

Date: March 17, 2016  
Time: 6:45pm  
Location: ICNS in Irvine

Start Time 7:08pm  
Members Present – see sign in sheets

### **Ms. Donna & Dr. Bessel**

Discuss the book, The Whole Brain Child, which can be checked out from ICNS. The book is also available on Amazon. Dr. Daniel Siegel and Tina Payne have studied the developing brain of a child and written this book. The authors want to help families survive and thrive.

Ms. Donna gave an example about her 1 year old son climbing walls. He kept climbing a wall and Ms. Donna finally just allowed him to fall off the wall. He was more cautious afterwards. Kids can learn from their dramatic experiences.

Ms. Donna spoke about a Japanese architect, Takaharo Tzuka, who designed a unique learning environment for kindergarten. The environment did contain an element of danger for the children.

Left side of brain – logical, linguistic, linear. Puts things in order. Loves lists. Not fully developed until 20s. Right side of brain – holistic, nonverbal, emotional, experiential, autobiographical. Expecting kids to use their left brain is a high expectation since the left brain is not fully developed.

Ms. Donna and Dr. Bessel completed a role play experience. Ms. Donna stamped her feet and said that she was mad. Dr. Bessel validated Ms. Donna's experience and said that Ms. Donna seemed mad. Ms. Donna then became calmer after feeling validated.

Dr. Bessel suggested that an adult talk to a child at lower than a child's eye level. When an adult reduces height, a child feels more comfortable listening. Dr. Bessel suggests naming emotions and the child will eventually also name the emotions. Outside is also a good place to go when a child feels out of control. A child cannot be told to calm down – an adult has to calm down. Other techniques include “connect and redirect” and “name it to tame it.”

Dr. Bessel described the downstairs and upstairs regions of the brain. Downstairs – regulates breathing and responds to threats. Upstairs – higher-order thinking such as planning, analysis, and decision making. The brain can be viewed as a fist. A downward pointing thumb is the downstairs brain and the other four fingers are the upstairs brain. When children are calm, their brains look like closed fists. When children are out of control, they “flip their lids” and their thumb stays pointed down while the four fingers point upwards.

Dr. Bessel described her son, Jeffrey, as a slow dresser. She started to play games with Jeffrey to get ready in the morning. She also suggests getting a glass of water when the child is upset.

To develop the brain, ask children to use their own thinking skills. For example, when a toy is found at the playground, ask the kid about the situation. The book, No Drama Discipline, is a companion book to the Whole Brain Child.

Question was asked about kids who tattle tale. Ms. Donna suggested asking the kids what they want after they tattle tale.

Question was asked about watching television. Several techniques for television regulation such as alarms and timers were suggested.

Break 7:56pm.

Meeting resumed 8:11pm.

### **Rachel**

April 5, Ralph's field trip, in Westpark. 9:30am and 10:30am tours are available.

April 15, OC Fair Imaginology Fair at Centennial Farm in Costa Mesa. Meet at 9:30am. Event runs until 3pm.

May 13, Birch Aquarium in La Jolla. \$9 per person. One way travel time is 45 minutes. A survey was taken and a sufficient number of people would like to visit the aquarium so the field trip will occur.

### **Kristin**

Reviewed the following upcoming events:

Trike-a-thon, 3/18.

Egg Hunt, 3/24 and 3/25.

Spring Break, 3/28 – 4/1.

Earth Day Carnival, 4/22

Dad's Dessert Night, 5/6

Proposed changes to Standing Rules.

- Mandatory fundraising amount is \$100 regardless of a family's enrollment date or exit date.
- Late tuition payment merits a \$10 fine. A fine of one dollar per day for each day after the 10<sup>th</sup> of the month is proposed. For example, if you pay on 15<sup>th</sup>, you now owe \$15.

- Cleaning Day. At the end of the school year and you have not fulfilled the cleaning day, you now are fined \$100. If you do not show, you are fined \$50 and must reschedule. If you do not show and you do not reschedule, you are fined another \$100.
- Substitute teacher. \$10 per hour. Change the hourly pay to read :  
“determined by Board of Directors.”

These rules will be voted on at the next general meeting.

### **Jennifer**

3 Day Class is full.

Summer school – a child who graduated from ICNS may attend summer school. Enrollment will be opened up next Tuesday for people outside ICNS.

### **Libby & Christine**

Trike-a-thon at Echo Park. 10am – 12pm. Woodbridge ID is needed for entrance. Face painter will come. Many prizes can be won through the raffle.

A raffle for the top earners was held. Julian from the 3 day class won a TAPS \$100 card. Parking on Snow Apple or Racing Wind is suggested. Children should wear pants and dirty shoes.

### **Asako**

Cleaning on 3/19, 8am – 12pm

### **Rui**

Earth Day Carnival - 11 Activities will be held which include fort building, sorting, float building, and paper making. Cardboard boxes, plastic bottles, aluminum soda cans, glass jars, egg cartons, newspapers, bottle caps, corks, balloons, glue sticks, and straw are all needed. An email will also be sent with the needed items.

### **Kardena**

Camping on 5/21. One night at O’Neill Park.

### **Kristin**

Class photos - 4/7 for the 2 day class and 4/4 for the 3 day class.

### **Ms. Donna**

Egg Hunt – need parents to hide eggs. Younger siblings may come if more eggs are brought. Do not put treats inside the eggs. Going to start coffee can theater. Puppets are in the coffee cans.

### **Two Golden Kangaroo Awards.**

Annwen – first arts & crafts mom who cleans the brushes and paints weekly.

Asako – effectively monitors the promptness of people attending cleaning day.

Lisa makes a motion to approve the Feburary minutes. Nicole seconds.

Meeting ends 8:55pm