

**Irvine Community Nursery School
General Meeting Minutes
February 15, 2018**

Meeting called to order at 7 pm

Donna - Introduced tonight's speaker, Mark Howerton, MFT

Mark Howerton - Teaching the value of gratitude

- The hope is for the concept of gratitude to go beyond behavioral to the intrinsic
- Once kids' primary needs are met, we can engage them in higher order thinking
 - The concept of gratitude is unnatural and requires teaching
 - Gratitude goes hand in hand with empathy
 - Ex: gift receiving - receiving and giving thanks fosters a positive interaction and connection
 - It actually empowers kids to see the positive reaction when they give thanks
- Practical ways to develop gratitude
 1. Gratitude practices - prayer, highs and lows around the dinner table, etc.
 2. Gratitude journal or list on the wall
 3. Be comfortable saying no to things
 - No to things and yes to experiences that foster connection
 4. Enlist your kids to help (clean up, take care of things, etc.)
 5. Find family friendly serving opportunities
 - Expose them to idea of serving then positively reinforce (ex: going out of ice cream after)
 6. Encourage acts of generosity
 7. Manage toy volume
 - rotate toys to keep them fresh
 - work on donating toys with your kids
 8. Avoid gift giving gluttony
 - is actually anxiety provoking
 - builds expectation of being flooded by things
 9. Get buy in from family & friends
 - Around 7-8 maybe have birthday party where friends bring toys to donate instead of gifts
 10. Model gratitude

Priscilla

- Summer school packets & 2018-2019 registration packets due (with registration fee) before next general meeting
- Volunteers needed for updating by-laws and standing rules
- Teacher evaluation forms will be done online this year through Survey Monkey. Look for these in March

Wende - Fundraising

- Mak-it plates will be done at a station during school to help families if they would like to order. Plate orders due February 23.
- CPK for Ms. Donna's birthday will be on March 6th or 7th - still to be finalized
Lampost Pizza cards (\$20) will be available later this Spring. \$10 from each card goes directly to ICNS
- Boxed card sets (\$30) are still available in the school office and need to be sold

Katy - OCCPPNS Board Member Update

- Convention will be held in Orange County on March 9, 2019 at Great Wolf Lodge

Elham - Philanthropy

- OC Rescue Mission needs hygiene kits. A list of needed items will be sent to families.

Jenny - Earth Day Carnival

- Earth Day Carnival will be Friday, April 20th. Volunteers are needed.

Priti - Field Trips

- Feb. 22nd & 23rd will most likely be Fire Dept. field trip.
- Mar. 6th - Into the Woods musical at Irvine HS. Be at ICNS by 8:30am
- Apr. 4 - Legoland, \$28, under 3 is free, \$ due March 28th and you need to be at
- Legoland on the Apr. 4th to pick up your ticket from Priti
- Apr. 26th - Tucker Wildlife Sanctuary, \$6
- May 24th - Train to the beach

Marta - Trike-A-Thon

- Friday, March 23rd. Bring bikes, trikes, scooters. Still need food and raffle donations.
- There will be a toy bazaar - bring gently used toys for nominal resale at event. Everyone is encouraged to get pledges from friends and family.

Tanya - Spring USborne Book Fair

- March 14-15 and books will be available that night at the general meeting. The Fall book fair was a huge success and resulted in \$600 in books for ICNS!

Ms. Donna

- Respect for others in one of our rules
- 3-5 yr olds feel life so intensely
 - we want to get them out of fight or flight and into thinking brain
 - self-regulation: what am I going to do with all these feelings? What can we do about it?
- Key developments that signal kindergarten readiness
 - self-regulation
 - care about how we affect others
- Handout: What does self-regulation look like?

Meeting adjourned at 8:35 pm