

Renaissance Phoenix PTSA (RP-PTSA)
Non-general Meeting
Agenda
Thursday, January 16, 2025

3 minutes	Message from the President (Letter – page 2)	S. Johnson, 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 a healthy lifestyle is not just about our physical health, it's also about our mental, emotional, and social health. It's about changing our thoughts, emotions, and behaviors in ways that make us feel better.

Students who are equipped to manage the various forms of parental pressure usually can reduce stress or eliminate the negative emotions that may occur from parental pressure. Prioritizing our families' overall health is important to living happy, meaningful lives. Our students grow and learn in numerous ways. The National PTA ([National Parent Teacher Association | National PTA](#)) "[Healthy Lifestyles](#)" initiative offers educational resources and engagement opportunities that empower students and families to make better-informed health decisions.

Let us, as parents, teachers, 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 social studies, science, 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: Perhaps you wanted to become a physician but your child wants to be a journalist, but you are steering him/her towards medical school instead of journalism because your life's dream is to become a physician and that is not your child's life's dream.

° 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 safe, engaged, healthy, and supported. Our collaboration of supportiveness can aid with reducing "Academic Stress" for our students who are experiencing academic stress.

"Don't allow anybody to make you feel that you're nobody."

~~ Quote: Martin Luther King, Jr. ~~

Sincerely,

Stacey Johnson, President

CELEBRATE



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.

