

“Working toward a brighter future by promoting, modeling, and teaching positive life choices”

☐ -STUDENT LEADERSHIP DEVELOPMENT PROGRAM: - Welcome Meeting (first 30 minutes)

- 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 8th 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 of feeling pressure to get involved with drugs and alcohol?

Other Questions from the group:

NEXT STEPS:

CPAC Fall Meeting Dates: SEPT 12 / OCT 10 / NOV 14 / DEC 12

CPAC Meeting Agenda **08.08.24 3:15PM (& ZOOM)**- CPAC (Citizens for Positive Adolescent Choices)
“Working toward a brighter future by promoting, modeling, and teaching positive life choices”

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: **\$4942.70** → __ motion __ second
4. Reports of Committees - Scholarship Team progress
5. Reports of Officers -
6. Old Business - (since last meeting)
 - a. CGTi - 3 students attended (Lauren, Isabel, and Macy)
 - b. C3 Meeting with IC admin on implementing the “Real ME” material for C3
 - c. Emails sent Student Leader Development Program: (4 Juniors)
 - d. IGA cookout - raised \$308

7. New Business

- a. CGTi - 3 students attended (Lauren, Isabel, and Macy)
 - Ways to improve connection between our non-profits and our school? .
 - What ideas/projects sounded amazing to try at IC, how can CPAC help?
 - What team-building or group games would be great to introduce to C3 mentoring?
 - Our group is concerned about the dangers of teen vaping, was there anything that CGTi addressed that would be good to share with our community?
 - Workshop Insights:

b. Student Leadership Development Program

SENIORS: Lauren Harms, Krisyln Dietrich, Neveah Lusher, Isabel Shields, Zoey Thomas

JUNIORS: Xavier Stark, Regan Harris, Olivia Golden, Piper Flatley

c. Chestnut Health Systems Team

d. Back to School Orientation (6th and Freshman)

6th - Wednesday, August 7th 6-7:30pm

FR - Thursday, August 8th 6-7:30pm

e. Prevention Plan overview 24-25 (our typical prevention projects) shaded = current

COMMUNITY	HIGH SCHOOL	MIDDLE SCHOOL	GRADE SCHOOL	C3 SOPH. MENTORING
Your Actions Matter Sticker	Back to school Orientation	Back to school Orientation	TRUNK/TREAT OPTION	(year 14) Class of 27 PREP
Rx Take Back	Student Leaders Dev. Prog.	Too Good for Drugs	LINKS / Character Champ.	Character Development
Website / Social Media	Positive Messages/SPORTS	Positive Messages/SPORTS	Events support	Field Trip/Year End
Wind Grant (Mason Co Found)	Positive Prom/ Red Ribbon	Hidden in Plain Sight SP24?	Musicals?	May Mentor Lunch /Recruit

f. C3 Connection Meeting on Monday, August 19th @ St. Luke’s 6:30-8:00

g. Other items

8. Confirmation of next meeting date(s): **SEPT 12TH 3:15pm** Fall 24 PREV PLAN // C3// RED RIBBON + OCT 10 // NOV 14 // DEC 12
9. Adjournment → __ motion __ second

C3 2024-2025 Discussion Points:

- Class of 27 estimated 45 students / 27-29 mentors MORE NEEDED ??

CLASS OF 2027

- || Access:** on-campus, plus Google Classroom access
- || Method:** Small Group / Character focus / Pod formation
- || Space:** Gym in chairs circles
- || Planning:** C3 Planning Committee
- || Structure:** Monthly in 8 Pods during the time slot of **1:05-1:45 pm**
- || Training** STAGE **12:30** Mentoring Meeting // **Possible Topics:** _____
- || Dates:** first Wednesdays (8) DATES: 9/4, 10/2, 11/6, 12/4, 1/8, 2/5, 3/5, 4/2, 5/7
- || Mentor List** COMPLETE (includes up to 29)

2024-2025 Actual Layout

45 students / 27-29 Mentors -- could do 8 pods (2 bigger w/ more 1-1 weak support) Superpods 45 PODS OF

last year's notes:	3 MENTORS / 6 STUDENTS	15 // 30	2 PER
1 POD OF (+2)	4 MENTORS / 8 STUDENTS	4 // 8	2 PER
1 POD OF (+1)	4 MENTORS / 7 STUDENTS	4 // 7	2 PER (1 Mentor has 1)

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
Another option: (shoes...walk a mile in their shoes/Respect Situations
 - December Kindness Pick-a-side icebreaker / Ornaments, Discussion Sheet

 - January (Coffee & Connect) 1/10/24 (same time)
 - February Integrity Pizza Activity TO DO: _____
 - March Self-Discipline Ideas/ **Subway Cookie** (1 now, 2 later)
~~JUST LISTEN~~ 4 Topics
 - April Perseverance Ideas: ~~Sour Candy / Puzzle Piece~~ / Guest Speaker: Leann Courson
- 04.16.24 "Field Trip" TUES-** April 16th (possible target Tuesday 4/16) at White Oaks location 10-1
MENTORS ARRIVE JUST BEFORE 10:00 am (at upper (south) entrance by Dick's
- May 1 Year-End Lunch + Activity / Planning Committee
- "Mentor Appreciation Lunch" (poss. Wed May 8th)@ **Do Drop + Onboard New Mentors!**
- Mentoring Connection/Orientation Meeting - Monday, August 19th 6:30 @ St.Luke's

THIS YEAR 2024-2025:

We'll introduce and utilize the Real ME approach for the majority of first semester
Then in the second semester, we'll move from what we learned about ourselves into some of our typical character-related material. Our CPAC C3 Mentoring Team will plan out the specifics.

WORKING LIST FOR C3 MENTORING VOLUNTEERS

have more phone numbers on file

1. Joyce Aggertt	aggerttj@hotmail.com	
2. Laura Angotti	coachlaura7@gmail.com	Phone 515-249-2934
3. Pam Babbs	psbabbs@gmail.com	
4. Mary Caldwell	marysings53@yahoo.com	
5. Carl Duewer	aaagreenhouse@abelink.com	Phone 1 (217) 871-3555
6. Loisd Duewer	aaagreenhouse@abelink.com	Phone 1 (217) 871-3555
7. Noah Dunham	noah.dunham2@countryfinancial.com	
8. Bonnie Dunker	dunker56@outlook.com	Phone +1 217-899-0556
9. Betty Edison	bedison53@casscomm.com	Phone 1 (217) 482-5281 1 (217) 671-5686
10. Lance Giesler	lance@mason-city.com	Phone +12177379040
11. Jordan Harris	jordan@masoncitychristian.com	Phone +1 219-308-9726
12. Pam Johnson	4johnsons2009@live.com	Phone 1 (309) 530-6849
13. Taryn List	imtarynitup@gmail.com	Phone (309) 287-1591
14. Josh McClallen	jmccallen40@hotmail.com	
15. Julie Mills (ALT?)	juliemills9463@gmail.com	Phone 312-343-9463
16. Mike Nichols	mike@masoncitychristian.com	
17. Tracy Olson	tracy.olson.gscg@statefarm.com	
18. Nancy Robertson	nancy.robertson59@icloud.com	
19. Barb Rodgers	barb56@casscomm.com	
20. Molly Spence-Hawk	mspencehawk@gmail.com	
21. Jim Sprinkel	jinsprinkel@frontiernet.net	
22. Peg Sprinkel	pegsprinkel@gmail.com	
23. Christine Stender	stenders03@hotmail.com	
24. Eric Stender	stenders03@gmail.com	Phone (217) 414-4018
25. Mari whitney	mari.whitney@gmail.com	Phone 217-899-9623
26. Carol Witts	jcwitts@yahoo.com	
27. John Witts (ALT?)	jcwitts@yahoo.com	
28. Luke Wolford	luke.wolford@gmail.com	
29. Jim Winkleman		

NOTES:

30 ADULT INDICATORS

26 SOLID //

Could do 8 pods (#1-8) 3