

EAST HIGH IBPA MINUTES

Date: February 2, 2023

Time: Meeting called to order @ 6:35 pm by Patresa Ebersole.

In Attendance:

Patresa Ebersole (President)
Patricia Blessant (Secretary)
Tanya Flores (At-Large)
Lainie Mazzulo-Hart
Anthony Au (Treasurer)
Jason Smartt
Kate Murphy

Krishna Parmar (Guest Speaker)
Michael Boykins (Ex-Oficio/IB Director)
Sueanna Budde (Sophomore rep)
Mini Siddique (Senior Rep)
Aaron Mayes
Spring Brayboy

Welcome and Introductions - Which emoji did you most recently use?

Approval of Minutes from January 2023 meeting - Motion to approve - Tanya Flores, second - Sueanna Budde. Approved unanimously via voice vote.

Treasurer's Report - Motion to approve - Sueanna Budde, second Mini Siddique -. Approved unanimously via voice vote.

Current bank account - \$ 4277.27

Contributions in January - (6 donations - total 325.00)

Disbursements (January) - 56.51

Net deficit for the 2022/2023 school year - \$586.92

IB Director's Report (Michael Boykins)

Faculty requests -

- Ms. Ewy - snacks for IB space - Tanya Flores will send around a sign up Genius.
- IB Testing scholarship request - Senior, 5 exams, receives reduced fees status Total - \$297.50.
 - Financial need due to family financial situation
 - Mini Siddique volunteered to cover the total cost

President's Report (Patresa Ebersole)

- **End of Year Meetings** - Topics will be forthcoming
- **IB Recognition** - April 23, 3:00 p.m.
 - Tanya will coordinate reception - look for Sign Up Genius coming closer to the time
- **IB Monetary Donations** (Conversation evolved during IB Recognition discussion)
 - 5 former students have donated via email link
 - 7 donations resulted from the recent letter that went out
 - Mr. Boykins will send the fundraising email out again in the coming months
 - Someone suggested adding in the IBPA monetary goal and where we are right now so people can see the progress toward a goal
- May meeting will be an evening gathering to celebrate Senor Shelly's retirement
School cannot provide funds for this event, so it will be IBPA funded. We can solicit donation items, so it is not necessarily going to be a budget funded item.

New Business (P. Ebersole)

- Revisit funding request from Mr. O'Brien. Motion to approve full purchase price - Tanya Flores, second by Mini Siddique. Approved unanimously via voice vote.
- At our January meeting, many members had questions pertaining to this request. The questions were asked of Mr. O'Brien: Q&A is below.
 - **Are you able to use the website indefinitely or is it a yearlong subscription?**
 - *The membership is unlimited, no account expiration.*
 - **Are students able to register and then take the practice exams? And if so, does the technology adjust the difficulty of the questions as the students' progress.**
 - The membership is for teacher use, so the materials for students would come from the teachers using RV resources.
 - **If students can enroll, are they all able to use it or is the membership for teachers only? The website says one device per use/ time. Or would it be like buying a Netflix password and sharing it with the class?**
 - The intended purpose of the membership was to create an "East High IB Math" account and have a login that our IB teachers have access to, so similar to the Netflix account analogy, but not shared with the class/students.
 - **What is the difference between gold and a free membership? EHS already purchases IB Mark Schemes. How would you use this membership differently?**
 - The free membership does not grant access to all of the topics available on the website, whereas the gold membership unlocks everything. Below is a shot of what access looks like Free vs Gold for SL Math course.

Applications & Interpretation SL Questionbank
Exam questions, filtered by topic, sub-topic and difficulty

[Start here](#)

Topic 1	Topic 2	Topic 3	Topic 4	Topic 5
Number & Algebra (Open)	Functions (RV Free)	Geometry & Trig (RV Gold)	Statistics & Probability (RV Gold)	Calculus (RV Gold)
Number Skills Approximation, Rounding, Decimal Places, Significant Figures, Scientific Notation, Percentage Error...	Linear Equations & Graphs Forms of Linear Lines, Gradient, Intercepts, Parallel & Perpendicular Lines, Perpendicular Bisectors...	Geometry of 3D Shapes Dimensions, Surface Area, Volume, 3D Shapes - Spheres, Hemispheres, Cones, Prisms & Pyramids...	Descriptive Statistics Mean/Median/Mode, Range, IQR, Histograms, Box & Whisker Plots, Cumulative Freq, Grouped Data...	Differentiation Basics, Rates of Change, Equations of Tangents & Normals, Maximum/Minimum & Optimisation...
Sequences & Series Arithmetic/Geometric Sequences & Series, Finding Terms, Sum of Terms, Sigma Notation, Applications...	Applications of Functions Linear, Quadratic, Exponential, Logarithmic, Sinusoidal, Real-World Applications Using These Functions...	Trigonometry Right Triangles: Sin/Cos/Tan, Non-Right Triangles: Sine & Cosine Rule/ Area, Circles: Area & Sectors...	Bivariate Statistics Scatter Plots, Correlation (Pearson/Spearman), Regression Line Equ., Interpolation, Extrapolation...	Integration Basics, Anti-Differentiation To Find Constant Term, Area Under & Beneath Curves, Trapezoidal Rule...
Financial Mathematics Compound Interest, Depreciation, Loans & Amortization, Annuities, Using Finance Solver on GDC...	Properties of Functions Understanding the Domain & Range of a Function, Interpreting Inverse Functions...	Voronoi Diagrams Sites/Edges/Cells/Vertices, Perpendicular Bisectors, Nearest Neighbour Interpolation, Toxic Waste Dump Problem...	Probability Basic Probability, Tree Diagrams, Venn Diagrams, Sample Space Diagrams, Conditional Probability...	Distributions Probability Distributions, Binomial Distributions, Normal Distributions, Random Variables, Applications...
			Hypothesis Testing Hypotheses (Ho/H1), Significance Levels, P-Values, Chi ² Tests for Independence & Goodness of Fit, T-Tests, 1 & 2 Tailed Tests...	

Committee Reports (Nothing new to report)

- Representatives/IB Alumni Relations
- Volunteers - IB Catalog of history/Site Council
- Newsletter - Feb. 2023
- Tech Support
- IB Recognition

Speaker Presentation - Krisha Parmar - Student Health and Well Being

Krisha is a graduate of the East IB program - Class of 2015. She works in private practice and teaches a graduate course at Wichita State University.

Trends in mental health among teens:

- **Avoidance and lack of coping skills** - Teens often try to avoid dealing with issues. This can manifest in different ways including spending time on social media/gaming which Krisha pointed out is not completely unhealthy, but needs a “healthy” amount of time allocated which can differ from person to person.
- **Identity Imbalance** - Many teens feel a pressure to be a Student first. This becomes their main identity, and in some cases, their only identity. Teens need to develop an identity outside of schooling so that once they are not a student, their sense of self is intact.
 - Teens can ask themselves Who am I once I graduate?
 - Teens can make a list of ways they identify - often, student is first, but there needs to be more.... Athlete, musician, volunteer, etc.... Not all emphasis should be on “student” - adults need to encourage outside interests.
 - Teens also need to develop an identity with friend groups to offer support.

Physical Health/Impact on mental health

- A major concern is not getting enough sleep, followed closely by a lack of adequate nutrition.
- Our brains need 7 slices of bread worth of carbs to even function during a day. Depending on what your teen is involved in, this amount could be higher. Eating enough and frequently is the key.

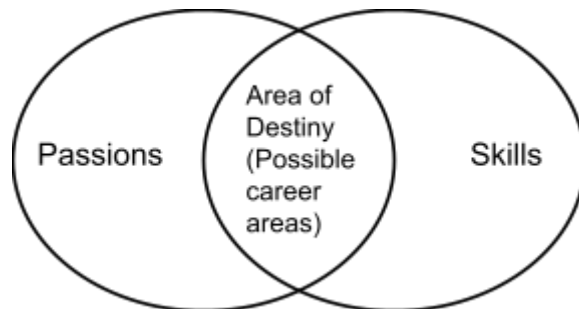
Types of Resting

- Passive - napping, sleeping, watching tv, social media (not much energy being put in to it)
- Active - organizing kitchen, putting away laundry, planning week, walking dog, yard work

Time Management - This is a MUST. Using an agenda, planner, sticky notes, online planner, anything to help your teen feel in control. Another idea is to keep a family calendar at home. This allows members of the family to see what time demands are being made of each other.

Career - This is an anxiety inducing subject for high achieving students. IB grads tend to be ok with academics, but struggle with figuring out career and next steps.

- Krisha suggested having them create their own “Area of Destiny”. This is a Venn diagram with passions and skills, with the overlap being the Area of Destiny that might point to career ideas.



Warning signs to watch for:

1. Depression - low motivation, can be joking but may be morbid, giving up on hobbies, isolating, being more aggravated
2. Anxiety - irritability, sleep issues, tense

3. Eating Disorders - restricting or eating way more than usual, weight gain/loss, working out too much, negative body image

Support System - Parents are part of the support system. Friends, community, hobbies, clubs are also part of their support system. Help your teen cultivate a solid support system.

Coping strategies:

- Head Empty Time - Constant stimulation does not leave time for our brains to process, think, and let things go. 5-10 min of sitting in car when driving home from school, turn on the tv staring at screen, in the shower standing in the hot water - these can be ways to allow your head to be empty.
- Journaling, writing, voice recording

Goal Setting - students already have academic goals, maybe help them try to come up with outside goals.

Therapy - There are a variety of ways students can receive therapy. School counselor, administrators, private practice therapist, COMCARE, COMCARE crisis, and Krisha Parmar to name a few.

Member questions:

What would you tell a Senior whose identity is “student”?

- Ask what they like to do to try to widen their view of themselves
- Come up with opportunities to talk about what they want to be outside of school.
 - If you could be anything right now what would it be?
 - What would your “ideal” life look like.”
 - I want to be the kind of person that _____”

What do you wish parents would have said during your time in IB?

- Sometimes students aren’t looking for a solution. Instead of jumping in to solve the problem, ask “do you want me to listen or help you get through this?” “How can I help?”

What are your thoughts on mental health check up once a year...is it a thing, is it advisable?

- Good idea, but needs to happen more often than yearly. Many therapists do a free consultation to assess any issues.
- Patresa shared that in the medical community, there has been a movement to inquire about a patient’s mental health at the yearly Well Child checkup.

Are kids being honest in therapy?

- Ethically a therapist doesn’t keep a client if there is no issue.

Meeting adjourned at 7:44 pm by Patresa Ebersole

Next meeting March 2, 2023 @ 6:30pm in the East Hangar

Submitted by Patricia Blessant, IBPA Secretary