

Steuart W. Weller Elementary School
PTO All Hands Meeting Minutes
May 20th, 2022, 8am

Called to order by: Jenn Shelton and Bob Shelton, President(s), 8:00 AM

Virtual Meeting Venue: Our meeting will be conducted virtually via Google Meets.

Link provided. <https://meet.google.com/krt-wrtj-mck>

PTO Board Members: Jenn Shelton, Bob Shelton, Kasonya Blevins, Quan Tran, Carolina Pardo

General Membership in attendance count: 28

Open and Welcome – Jenn and Bob Shelton

- **Thank you** for joining us

Welcome Dr. James Kennedy

- We are excited to have Dr. James Kennedy with us today. Dr. Kennedy is the owner of Sports Performance Chiropractic.
- In addition to his DC degree, Dr. Kennedy is also a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association and has an undergraduate degree in Biology.
- Having been an athlete his entire life, he has experienced athletic injury as both a patient and a healthcare provider.
- Dr. Kennedy is going to provide us information on injury prevention, and what to do when injuries occur.
- We will cover warm-ups, cool-downs, hydration, nutrition, sleep, overtraining, and seeking out healthcare providers.
- Let's welcome Dr. James Kennedy!
- Nutrition – big item is athletes not eating enough protein. The more we can minimize the refined carbohydrates, the better the athletes will be. Plate – 50% Carbohydrates, 30% Protein, 20% Fat (Cooking with healthy oils, avocados).
 - Bars – be cognoscente of the carbs/fiber ratio. Less than 5 grams of fiber is a no go. Clif Bars and Perfect Bar make pretty decent bars.
- Sleep – this is a huge athlete issue and is often overlooked. 8-10 hours
- Signs of overtraining –
- <https://sportsperformancechiro.com/>

Annie Nichols

- Backpack Buddies: Last Day is June 10th of giving out the bags for the kids.
- If anyone is in need of assistance for Backpack Buddies, please contact Annie.
- School Supplies for next year, please email Annie if you need assistance in getting school supplies for next year.
- School Lunches will not be free anymore – you will need to apply for the free/reduced lunches for next year

- You can start registering for this on June 6th.
- \$3.05 for lunch, breakfast is approximately half of the lunch price
- 25 bags that they will be helping with
- Annie Nichols is available during the summer if any family has any questions.

Principal Update

- Loudoun Education Alliance for Families (LEAF) – volunteer selected next week
 - We've received 3 well qualified candidates
- New Literacy Curriculum Adoption Process and Schedule
 - The school board has selected an earlier adoption period, currently on a hold for the state of VA to release the requirements
 - Curriculum will be selected and implemented by the whole district vs. doing a piece mail approach
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- Current Enrollment Information for 2022-23
 - Slightly over 600 students
 - Pre-pandemic numbers of over 800
 - This means we have less teachers. Staff reduction of 7 for next school year.

SAVE THE DATE for our Spring Event: Amy/Jenn/HJ

- Spring Fling
- June 3rd 4:30-6:30
- Games, Raffle, DJ, Food, Fun
- Leads right into the Wild Cats Variety Show – we invite you to join us there!
- Volunteers needed to run some games
- If interested in volunteering to run a game or activity, please message at Jennifer.shelton@hitachivantarafederal.com

Corporate Sponsor Request: Year 22/23 (Jenn)

- Corporate sponsor needed for the 4th and 5th grade school agendas
 - Approximately 225 are needed
 - Cost estimate \$1,000
 - Sponsor will be featured directly on the agenda and impact is 225+ families

Volunteers Requested for school year 22/23 (Heidi)

- We have been proactively planning for next year, yep, next year!!
- We have so much fun planned for our students and families
- We have pulled together a sign-up genius: <https://www.signupgenius.com/go/10c0f45ada72ba2fc1-ptovolunteer>
- Please take a moment to review the needs and sign up for something – if everyone grabs one thing, we will have the BEST year yet!!

Spirit Night(s) Upcoming: Welcome Rachel Adams!

- Send suggestions to rachel@dadams.net
- We will continue spirit nights through the summer! Watch social for partnerships.

Leaf Volunteers

- Three volunteers for SWES representative
- Volunteer selected by Monday and will be announced on social media

NEXT Meeting: June 10th, 8am

- **Last meeting for this school year** – thank you all for your engagement and your support this year
- Want to hear about something specific, send me your suggestions for the next session!
- Message me at Jennifer.shelton@hitachivantarafederal.com

Open Floor Q&A (parents and attendees)

- Any additional topics not yet discussed?
- Thank you all for your time!

Motion to adjourn meeting: 2nd – Bob Shelton

Meeting adjourned: 8:52 AM