

Closing

Melanie thanked everyone for attending and also Carmen Nolan for providing supper, and for the support of parents at the meeting. All present were invited to enjoy supper at the end of the meeting.

The meeting closed at 8.35pm