

**Minutes of the Regular Board of Education Meeting – Board Retreat for
The School District of the City of River Rouge, Wayne County, Michigan
Held at the Sheraton-Ann Arbor, 3200 Boardwalk Street, Ann Arbor, MI 48108-1774
Thursday, August 3, 2023 at 9:00 a.m.**

1-2 – CALL TO ORDER AND ROLL CALL

The meeting was called to order at 9:00 a.m. by Valveta Reese, President.

Members Present: Cooper, Hightower, Green Reese, Sabuda, Wheeler
Members Excused: Doig
Member Absent: None

3 - PRESENTATION

Dr. Poole continued sharing the following areas with everyone present:

Group Project – Affirmations. Based on a group project from August 2nd, everyone was asked to bring their affirmation(s) the next day.

EGO

- Shapes how we think, act and feel
- The inner hustler
- Causes you to pretend/perform
- Toxic EGO
- Positive EGO
- Hitting high
- Never let go of your line
- Stay low
- Never leave your comrade
- How is your EGO covering one another?
- How do you want to cover?
- Past experiences
- Unhealed wounds
- Insecurity
- Fear

Triggers: The way that we know that area needs work.

In life, we have missing pieces:

- Go shopping and get the pieces
- Don't look to others to be the missing pieces

Group Session:

EGO vs. Heart Work – each group of 4 had to come up with a scenario. It had to be intense, emotional, how will heart work respond, how does EGO respond. Once everyone was ready, each group presented their scenario.

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There were comments, questions and sharing made by those present. There were group activities.

4 - COMMENTS FROM THE BOARD

Comments were made by board members.

Motion moved by Member Sabuda, supported by Member Hightower, that the Board of Education resend the attendance minutes of September 2015.

Yeas:	Members:	Hightower, Green, Reese, Sabuda, Wheeler, Cooper
Nays:	Members:	None

Motion carried.

5 – COMMENTS FROM THE AUDIENCE

There were no comments from the audience.

6 - ADJOURNMENT

Motion moved by Member Reese, seconded by Member Cooper that the meeting be adjourned at 1:14 p.m.

Yeas:	Members:	Green, Reese, Sabuda, Wheeler, Cooper, Hightower
Nays:	Members:	None

Motion carried.

Respectfully submitted,

Valveta Reese, President
River Rouge Board of Education
VR:ap