

Indian Hills Committee for Parent Involvement (CPI)

Thursday, November 18, 2021

General Council Meeting

Call to order at 11:47 am.

Welcome and Introductions- Shannon Crownover, Becky Eschete, Suzy Hider, Alicia Emanuel, Alisa Clark, Stacey Artikov, Dr. Christensen, Mr. Sinram, Meri Grogan, Elizabeth Larson and Mary Williamson

Secretary's Report-September meeting minutes. Stacey motions, Becky seconds, all approve, motion passes.

Treasurer's Report- Financial Report through Oct. 31, 2021. Income came in from fundraiser, donations, directory, and apparel. Paid insurance. May go over teacher appreciation line item to cover teacher meetings. Fall fundraiser prizes will go over budget because now awarding two teams instead of one. Alissa motions, Stacey seconds, all approve, motion passes.

Standing Committee Reports-

Directory- should be distributed this week or early next week. Anyone who donates \$25+ towards CPI gets a free directory.

Career Day (Meri Grogan)- Sending out a survey to students to see who they would like to have as speakers. Thinking of offering in-person speakers and virtual speakers.

Conference Meals- Chick-fil-A and Jimmy John's.

Fall Fundraiser- Prize lunch is next week. Fundraiser was a huge success.

Old Business-

1. Fundraiser Update-2. Upcoming Events
 - a. Career Day- April 6, couple hours in the morning
 - b. 8th grade Party- Mary, Becky, Alicia and Alissa.
3. CPI Slate Openings
 - a. Staff Appreciation- Meetings
 - i. Two new chairs- Tiffany Deal & Suzy Hider
 - b. Dances/Mixers
4. PBWorks Reminder- where CPI keeps information for future committee chairs.

New Business-

1. Season of Giving Concert Signups- come early/stay late to help count money
2. Toys for Tiger Shopping Signup- IH goes to shop at Target Nov.19
3. Fundraiser Lunch Helper Signup
4. Speaker Ideas for next meeting- Feb meeting will be about signing up for classes.
Need April meeting idea

Adjourn- 12:26 pm

CPI Parent Meeting

Introductions for Board and Committee Chairs- 18 attendees

Fundraising Update- Raised approx. \$26,000 which is more than goal. Will go towards funding activities throughout the year. Prize lunch is being rewarding to two teams on Monday, Nov. 22.

Season of Giving/Toys for Tigers- Partnered with Clive Human Services to Feed the Pod. Season of Giving is with music concerts and ask for monetary donations towards the art programs. Toys for Tigers is having students going to Target Nov. 19 to shop for toys and donate to Clive Human Services. CPI handles all the money for this and shops for toys as well.

Sleep, Navigating Technology and Social Media:

Dr. Shane Christensen, Zac Sinram, Lindsey Cunningham, Joe Rich, and Officer Chris Brown.

- **Sleep-** Adolescents need at least 8-10 hrs a night. Try to get to bed and wake up at the same time every day. When tired: tasks become harder, more likely to be depressed or angry, affects growth. Parents can help by creating a consistent night time routine, avoid caffeine after a certain time, put away electronics at least 30 min before bedtime, and keep devices in silent mode or in another room.
- **Navigating Technology-** Pros: many uses and learning tools, learning forms of communication. Ways to help: set limits on use, model for kids on finding time for other things away from technology, brainstorm together on what a fun activity would be. How to Monitor this: Where are phones kept at night? What time do they go to that spot? Things to talk through with social media (bullying, threats, pictures, location tracking, notifications). Try to be friends on all apps with your kids and have them go over their account with you. A great parent resource is www.smartsocial.com.

Q&A with Dr. Christensen-

- Great to get kids outside- If weather allows, the kids go outside after lunch every day for as long as possible.
- Is lunch shorter on Wednesdays? Amount of time to eat is the same every day. Kids are encouraged to finish their lunch even if time is up.

Adjourn at 1:32 pm.

Next meeting is Feb. 17 and April 21, 2022