

SFEI Board of Directors General Meeting Minutes August 25, 2023

1. Opening Comments:

- 5/5 Board members participated (one remotely), Director Karen Holt presented Director's Report.

2. Director's Report:

Director's Report: Monthly Board of Director's Meeting 08/25/2023 Reporting Month of July 2023

Director: Karen Holt

-Health & Safety- July 2023

- -Mishaps- Teacher sustained injury to thumb when student bent it backwards. On Workers Comp. Update: Having surgery on tendon 8/31/23
- -Illness-
 - Covid- Rm 9 (1)
- -Licensing Reports- One child had a febrile seizure in room 0, JSC paramedics responded
- -JSC Reports – none

Income:	July
Tuition, Supply Fees	129,378
Federal Grant	12,766
Fundraisers, Donations, State Grants, Membership Dues	2,161
Total Income	144,305
Expenses:	
Salaries	(95,875)
Employee Benefits	(18,218)
General Operating Exp	(23,485)
CCRF Expense	(0)
Total Expenses:	(137,578)
Budget Income/Deficit	(1)
Actual Income/Deficit	6,467

-Financial –

- Enrollment for July is 128
- July income due to summer drop ins and new students enrolling
- July expenses under budget \$6 k, we were over budget in June
- On track in September with 128 enrolled for new year at new rates

-Operations -

- Attended Active Shooter Response training and Met with Cpl Hendricks Re: Lockdown Procedure
- Met with Locksmith to replace lever at front door with crash bar
- Attended Moon Trees Meeting: Signed up to receive seedlings
- Bus likely needs a new transmission

-Enrollment- Current

- 08/25/23 127 /127
- Openings in PreK 3's and 4's

-Staff- July

- Professional Development: Positive Guidance and Discipline, Injury Prevention
- Sandra Layne on medical leave after knee surgery
- Briana Garza on maternity leave
- Hired Briana Gonzalez for Room 2

-Special Events- July

- Petting Zoo visit
- Superhero Week
- Field Trip to see musical Newsies Jr.

-Looking Ahead-

- September 4 Holiday SFEI closed
- September 8, PNO
- October 2-6 Book Fair
- October 9 Holiday SFEI closed
- October 13, PNO
- October 27 Fall Festival
- October 31 Costume Parade

3. Financial Report: (presented by Karen Holt along with Director's Report due to absence of Treasurer, see previous)

4. Action Items:

- Director to evaluate adjusting PB&J camera timing to record during PNO (discussed during previous BOD meeting)

4. Special Topics:

- This week our Childcare Consultant Ann McKitrick led a discussion on Picky Eating & Dinner Ideas. Ann's information is below with links to her websites.

Ann McKitrick, MS
Early Childhood Specialist & Parenting Coach

[Texas Child Care Training](#)
[Nurtured Noggins](#)
[Parenting in the First 3 Years Podcast](#)

Presentation Notes:

- Kids prefer consistency between bites (ex: goldfish, as opposed to blueberries)
- Kids develop tastes over the first several years of life. They're born with a preference for sweet, but develop tastes for sour, salty, etc. over the next few years.
- Culture plays a big role in what children eat.
- Why are kids so picky?
 - Sensory sensitivities
 - Limited experience with different textures and flavors
 - We don't do this intentionally, but we do tend to give kids the same foods repeatedly. Then they tend to prefer those foods, and we tend to give them foods they will eat more often.
 - Negative experiences
 - Parental influence
 - If we don't eat a variety of foods, they will pick up on that and tend not to want to eat those foods as well
- What can we do?
 - Not a good idea to label foods good or bad
 - Your body needs this food, but your tongue likes this food
 - Trying to get back to thinking of the fuel your body needs
 - After the fact, talk about the impacts of what we eat, how it makes us feel, and how our behavior changes based on our food choices
 - Not a good idea to use food as reward or punishment
 - Involve them in the process (shopping, cooking, meal planning, etc.)
 - Gradual exposure to new foods
 - Offering new foods alongside familiar foods
 - Could consider implementing a 1 bite rule. Don't have to eat it all & don't have to like it, but give it a taste.
 - Repeated exposures and persistence
 - Celebrate small victories!
 - Diversify food choices
- Dinner Tips
 - Make a list of what you like to eat.
 - Add in what your kid will eat.
 - Make food fun, for example shapes, themes, funny names for recipes.
 - Special food days: Taco Tuesdays, Pancake Sunday, Make Your Own Dinner
 - Make Your Own Dinner could be a bowl of cereal, a piece of cheese toast, etc.
- Remember: Your kids may not want to eat a variety of foods now, but they'll eat them later.
- Summary:
 - Taste and eating patterns change with time.
 - Your attitude is really important.
 - Observe your child, learn from them.
 - When they're teenagers, they'll eat everything.
- Q&A and Discussion:
 - Tips for avoiding power struggles

- Ms. Karen's response: Kids only have control over very few things in their lives. One of the main ones are what goes in & what comes out. Could offer an alternative: if they don't want to eat what is served for a meal, you could offer an alternative (eg: Ms. Karen's son loved apples).
- Ms. Ann's response: What needs to happen is what works best in your home, with your partner, how you were raised, what your preferences are, and what you're passionate about. As a kid, so much of their experience is related to those struggles. Consider adding a dip (ranch dressing, ketchup, etc.) to make foods more palatable. If there's a certain food they will only eat (ex: chicken nuggets), consider looking to expand within that same pallet (ex: vegan nuggets).
- Slow roll responsiveness for getting alternate foods so they get distracted & eat what's in front of them.
- Consider using crockpot and/or Instant pot for easier meals
- Consider using bread machine (similar to crockpot, set it & forget it, for fresh bread)
- Sunday prep is a really good thing if possible
- Posting a menu for the week is also a really good thing (this is the menu we came up with together, this is what we're having... limits discussion/debate)

Daily calorie needs based on age, gender, and activity level

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male	1,200 – 1,400	1,400 – 1,600	1,600 – 2,000
	Female	1,200 – 1,400	1,400 – 1,600	1,400 – 1,800
9-13	Male	1,600 – 2,000	1,800 – 2,200	2,000 – 2,600
	Female	1,400 – 1,600	1,600 – 2,000	1,800 – 2,200
14-18	Male	2,000 – 2,400	2,400 – 2,800	2,800 – 3,200
	Female	1,800	2,000	2,400
19-30	Male	2,400 – 2,600	2,600 – 2,800	3,000
	Female	1,800 – 2,000	2,000 – 2,200	2,400
31-50	Male	2,200 – 2,400	2,400 – 2,600	2,800 – 3,000
	Female	1,800	2,000	2,200

Source: healthychildren.org

5. Action Item Status

- None

6. Public comments, future agenda topic proposals:

- Comments on SFEI monthly Board of Directors meeting time
 - Someone expressed a preference for Flex Friday meetings
 - Someone expressed a preference for late Friday afternoon meetings (over lunchtime)

- If anyone has preferences & would like to share them with the Board, please do!

7. Proposed 2023/2024 Meeting Dates:

- September 29, 2023, 4:00-5:00
- October 27, 2023, 4:00-5:00
- November 17, 2023, 12:00-1:00 (Thanksgiving Pie Social at 4 pm)
- December 15, 2023, 12:00-1:00 (Holiday Parties will be in the afternoon)
- January 26, 2024, 4:00-5:00
- February 23, 2024, 4:00-5:00
- March 29, 2024, 12:00-1:00 (Spring Parties and Egg Hung will be in the afternoon)
- April 26, 2024, 4:00-5:00
- May 31, 2024, 4:00-5:00
- June 28, 2024, 4:00-5:00
- July 26, 2024, 4:00-5:00
- August 30, 2024, 4:00-5:00

Meeting Attendance:

- Director

Karen Holt
- Board

Cinnamon Wright
Monica Sheth
Nick Meyer
Carly Meginnis
Rebecca Rapp
- Members

Andres Caliz
Heather Brooks
Fernando Galaviz
Lucy Galaviz
Delshi Patel
Jeremy Wilson
- Guest Speaker

Ann McKitrick