

MINUTES OF THE EAST IBPA BOARD OF DIRECTORS MEETING —November 4th, 2021

The meeting was held online via Zoom.

**In attendance:**

Michael Boykins, IB Coordinator  
Jason Niblack – President  
Patricia Ebersol – Vice President  
Anthony Au – Treasurer  
Melissa Mobley – Secretary  
Mini Siddique – Junior Representative  
Sueanna Budde – At Large  
Tanya Flores – Past President  
Sean Killingsworth – Sophomore Representative  
Doreen Papadatos – At Large  
Esau Freeman – Co Freshman Rep  
Candy Denk-Connolly  
Sara Ornelas  
LinLin Wang  
Kamielle Freeman

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Niblack called the meeting to order at 6:32pm

Introductions were made.

**Minutes:** A motion (Ebersole/Au) to approve the October minutes with Anthony Vo spelling correction made was approved without opposition.

**Treasurer's report:** Treasurer Anthony Au not much activity for October. Balance is \$3,848.59. Purchasing of Biology Bank \$199.99 – payment made. Approved expenses not yet hitting the account - \$411.60 after which our Balance would be \$3,436.99.

Niblack/E. Freeman motion to accept Treasurer's report.

**New Business:**

**IB Coordinator Report & Requests:** Mr. Boykins informed there are No Scholarship requests. Two faculty wish list applications were turned in:

Mrs. Archibold – Psychology – APA Teacher Affiliate Membership - \$189 for database access and membership fee. Annual Expense. We have funded for years previous.

Motion to approve Psychology Request: Siddique/ Budde

Betsy Machain – PIB Spanish I: Two separate items – 1) 10 headphones for student use - \$12/each = \$120 and 2) Voice Amplifier, Microphone headset – allows students to hear better \$34.99.

Motion to approve Spanish Request: Flores/E. Freeman

**Mental Health – Mrs. Ewy** shared Mental Health Providers. She is the East IB Counselor in her 3<sup>rd</sup> Year at East High.

Mental Well-Being: Pandemic or not, students still experience Peer Conflict, Working Relationships, Self-Esteem, Emotions, Self-Doubt, New Relationships, Time Management, Prioritization/Acceptance, True-try, and Balance between Present & Future.

Pandemic – reduced the number of experiences leaving students to Attempt to “double-up” in activities, push harder, faster to learn more to be ready for college, Grieve, Feel isolated, compensate for “real life” experiences with “screen time” experiences, search for motivation.

Observation is Key – change in sleep, effort at home, effort at school, peer group or lack of one, eating, appearance, mood/energy level, isolation “leave me alone”.

Fact: 1 in 6 children and adolescents have a treatable mental health disorder but only half receive treatment, from “Helping Kids Manage Back-to-school Stress”.

Preventative mental health – early intervention is key, Primary Care Physician, Mental Health Professional referrals, Mental Health Care, and Online Therapy.

Working Relationships Matter – Am I able to be honest, feel heard, challenged, Homework, goals been established. Does my intuition feel positive about this human?

What does the school provide: School Counselor, social workers, provide band-aids of mental wellness and provide Community referrals School Psychologist – administers aptitude exams, band-aid of mental wellness and provide community referrals. Teachers: contact support staff when behaviors change in students. Security Filters. Suicide Protocol (C-SSRS-Columbia Suicide Severity Rating Scale). SpeakUp ([www.usd259.org/speakup](http://www.usd259.org/speakup))

As a parent: Pay Attention, Carve out time to spend with teen, Use other trusted adults, ask teen “Do you need me to listen or offer advice?”, 3 positives, 1 criticism. Gave questions to ask teens: Worries? Pressures? Expectations? What went well? Looking forward to?

- The IB Space/Room she is going into every day and she is encouraging and gaining trust of the kids to show up and ask questions. A great space for the IB students to gather. IB needs to pay attention to the Teams postings so they can know when the room is open during lunch period.

- Wednesday mornings – 3<sup>rd</sup> floor Mrs. Ewy is out there to be available to the students.

**Holiday Cards/Gifts:**

Holiday Gifts For Staff: Prior years we have done Nifty Nuthouse. Tanya Flores called them today – Peppermint Bark, Pretzels – cost is just over \$200. Ask for \$250 just in case. For future years- East High IBPA is what they currently have us under so can do it again next year.

Motion to approve \$250 for Nifty Nuthouse – Niblack/Siddique

Quiktrip – donated 200 coupons for the teachers of East High.

**Fundraiser Letter:**

Niblack will write the letter. Flores will forward to him letter from last year.

Printing and Postage Expense will need to be approved.

Motion to approve expenses for printing and postage up to \$100 (E.Freeman/Niblack)

**Outstanding Business:**

Creativity/Activity/Service (CAS)– What it is. Expectations.

Parenting an IB Student – bring some parents in?

Jason Niblack adjourned the meeting at 7:42PM.

The next meeting of the IBPA board of directors is scheduled for 6:30PM on Thursday, December 2nd, 2021 via Zoom.

Melissa Mobley, Secretary