

CPAC Meeting Minutes  
September 14, 2023

Roll call: Tyler Wenger, Grace Irvin, Eric Stender, Marilyn Stout, Betty Edison, Nancy Robertson, Pam Johnson, Lauren Harms, Nevaeh Lusher, Isabel Shields and Amy Shields.

Eric opened the meeting at 3:20 and began by introducing Miss Amy Shields who teaches at the middle school. He also told the students who were present that they could excuse themselves at any time they needed to leave. He asked for a motion to approve the minutes from the August meeting. Carl moved to accept the minutes. Nancy seconded. Motion carried.

Treasurer's report: The treasurer's report showed a balance of \$4,604.93. Betty moved to accept the report. Nancy seconded. Motion carried.

Old business:

The IGA cookout was a success. Students who helped were Isabel Shields and Zoey Thomas.

The C3 mentoring meeting on August 14<sup>th</sup> was pretty well-attended. Eric thanked Pam for making the arrangements and providing refreshments.

The first meeting with students was held on September 6<sup>th</sup> at the park. Each mentor has two students to mentor. All mentor forms have been turned in. Mentors were challenged to work on a one month SMART goal. Students will set SMARTER goals in October. It was suggested to give students ideas or starter questions to help them think of a goal. Eric noted that goals are important and a way to get things done.

Nancy asked if there was anything besides ice cream that students would like as a refreshment or treat at the first meeting in the park. The student reps suggested giving students a choice of candy or candy bars.

Postcard INVITE- Miss Shields said that she had received the invitation. Eric noted that we have a teacher representative from both the grade school and the high school, but, as yet, none from the middle school. Teachers who attend two regular meeting during the school year are eligible for a \$50 grant. Student representatives are expected to attend five meetings or events and teacher representatives are expected to attend at least three out of twelve meetings.

New business:

Chestnut- Youth prevention education starts next week for 6<sup>th</sup> and 7<sup>th</sup> graders during health class.

Tyler showed us the poster that's for the alcohol campaign and said that they are working on a banner that will go out to all schools that Chestnut serves.

Next year, 2024, is an IYS year. Registration started on September 5<sup>th</sup>. Eric asked the students about rules in their households. Students agreed that they had a clear understanding that they should not use alcohol or drugs. They also noted that some parents don't get upset because they think that that's what kids do, and they also noted that some students don't take the survey seriously. Eric said that our message to parents is that this is the time to have those conversations and we are trying to equip parents with ways to get the conversation started. Recovery walk- ROSC helps those in and out of recovery. This year's walk is in Logan County on September 30<sup>th</sup> from 1-3 at Scully Park in Lincoln. The walk celebrates recovery. People will share their stories, and there will be networking with organizations. The event will end with food and a message of hope. Next year, the walk will be in Mason county.

Drug take back will be on October 28<sup>th</sup>.

Prevention plan- Stickers with positive messages will be placed on popcorn bags at sports events.

Red ribbon week is October 23-31. The theme is "Be Kind to Your Mind." This event is run by the school. Last year Interact, Student Council and NHS helped. CPAC is also available to help.

Other discussion- Sheriff Anderson would like the police department to have some involvement with CPAC. Carl said that the HAP team will have a cookout at IGA on drug take back day. Mentoring is off to a good start. The name tags look good and lanyards will be available in October. The flags are looking a little tattered. We may consider replacing them in the future.

Confirmation of the next meeting: The next meeting is on October 12<sup>th</sup> at the Mason City library at 3:15 PM.

Adjournment: Carl moved to adjourn. Pam seconded. Motion carried.

Respectfully submitted,

Marilyn Stout

### C3 Mentoring Notes

At the October meeting, students will be setting SMARTER goals. In the past, setting goals has been discussed within the pods. Is there a way to slow down the process to give students time to think about a goal? Some ideas were to preview goal setting the meeting before or showing a video about goals. Role playing was another idea.

How do we remind students about their goals? Mentors could check in with students. There could be two forms – one for mentors and one for students. Parents and students could be reminded online. Students could have their goals posted inside of their lockers on the door. Grace will work on a design and check pricing for magnets that could say SMARTER or with a cougar. CPAC could purchase several years' worth of magnets at one time.

Is there any follow through on the character trait of the month? Character traits are discussed in pods, but there seems to be no intentional school time spent on character traits. Could an email be sent out at the beginning of the day or could morning announcements include the word (character trait) of the day? There needs to be a discussion with the staff about reinforcing and reminding students of the character traits that they should be working on.