

# INDIAN PRAIRIE PARENTS' COUNCIL MEETING AGENDA

OCTOBER 9:30 am – 11:30 am

## **IPPC BUSINESS (9:30-9:35am)**

- 1) Call to Order (*Kellie Herzberg, IPPC President*)

## **IPPC BUSINESS (9:35-10:10)**

- 1) Treasurer's Report (*Karen Duncan, IPPC Treasurer*)  
*Treasurer report sent out via email this am to all members*  
*-need to do taxes- due November 15<sup>th</sup>*
- 2) Administrative Updates (*Shelley Morgan, IPPC Secretary*)
  - a) Approval of September minutes
- 3) Committee Reports –
  - a) Reflections (*Trudie Ranson*)
  - b) Unity (*Annie Cole*)
  - c) Education & Enrichment (*Karen Duncan*)
  - d) Health & Safety (*Shelley Morgan*)
  - e) Legislation (*Marc Poulos*)
  - f) Scholarship (*Kellie Herzberg*)

## **COMMUNITY UPDATE (10:10-10:25)**

- 1) Lisa Schwarz-Barry – Community Relations Coordinator
- 2) Kristen Kramer – DuPage West Region Director
- 3) Sue Ramus- IPEF

## **BMO HARRIS (10:25-10:30) Volunteer of the month**

### **Dr Sullivan (10:30- 10:40)**

Parent/teacher conference sign up- \*so easy \*great to list start time \*HS is amazing \*MS feedback- confused about how to get both kids to show up together \*some got multiple codes \*disappointed that they filled up so fast \*some people got multiple times

\*Louis- error that multiple codes were sent -- ability to schedule multiple conferences-only allows to schedule one at a time- if family is separated then each parent has ability to schedule separate conference

23,000 conferences were scheduled to date

Granger has 25% of slots left

Most elementary gone within first 2 hours-

Louis- once you sign up and get code-you is good for entire school

-feeder schools/ MS and HS show on same page (if MS is a split school than need to toggle between 2 screens) will work with vendor on that

\*Metea worked great

\*Hill only listed lead teachers (confusing if your student doesn't have that lead teacher) system links all the teachers together

will work with MS principals to make it more streamlined

\*MS also showed the special teachers which was confusing b/c no conferences with those teachers (the first page shows all your students teachers-you do not have to schedule with those teachers- can leave those checked it does not schedule conferences with them)

\*HS-bulleted schedule- lists all teachers then you can check which ones you want a conference with

\*elementary school opened during drop off- so inconvenient- will make later next year

\*if you choose time that is taken- it shows every time in drop down menu-then when you choose if not available it shows you the nearest time- may be on a different day

\*there is a video tutorial-

\*\*\*NVHS awarded a national Blue Ribbon- 6<sup>th</sup> school that has been given that award (very difficult for HS to get that award) district goes to DC to get that award

community engagement- Annie Cole and Mark Lobos on facilitating committee

■ mtg on Monday- first community wide on November 14<sup>th</sup>

ENGAGE 204 is name of group

Come one come all- we need IPPC/presidents and reps to encourage all people in community to attend

Small group format- send as many parents as you can

First topic- State of the District

2<sup>nd</sup> mtg about demographic study

-planning for a referendum? If community tells us during this community engagement mtg

Mike R- school bd really wants transparency- we can prioritize what the public wants

Open to Everyone- even kids not in district- retired, etc.

Mike R- school bd will not go for ref. unless community is in support of it-

We hired outside company because they could handle a district of our size-

Engage 204 will bring all feedback from these meetings to school bd by July

Anticipate 5-6 meetings.

Ipsd.org will have updates

Question-

-When will we get past overdue? Still owed 4 ½ million dollars from last year

-How did new budget that passed affect us? We lost \$650,000 of tax money- we will not know how much we are effected-original modeling had us up \$800,000- so with the loss \$650,000

We are in Tier 2 district

Tier 1- poorest districts get money first

Pulling out of conference? only 203 and 204 left- 5 schools will be in conference together

Chrome books? Will go paperless? As curriculum adoption process will go more digital- some textbooks companies haven't caught up- on putting textbooks online.

### **Dawn Neylon-360 Youth Services (10:40-11:25) prevention specialist**

#### **Power of choice**

Educate parents- help parents and students help build towards a healthy future

Modeling is most effective parenting tool we can use

Resilience- why important? --we are building an adult

-everyone faces difficulties

-resilient individuals- make healthier choices

not something you are born with, group of skills we all can learn from

developmental stages-

-infant.toddler-physical

-elementary- educational (has clear measurements) we can gauge how developing

-adolescence- brain development (cant see progress) you need to see how they see the world so you can relate-

anything I can do to help them progress?

-Amygdala part of brain-responsible for emotion- development during adolescence- fully developed about MS age

- prefrontal cortex- self control, logic, decision making- not fully developed until mid 20s

our kids using emotional brain to react, etc. Emotional brain amygdala- in the moment, not really thinking about future, what feels good right now

children and adolescents are concrete thinkers, don't understand sarcasm, innuendos, its all about me, parents can challenge them and help them grow

begging to see possibilities, imagine the future

-our kids face many emotional challenges- which can lead to stress and anxiety

SO WHAT CAN PARENTS DO ?

-we need to look at emotional awareness-

we need to teach kids how to talk about their emotions

help our kids recognize their emotions and those around them

some people have different emotional reactions to the same situation

discriminate between different feeling and label them appropriately

being able to identify feelings gives us power to understand them/search for a solution

-we need to help kids manage their emotions, manage and adjust in different situations, people, etc.

-don't let emotions get in way of what we want to achieve

having emotional intelligence, allows us to develop personal and social competence through recognition (awareness) \_\_\_\_\_ and self management?

**Social awareness**- developing empathy, being aware of what is going on around us, everyone has different goals, how do we all fit in

**Relationship management**- some achieve naturally others struggle. How we get along with others, find ways to play and work together, being part of a friendship

High levels of EI have been linked to higher job performance and academic success

People with higher levels of EI have stronger mental health and more developed leadership skills

High level of EI reduces stress and anxiety

High level of EI helps us manage conflict

STRESS- resilient individuals cope with stress in positive ways

Kids have different stressors now than we did at their age

Stress can motivate

Stress isn't always bad if dealt with in a positive way- when it isn't it turns into anxiety

**Emotional awareness** helps facilitate healthy coping strategies

Helping coping-

Identifying cause of stressors

Using effective strategies to manage stress

Managing stress in a healthy positive way that ends in relief

## **What can I do as parent?**

- do I help my child understand difference between a real crisis and something that just feels like an emergency
- do I guide my child by effectively modeling effective coping strategies? Good nutrition seeking help, adequate sleep, modeling exercise  
(-8-10 hrs a sleep a night – American Pediatric recommends)
- do I recognize that some young people use risky behaviors to alleviate stress?
- do I model that sometimes the best response is to let it go
- do I create a family environment in which talking, sharing are safe and comfortable
- do I listen without giving judgment?

## **Delayed Gratification** –all answers are immediate- on phone, internet

Our kids need to learn that they can't always get what they want and cant always get immediate

We need to hope them focus on long-term goals

Helps see value in long term planning and goals

Means not giving out kids what they want right now

## **Extreme challenges and seeking help-**

Parents can do all the right things but still face challenges

Don't let stigma stop you from getting help

## **RESOURCES**

[www.thepowerofchoice.inof](http://www.thepowerofchoice.inof)

[360youthservices.org](http://360youthservices.org)

**Building resilience in children and teens: giving ids roots and wings by Kenneth R Ginsberg, MD**

**fosteringresilience.com**

the power of choice- is doing some research- optional anonymous survey will be sent via email

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**CONCLUDING BUSINESS, ANNOUNCEMENTS & ADJOURNMENT (11:25-11:30am)**