

PTSA- Pleasant Hill Middle School



2020-2021 School Year | Article One



Have you joined PTSA 2020-2021 yet?
If not please follow the link below to
sign up today!!!

****JOIN TODAY ****

PTSA 2021 Mission:

Welcome to the 2020-2021 school year. As we start our adventure into what will be a VERY exciting and different school year, we are so thrilled to serve as your PTSA board members. This year our focus is to foster community between our virtual and on-campus students while also providing support to our faculty, staff and parents.

President's Notes:

Hello PHMS Families!! I hope this note finds you doing well and that your first month of school was a success. This newsletter will serve as our one stop shop for all things PTSA related in the year to come. We know that we are headed into a year that is sure to look unlike any other. With that said, please know your PHMS PTSA is working behind the scenes to find ways to connect our community together, whether you are in person or virtual.

We will be sending out a survey soon to get your feedback on how we can further our initiative to encourage a spirit of community amidst this very different time. Thank you in advance for your participation. If you have not had a chance to join the PTSA yet, we hope you will do so soon. Your involvement is so important and we are so thankful for it!!

Our new Spirit Wear store through Southern Script is now live!! You can find it at <http://www.southernscript.com/pleasant-hill-middle-school>.

There is a wide variety of items available, from masks to hooded sweatshirts, many of which are customizable. Please take a look! Your items can be shipped directly to your home upon ordering or picked up locally here in Lexington. We hope you love the new selections as much as we do!

Thank you again for being a part of the PHMS PTSA community. We are looking forward to a great year!!

Blessings-
Stephanie Alexander
PHMS PTSA President

Meet Your Board:

President- Stephanie Alexander

She is the mother of three boys, Lawson, Bryce and Robert Ware. Lawson and Bryce are in 7th and 6th grade this year while Robert is in 2nd grade at PHES. All three are excited to be at school and are looking forward to a great year. Being a mom keeps her on her toes so when she is not working, cooking, or gardening they push her out of her comfort zone which usually involves an adventure outdoors. This is her first year serving as president but has served on prior PTSA boards in a multitude of positions.

Vice President- Kristi Harmon

She is the mother of two. Tyler is an 8th grader at PHMS and her oldest, Timothy, is a senior at LHS. Both will be marching for the LHS Cat Band this year, so she is incredibly involved with that. She has served on the PHMS PTSA for seven years and is looking forward to another great year.

Treasurer- Dena Johnson

This year she has a senior and a freshman at LHS. Both came through PHMS and she has served as a member of the PHMS PTSA board for six years. She is excited to continue supporting the Cougar staff and families. When she is not working on PTSA tasks she enjoys painting and working on her photography.

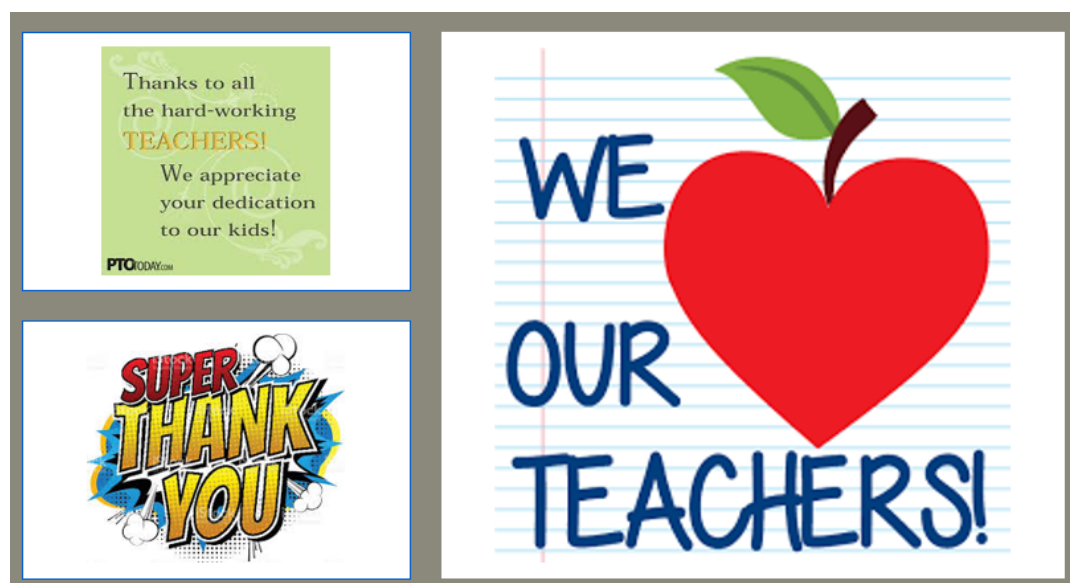
Secretary- Brandy Ragan

She is the mother of two. Oldest, Lizzy, is an 8th grader at PHMS and her youngest will be going into 4K at LES. This is her first year serving on the PTSA board. She loves serving her community through volunteerism and has been active in our community for many years. In her spare time, she enjoys reading. Her favorite books are those that take her on an adventure through another time in history AKA historical fiction.

Hospitality Committee Chair- Crystal Levine

She is new to PHMS this year as her oldest, Hannah, is now starting sixth grade. She has two other children, Addie and Isaac, at Pleasant Hill Elementary School. This is her sixth year serving on PTSA board and she also volunteers at her church. She enjoys reading, water skiing and hiking. When there is not a pandemic, she also works at a Family History Library helping others research their genealogy.

Spirit Wear Is HERE! [Link to Southern Script](http://southernscript.com)



What's Cooking in the Cougar Kitchen?



AIR FRYER
chicken & veggies
HEALTHY | 20 MINUTE | KETO



Cougar Kitchen

INGREDIENTS:

- 1 ~~lb~~ chicken breast, chopped into bite-size pieces
- 1 Cup broccoli florets (fresh or frozen)
- 1 Zucchini chopped
- 1 Cup bell pepper chopped
- ½ Onion chopped
- 2 cloves garlic minced or crushed
- 2 tablespoons olive oil
- ½ teaspoon each
 - Garlic powder
 - Chili powder
 - Salt
 - Pepper
- 1 tablespoon Italian Seasoning.

INSTRUCTIONS:

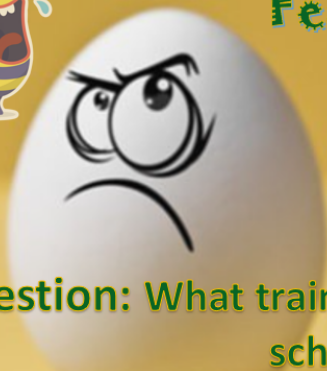
1. Preheat air fryer to 400F
2. Chop the veggies and chicken into small bite-size pieces and transfer to a large mixing bowl
3. Add the oil and seasoning to the bowl and toss to combine
4. Add the chicken and veggies to the preheated air fryer and cook for 10 minutes, shaking halfway, or until the chick and veggies are charred and chicken is cooked through.

NOTE: If your air fryer is small, you may have to cook them in 2-3 batches.

Cougar Comedy Corner:



Featured FUNNY!!!



Question: What train do eggs take to get to school?

Answer: The Hogwarts EGGS-press