

☐ -STUDENT LEADERSHIP DEVELOPMENT PROGRAM: - Welcome Meeting

- Overview and Expectations

WHAT?--> CPAC - Student Leader Development Program

CPAC promotes, models, and teaches positive life choices, especially when it comes to drugs/alcohol. We started in 2009 and work closely with Illini Central. We are moving forward as a group to continue to promote positive choices for our teens so that we can build towards a brighter future.

WHY?--> Citizens for Positive Adolescent Choices is looking for some Illini Central High School student perspectives on our group's efforts to promote positive teen choices, when it comes to teens avoiding drugs and alcohol.

HOW CAN I HELP?--> Participate in a minimum of (5) meetings or events throughout the school year. Our meetings will begin on August 10th 3:15pm at the Mason City Public Library and last about an hour. Future CPAC meetings are at 3:15pm on the 2nd Thursday of each month. We will also be planning several events to get involved with.

WHY SHOULD I HELP?-->

- Community Service Hours.
- Promoting a bright future of positive life choices at IC.
- Become familiar with the inner-workings of a non-profit.
- Great resume builder for applications, scholarships, work or college.
- Potential for scholarships after graduation.

Questions for discussion:

- 1)What were some highlights from the C3 Mentoring Program last year? Areas of improvement?

- 2)What are some ways that high school students deal with pressure, stress, or feeling overwhelmed?

- 3)What has been your experience on feeling pressure to get involved with drugs and alcohol?

Other Questions from the group:

NEXT STEPS:

This Saturday, August 12th - IGA cookout 10am-1pm (10:00-11:30 or 11:30-1:00)

CPAC Fall Meeting Dates: SEPT 13 / OCT 12 / NOV 9 / DEC 14

ORDER OF BUSINESS / OFFICIAL AGENDA

1. Roll Call -
2. Distribution and Approval of the Minutes of the preceding meeting → __motion __ second
3. Distribution and Approval of the Treasurer’s Report: **\$4,122.38** →SAME __motion __ second
4. Reports of Committees -
5. Reports of Officers -
6. Old Business – (since last meeting)
 - a. CPAC table @ this week’s orientation for 6th & Freshman
 - b. C3 Mentoring - volunteer recruiting
 - c. Busy August!
 - d. CPAC on Chestnut/regional Canva (online design studio / media / templates)
7. New Business
 - a. Chestnut Health Systems Team

b. Prevention Plan overview 23-24 (our typical prevention projects)

COMMUNITY	HIGH SCHOOL	MIDDLE SCHOOL	GRADE SCHOOL	C3 SOPH. MENTORING
Your Actions Matter Sticker	Back to school Orientation	Back to school Orientation	LINKS / Character Champ.	(year 13) Class of 26
Rx Take Back	Student Leaders Dev. Prog.	Too Good for Drugs	Events support (Carnival?)	Character Development
Website / Social Media	Positive Messages/SPORTS	Positive Messages/SPORTS	Musicals	Facilities Use Requests
	Positive Prom / Red Ribbon	Hidden in Plain Sight?		

c. 2023-2024 prevention plan / efforts - upcoming

- IGA - CPAC **Cookout** Saturday, August 12th [9:30-1:15] (serving 10-1)

ERIC / CARL / STOUTS / BETTY / PAM

Fall Prevention Projects:

- Sports Messaging - Popcorn Bags ICHS Volleyball + ICMS
- Red Ribbon Week - October 23-31 Theme, "Be Kind to Your Mind. Live Drug Free
- Rx Take - Back October 28, 2023, 10AM to 2PM
- other:

SEPT 13 MEETING PLAN -----
OCT 12 MEETING PLAN -----

8. Confirmation of next meeting date(s): **9/13 3:15pm** at Library + Zoom (OCT 12/NOV 9/DEC 14)
9. Adjournment __ motion __ second

C3 2023-2024 Discussion Points:

- Class of 26 estimated 45 students / 20-22 mentors MORE NEEDED: _____

CLASS OF 2026

- || Access:** available on-campus, in-person. Google Classroom access
- || Method:** In-person / using Advisory for Pod formation online Google Classroom access
- || Space:** Gym in chairs
- || Planning:** C3 Planning Committee on Zoom
- || Structure:** Monthly in _____ Pods during the time slot of **1:05-1:45 pm**
- || Training** STAGE **12:30** Mentoring Meeting // **Possible Topics:** _____
- || Dates:** first Wednesdays (8) DATES: 9/7, 10/5, 11/2, 12/7, January Event, 2/1, 3/1, 4/5, 5/3
- || Mentor List** COMPLETE

C3 "PLAYBOOK" - content from previous year(s)

C3 Content Sketch

- September Connection / Pod Mixer / Interest Survey / Ice cream @ Park
- October Responsibility -SMARTer goals (1MO)
- November Respect SMARTer Goals - update, COMMON GROUND /JUST LISTEN - 4 Topics
- December Kindness Pick-a-side icebreaker / Ornaments, Discussion Sheet
- January (Coffee & Connect) @ school First avail. Wednesday of January (same time)
- February Integrity Pizza Activity TO DO: _____
- March Self-Discipline Ideas: Phone Challenge for March / Krispy Kreme (like marshmallow test)
- April Perseverance Ideas: Sour Candy / Puzzle Piece / Climbing Wall
- May3 Year-End Lunch + Activity / Planning Committee /

LAST YEAR'S LIST:22

CAROL WITTS	BRIAN DURBIN	BONNIE DUNKER
JOYCE AGGERTT	CHERYL HARFST	MIKE NICHOLS
LOIS DUEWER	JOHN WITTS	JIM SPRINKEL
CHRISTINE STENDER	JORDAN HARRIS	NANCY ROBERTSON
PEG SPRINKEL	JOHN BILNER	BETTY EDISON
BARB RODGERS	MOLLY SPENCE-HAWK	CARL DUEWER
LUKE WOLFORD	MARI WHITNEY	PAM JOHNSON
_____	_____	ERIC STENDER

Ideal w/42 students - 7 pods, 6 students each (42), so 2:1 ratio, need 21 mentors + _____
Actual students count _____ Actual Layout

TOP 3 OBJECTIVES OF C3 MENTOR CONNECTION MEETING ON MONDAY, 8/14 6:30PM

(options: Forms, Interest Inventory, desired areas of training desired, IC admin welcome)

** possible interest in doing a mini C3 for select Middle School Students THIS YEAR