

Irvine Community Nursery School
General Meeting Agenda
Thursday, November 21, 2019

President - Evelyn: Meeting called to order at 7:05 p.m.

1st VP- Ashley

- Introduction of Speaker- **Haley Goldberg** on *Raising emotionally intelligent children*
 - Emotional Development is emotional expression + regulation.
 - Emotional Intelligence is the most important quality we can teach our children.
 - The more EQ skills they have, the more successful they will be in life.
 - Be mindful that it is a process that can take a long time and varies with each child depending on temperament, how long and how often skills are taught and practiced. Repetition is key.
 - Social emotional development is about managing one's emotions and regulating their behavior.
 - What we have to teach (and reteach and support) our kids is:
 - Awareness
 - How to name and label emotions - build their vocabulary (ex. Understanding the difference between mad and angry)
 - Coping strategies - which allow them to calm down and sit with emotions
 - Find a solution - that is safe, fair and addresses how everyone involved feels
 - It is important to have CLEAR and REALISTIC expectations.
 - Ensure your child knows that every emotion is okay, but not every behavior is okay.
 - Time outs shut down emotions and does not teach true regulation.
 - Teaching coping strategies - 1) physical (bike ride, play ball) 2) auditory (listening to music or story) 3) olfactory (essential oils) or 4) visual (books) and allowing you and the child to figure out which one is best for them in order to find calm is important.
 - The learning happens when you can come back and discuss and problem solve.
 - Remember to give positive feedback and discuss what we can do better next time.
- Resources: www.challengingbehavior.org offers a handout on problem solving. Search the "Resource Library" button and filter by "Behavior Intervention" for the Turtle Technique .

BREAK 8:00 p.m. - 8:20 p.m.

Ways and Means - Brooke and Christina

- Sees Candy Fundraiser - Due Dec. 5th, 2019 and to be distributed the following week.
- Jamba Juice cards - Cost per card is \$10 (\$5 goes to ICNS) includes 6 buy one get one free smoothies (any size). Expires 6 months after first purchase (using app).
- Parent Night out - Dec 12th or 19th \$30 per child, \$20 per sibling.
- Little Onion restaurant fundraiser TBD.

Work Days/Scheduling Updates - Marta (Anton) and Roxi

- 2 Day update - Marta to tabulate totals which will be posted on website and at ICNS.
- 3 Day update - You have worked 9 days to date. Roxy to tabulate totals which will be posted on website and at ICNS.

Cleaning Scheduler - Darnell

- Members are signed up for Dec. 14 cleaning day. Check schedule online as it has been updated. An email reminder will be sent the Monday prior to cleaning day.

Holiday Party Update – Sarah B.

- Volunteers needed for set up and potluck.
- Theme is Polar Express - students can wear pajamas.
- Need for a hot chocolate dispenser - email Sarah if you have one.

Secretary – Margaret

- Jeff makes a motion to approve the September general meeting minutes, Solome seconds, the motion passes.
- Carey made a motion to approve the October general meeting minutes, Ashley seconds, the motion passes.

Johvan - baskets will be collected until just after Thanksgiving break. Parents can win 3 working days (\$150 value).

Donna

- 3 Day Holiday Boutique- Friday, 12/13. Donations and Volunteers needed
- Stone Soup - 2 day 11/21 10:30 , 3 day 11/22 11:00
- Holiday Party at Turtle Rock Community Center 12/7 from 10-12
- Cookie Day at Ms. Donna's house - 3 Day 12/18 and 2 Day 12/19 9am-11am
- No School Thanksgiving Holiday - 11/25-11/29
- No December General meeting
- No School Winter Break - starts Friday 12/20 and resumes Tuesday 1/7

- Kangaroo Club - New sign in sheet, changed format to require payment of all classes child is signed up for.
- 2 day class will transition to 12:00 p.m. finish time after Thanksgiving break. Make sure to leave class at 12:00 p.m. as Parent and Me class is held immediately after.
- Parent Teacher Conferences - lower scores in personal social area. “Never do for a child what they can do for themselves”. Let your child dress themselves, help prepare food, etc. in order to develop independence.
- QRAS assessment - teacher interactions were observed and evaluator said she so much kindness between parents, children and teachers.
- Evelyn - Complete a Yelp review for ICNS

Meeting adjourned at 8:48 pm.