

# IBPA Meeting Minutes

December 4, 2023

Meeting called to order @ 6:37 pm by Tanya Flores

## In Attendance:

Michael Boykins (IB Director)

Tanya Flores (President)

Kim Mann (Freshman Rep)

Ly Tran (Treasurer)

Patresa Ebersole (Past President)

Robert Altergott (Sophomore Rep)

Lainie Mazzullo

Sueanna Budde (Junior Rep)

Trish Hileman (Vice President)

Patricia Blessant (Secretary)

Gabriela Garcia (Senior Rep)

Niti Singh (At-Large)

Laurie McHenry (IB Leadership team)

## Absent:

Holly Cole (At-Large)

Angela Demovic (Freshman Rep)

Lela Meadow-Conner (At-Large)

Mini Siddique (At-Large)

## AGENDA

### Welcome and Introductions

- Introductions - IBPA Board

### IBPA Meeting Topic: Student Health and Well-being

Krishna Parmar Licensed Clinical Professional Counselor, lecturer @ WSU, and 2015 East IB Graduate

Krishna shared four main areas to pay attention to with our students.

- Identity - Many high achieving students identify as a “good student.” We also need to help them be able to identify in other areas outside of academics to help balance out their sense of self.
- Physical Health - Our students are using their brains and bodies all day and need to be sure to provide fuel.
  - Nutrition
    - Be sure to eat enough and eat nutritiously.
    - Having convenient options on hand for meals and snacks.
  - Rest - Make sure students are resting enough. Sometimes, students feel guilt around resting - ‘if I’m resting I’m not being productive’. We don’t want to encourage this mindset.
    - Prioritize 8 + hours of sleep.

- Discourage all nighters.
- Rest can look different and is not the same as sleep - can be a nap, scrolling on phone, taking a walk, going to the movies.
- *Suggestion* - keep snacks on hand to fuel up during the day.
- *Questions* -
  - *Is there a required/recommended time for rest?* As much as is effective and efficient.
  - *Does anyone's kids actually get 8 hours of sleep?* A couple of parents shared that their children do, but others are working still on it.
  - *What about sleeping over the weekends?* Teens go to sleep later and sleep longer.

Physical activity - helps with focus, energy, sleep, stepping away from academics, good outlet for negative feelings, and gives them a chance to bond with others. Connections are made with kids that may not be in the IB world.

- Warnings - changes in sleep, changes in eating habits, mood, irritability, communication, isolating from peers, withdrawing from normal activities, joking about things they might not typically joke about (including school and self harm). Ask about things in a non confrontational way - "I'm on your side" "I noticed this and am here if you want to talk"
- How to help - Let them know receiving services is always an option. Opportunities at school, they can try talking to a teacher and outside services through private practice. Some may need once a month, some weekly. Medication management (anxiety, depression, etc). Ask what they need or what they would want before a crisis hits. Meal prep for someone who may need help with eating. Parent made a comment about being sure to listen to your child - they are doing the work. Their child switched to certificate and are now much happier. Question - how do you approach it with a child who isn't talkative even though you try to interact? Be available - make them aware that you are there. Maybe even designate specific days and times that you are there (always after breakfast, or from x to y every night). Parent shares to be vulnerable. Another parent shared to maybe have someone else talk to them. Communicate with other parents about how they are handling mental health and what they see. To be there for their mental health, you have to be there for yours. Question - where are you practicing? Central and Woodlawn - look up her full name to find info. Is a sport counselor
- Ms. Brooke Brittain East HS Psychologist
  - Primarily does evaluations and 504 plan counseling and crisis counseling

- Stress on performance - can burn out students to the point where they aren't absorbing info., less dedicated to studying
- Tips and tricks
  - Coping skills - recognize emotions, being mindful, manage expectations
  - Healthy habits and self care - setting phone boundaries, good sleep habits, physical activity, have non school related hobbies
  - Managing course load - communicate with teachers, take study breaks, be mentally present in class. Study 50 min, then 10 min break.
- District resources - support staff @ East, Mental Health Matters page, Student Connect hotline, 741741 (text line for help) - 24 hour hotline
- Got to feel it to heal it.

## Standing Agenda

- Accept Minutes from last Meeting - Motion - Trish H, Second - Robert A. Passed unanimously via voice vote.
- Treasurer's Report - Presented by Ly.
  - With October, Ly needs to go in and revise. Square payments are not finalized until month end so Ly doesn't get the info until Paula gets the info. So transactions from one month won't finalize until the next month. Last month \$90 was approved, but it was actually \$790 from October. Keep in mind that info won't be finalized until the following month. Paula will send a year end receipt if the donation is over a certain amount. Only an issue through SQUARE.
  - Income for Nov may be changed after the meeting once info comes in. Each month the current and revised amount will need to be addressed.
  - \$1210.00 as of today in addition to \$790 - donations
  - Balance \$7629.03

## IB Coordinator's Report and Requests (Mr. Boykins)

- Teacher and/or Scholarship requests -
  - Scholarships 4 students asking totaling \$531.25
    - 1 - \$24.25 (free/reduced status)
    - 2 - 2 exams being taken this year @ \$119 each but asking for fees for 1
    - 3 - 2 exams asking for \$138 (this amount is over the amount which should be \$119)
    - 4 - 3 exams asking for \$250
  - Motion - Trish to approve scholarships as read with the caveat that the \$138 request is verified for IB test cost and that amount is approved. Second - Sueanna B.
    - Approved unanimously via voice vote

- Teacher request - \$113.76 - Dr. Rhymers for IB Chem experiment, synthesis of aspirin.
  - NASCO is running a sale to equip all chem labs with aspirators. Each lab has 8 sinks to accommodate Chapman aspirators. Question - why were they not put on when the new labs were built? Boykins explained it is the district's responsibility. Dr. Mau, Dr. Rhymers teach IB Chem. Motion - Sueanna, second Niti. Approved via voice vote.
- Question - Issue with placeholder in schedule - electives were unavailable. Needs to see a counselor to find a class. Student went to counselor to find out what was available and wasn't given help in his opinion.

## Old Business

- By-laws revision update: discuss and vote at February meeting

## New Business

- Teacher holiday gifts - finish gifts for distribution
- Request for text to be sent the day before the meeting.
- A parent asked how IB can help facilitate LLS fundraiser (Leukemia and Lymphoma Society). A club sponsor would facilitate the request for use of space. Needs to find a teacher who would sponsor the effort.

Meeting adjourned @ 8:05 pm

## NEXT MEETING

- January 4, 2024
  - Membership at Large meeting - topic: College Night
    - presenters: Sue Tirukonda, Jenny Fry, Ms. Cammie Kennedy
  - We will have a board meeting following the presentations

Submitted by Patricia Blessant, IBPA Secretary