

Renaissance Phoenix PTSA (RP-PTSA)
Non-general Meeting
Agenda
Thursday, October 19, 2023

3 minutes	Message from the President (Letter – page 2)	J. Eddington, President
10 minutes	Topic: Student Academic Stress Video: Tips – Academic Stress Video Link: Academic Stress	Attendees View the Video
	Concerns/Questions renaissancephoenixptsa@gmail.com	

To be added to our email distribution list please send an email to:
renaissancephoenixptsa@gmail.com

Please include the following information:

Parent Name *Parent Phone Number *Student Name *Former School *Graduating Class

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Message From the President

Greetings Phoenix Family!

We are committed with the National PTA to improving the overall health and well-being of families across the country because we know living a healthy lifestyle is a key component to our students' ability to thrive. Living healthy means more than just eating a well-balanced diet, it includes our physical, emotional, mental, and social health.

Prioritizing our families' overall health is important to living happy, meaningful lives. Our children grow and learn in various ways. Let us, as parents and care givers, collaborate with our school and community to develop the "whole child." This means looking at all aspects of our children holistically, from social, emotional and cognitive skills to academic subjects like literacy and math.

Most parents encourage their children to be polite and reward them for proper behavior, such as doing their homework or chores. We also encourage them by cheering for them at events, assisting them with projects, and letting them know that they can achieve their goals.

Sometimes parents may cross the line between parental encouragement and parental pressure.

° Do you place yourself in the category of exerting too much parental pressure?

° Are you attempting to achieve your life goals or career choice through your child?

Example: Maybe you wanted to become a journalist but your child wants to be a mathematician, but you are steering him/her towards journalism instead of math because your life's dream is journalism and not his/hers.

° Do you overly compare your child with other students' grades?

° Does your child still possess positive self-esteem in spite of the grade received?

Together with our school and community we can ensure that every child is healthy, safe, engaged, and supported. Our collaboration of supportiveness can assist with reducing "Academic Stress" for our children who are experiencing academic stress.

The people in your life should be a source of reducing stress not causing more of it.

~~ Emily quotes: author unknown ~~

Sincerely,

Jeseca Eddington, President



Healthy positive Parental Pressure can be a good thing to help students achieve more.



Parents who expect excessive achievement may cause academic stress.

Parents sometimes cross the line between encouragement and pressure.

