



GENERAL MEETING MINUTES

Holly | President

Justine | Vice President

Jocelyn | Secretary

Kate | Treasurer

Andrea Borrell | Director/
Teacher
| 11/05/2025

Meeting Notes

Welcome

Holly:

- Welcomed everyone to the meeting.

Bailey:

- Distributed name tags — please confirm that your name is spelled correctly.

Guest Speakers: Nutrition Coaches – Shantay Gold & Alyssa Vargas

- Certified Nutritionists with clinical backgrounds, experienced in working with children with autism.
- Mission: Change generational health.

Parents' Roles:

- Choose what foods are available.
- Decide when and how often kids eat.

Kids' Roles:

- Decide whether to eat what is offered.
- Decide how much to eat.

Feeding Schedule Guidelines:

- Meals and snacks spaced 2–3 hours apart.
- No more than 6 eating times per day.
- Maintain a consistent routine.
- Only water between meals and snacks.

Nutrient-Dense Meals Support Immune Health:

Include:

- Colorful fruits and vegetables
- Lean proteins
- Yogurt
- Fatty fish
- Sweet potatoes
- Supplements as needed

Additional Tips:

- Deconstruct meals (e.g., sandwiches, tacos) to make foods more approachable.
- Reference the Strong Mom Guide for a solid nutritional baseline.



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Group Activity

Holly:

- Icebreaker: Find two things in common and two things that are different with someone.

Ms. Andrea

November Updates:

- Curriculum Focus: Fruits and veggies kids enjoy.
- Clothing Drive: Extended through next Monday.
- Canned Goods Collection (Mission Hope): Extended through next Monday.
- Encouragement to Families: Continue spreading positivity and support.
- Fall Feast:
 - Dates: November 20–21
 - Time: 11:00 AM – 12:30 PM
 - Dress: A little dressed up for this special event.
- Holiday Program:
 - Includes a Book Exchange at the end of the day.
 - Share words of encouragement and gratitude with families as the year ends.

Charlene

- Holiday Program Coordinator
- Event will be followed by a Dessert Reception.
- Theme: PALS Snowy Day
- Working on budget and holiday decorations.

Treasurer

- No updates shared.

Justine

- Check working parent cards regularly.
- Arrive by 9:15 AM on your assigned working day.

Danielle

- Next Fundraiser Night: November 12th

Laura

- Field Trips:
 - Seniors: Barons Field Trip
 - Juniors: Barons Field Trip

Liz

- Cookie Exchange: December 6th (details TBD).

Valerie

- Schedule Requests: Due by the 8th.
- Complete swaps on the website.