

Date: January 21, 2016
Time: 6:45pm
Location: ICNS in Irvine

Start Time 7:06pm
Members Present – see sign in sheets

Introduction of Heidi Paynter, Portola Springs PTA member. Heidi is an ICNS alum and would like parents to join the PTA at Portola Springs Elementary. Heidi and Rubina spoke about the need for parents to join the PTA board at Portola Springs. The school size is growing rapidly. Cost is \$15 to join the PTA.

DONNA:

Tricia Poissonier is staying in France. Kristin Chan, our 1st VP, is our nominee to become the next president. Priscilla motioned to nominate Kristin. Nicole seconded the motion. No one opposed. Motion carried.

KRISTIN:

Round table discussion will be done tonight instead of a speaker.

- 1) Alternatives to TV with Evelyn
- 2) Gross Motor Activities with Christine
- 3) Keeping Your Cool with Jennifer
- 4) Bedtime Routines with Kristin and Nicole

Alternatives to TV:

- 1) Make toys more exciting by rotating them. Place all toys in five different crates. Rotate through the crates with the kids.
- 2) Reading books is a good alternative. Watching TV is a 2 dimensional, lazy activity.
- 3) Audiobooks are a good alternative and can be bought or checked out from the library. These audiobooks are useful on car trips.

Gross Motor Activities:

- 1) Gross motor skills teaches children balance, coordination, and overcoming fears. Connects the right and left sides of the brain. Develops the brain.
- 2) Skipping, hopping, rolling down hills, playing catch, jumping rope, and swinging on swings are all good activities for brain development.
- 3) Kids take gymnastics classes, swimming classes, or play in parks.

Keeping Your Cool:

- 1) Kids are developing their frontal cortexes. Recommend reading the book, The Whole Brain Child, by Daniel Siegel.
- 2) Common difficulties include kids not listening to instructions the first time, whining, and refusing to eat dinner. Setting up expectations before activities can help.

Bedtime Routines:

- 1) Brush teeth in a production line with more than one child. Read stories and then go to bed.
- 2) Sometimes a nap should be shortened to sleep through the night.
- 3) Complete a ritual every evening – dinner, play time, bath, brush teeth, potty, pick 1-3 books, turn off the lights.

7:55pm Meeting stopped for a break

8:14pm Meeting resumed

KRISTIN

- 1) Asked for parents who are interested in summer school. Students must be 3 by 6/1/16 and be potty trained. Maximum age is 5. Summer school meets Monday through Thursday from 9am to 12pm for 2 weeks. Cost is \$225 for 8 days.
- 2) Summer school is capped at 24 students. Summer school can start either 6/13 or 6/20. More people were interested in the 6/20 start date and summer school will start on 6/20.
- 3) Ms. Tanya will teach summer school. Parents still volunteer during summer school. Parents will volunteer only once during the summer school session.
- 4) Many open board positions for next year. President, 1st VP, and 2nd VP need to be filled before the school year ends.
- 5) Board members get first pick of working days. Board meetings are held at Ms. Donna's house.
- 6) Mark Pauza will be next year's Ways & Means chair.
- 7) Friday (2/12) and Monday (2/15) are holidays.

JENNIFER

- 1) Needs a membership chair replacement who she can train now. Registration is starting soon and the new membership chair needs to learn about the registration process.
- 2) Registration fee is \$75. Current ICNS families have registration priority before open enrollment starts. Registration packets are due on 3/17.
- 3) 2/25 is preview day.

CHRISTINE

- 1) Ms. Bushra's birthday party is on Tuesday, 2/9, at Wahoo's at the Spectrum. ICNS receives 20% of the proceeds from Wahoo's. ICNS made \$234 from Ms. Tanya's birthday night at Ruby's.
- 2) Trike-a-thon's Chair is Libby. Each family must contribute \$100. Coffee and breakfast items will be available for purchase. A pizza lunch will also be available. Face painters and balloon artists are needed. A raffle will happen and donations are needed. 4 Disneyland tickets have been donated for the

raffle. Drivers licenses will be made for the kids. Kids may ride scooters instead of bikes. Kids must wear helmets. Event is on 3/18 from 10am to 12pm.

3) Pancake breakfast chair is Faiza. Dads can bring the students from 8am to 9:30am. Donations are needed and all supplies should arrive at the school by 2/5.

ASAKO

1) Cleaning day is Sat, 1/23.

RACHEL

1) Fire station visit on 2/16 and 2/26. Will occur during school hours. No siblings allowed. Only working parents will attend.

KARDENA

1) Camp out will be held on 5/21 at O'Neill Regional Park. Over 100 people attended last year. \$20 for each family.

DONNA

- 1) Will be gone from 1/28 to 2/3. Ms. Tanya needs someone on 2/3 who will stay for Kangaroo Club.
- 2) Changes to the working lists must be changed on the paper listed at the school.
- 3) The 3 Day class will begin eating through the alphabet and it starts on 2/1.
- 4) 2/2 & 2/3 is an IUSD health screening. Consent form must be submitted. Two ICNS nurses will examine hearing, sight, height and weight.
- 5) 2/10 & 2/11 will celebrate Valentine's Day. Do not send candy or treats. Make Valentines and only put down your kid's name. Do not address the card to an individual student. 24 kids in each class.
- 6) Active listening is important. Children learn listening skills through observation and practice. Recommends stating, "I have a message for you," before speaking. Do not let children run away before you are finished talking. Active listening will help children leave the classroom faster.

TANYA

- 1) Kids needs to leave quickly after class ends.
- 2) No Kangaroo Club on 4/20. The date has been moved to 4/27.

Alex makes a motion to approve the November general meeting minutes. Priscilla seconds. Motion carries.

Meeting adjourned at 9:02 pm.