

CHMS General Meeting Agenda
February 13, 2020

In Attendance:

Principal: Levi Brown
President: Kathie Cihlar
Co-Vice Presidents: Jenny Driscoll and Michele Schukegel
Treasurer: Stephanie Stern
Communications Chair: Jen Coffey
Secretary: Courtney Stach

Guest Speaker: Christine Trainer, Board Certified Health and Wellness Coach

Agenda:

1. Welcome & Call to Order 9:05am (Kathie Cihlar)
 - a. Approve November meeting minutes from the 11/14/2019 General Meeting.
 - i. A motion was proposed to approve the minutes from the November 14th, 2020 meeting. The minutes from the NOVEMBER 14, 2019 GENERAL EXECUTIVE BOARD MEETING were approved.
2. Long Range Planning (Kathie Cihlar)
 - a. Exercise Equipment for PE classes has been part of our 2019-2020 long range plan along with a phased out sound panel plan to soften the decibels of noise in the lunchroom/cafeteria for students and staff.
 - i. The excess funds/unrestricted cash will be used from Turnabout Fundraiser: the amount we raised was \$6,018.
 - ii. We have excess/funds unrestricted cash from additional fundraising/cost savings, projected funds for 6/30/2020 is \$15,857.
 - iii. Savings Reserve: \$35,000
 - b. Sound absorbing panels for the cafeteria are another key long range planning purchase item to better the school.
 - i. Kathie Cihlar, Board Co-President, made a motion to approve the items we're buying with the long range planning monies: exercise equipment and sound panels.
 - ii. Review of Exercise Equipment being Purchased for CHMS
 1. Exercise Equipment for Gym Class
 2. D181 will partner with CHMS, by paying half of the exercise equipment. The cost to CHMS will be approximately: \$5,215.
 - a. Proposed Equipment to Be Purchased.
 - i. 4 TRX Sets at \$184 each/\$736
 - ii. 5 Assault Bikes \$649 each/\$3,245
 - iii. 6 Concept 2 Rowers \$877 each/\$5262
 - iv. Plyo Boxes a Full Set \$85 each/\$350
 - v. Exercise Sandbags, Price Varies on Weight: \$170
 - vi. TOTAL: \$9,763
 - iii. Soundproof Chicago is providing the panels. These are soundproofing wall panels (fabric wrapped) and used to absorb sound.
 1. Each wall has a separate quote for sound panels and the project is proposed to be done in phases.
 - a. The West Wall is \$3,470.28.
 - b. The East Wall is \$3,629.64
 - c. The South Wall is \$3,988.80
 - d. The North Wall is \$2,758.17.
 - e. TOTAL: \$13,846.89

- iv. This amount is contingent on the money and the availability in May. Since the project can be done in phases, the P.T.O. will determine how many walls we are able to complete at the time.
 - v. A Motion was made to purchase the exercise equipment and the sound panels in phases and as monies become available through the P.T.O. fundraising.
 - vi. The motion was seconded and approved on 2/13/2020.
3. Activities, Events & Fundraising (Kathie Cihlar)
- a. Pizza Wars & Eagle Jam will occur on Mar 24, 2020 from 6:00-8:00pm!
 - i. We currently have (7) sponsors for the Pizza Wars and are still in the process of recruiting more!
 - 1. Daisy Dash, Band & Wire, Empire, Wizards, Energie, Breakaway Basketball & Barre 3
 - ii. We have (8) Pizza vendors participating in Pizza Wars this year!
 - 1. Brama la Pizza, Giordano's, La Barra, Lou Malnati's, Papa Passero's, Sarpino's, Salerno's and Zazzo's.
 - iii. There will be (3) Earbud Raffle/Games and the Talent Show!
 - iv. Talent Show (Courtney Stach)
 - 1. We launched the TALENT SHOW recruitment for TALENT 2/12/2020!
 - 2. We have signage posted around the school and push messages through Jen Coffey and the P.T.O. communications.
 - 3. Rich Lehman, Carolyn Dobrinich, Kim Schnowske and Ashley Rasmussen are all working to help recruit and bring AWARENESS among the students from the musical, band and other events around the school.
 - 4. We have (4) students who have signed up: 1 for talent show try-outs and 1 to assist and then we have (5) Emcees!- AWESOME!
 - 5. Julie Boruff has been a SAINT in helping Courtney Stach and Lisa Deering carry the torch on this endeavor with guidance and technological experience.
 - 6. Advisory and the teachers and staff are working to push the message out to the students and the timeline is as follows:
 - 7. EAGLEJAM TALENT SHOW:
 - a. Feb 12- Announcement in P.T.O. Newsletter/Push Messaging
 - b. Feb 18 - Announcement via Carmen to School
 - c. Feb 19 - Advisory Videos
 - d. Feb 26 - Lunch Sign Ups for CupCake Wars and Talent Show
 - e. March 3 and 4 - Try Outs in the Cafeteria 3:30-5:00pm
 - f. March 9 - Results Posted on Bandroom Door for the Talent Show
 - g. March 16/17 3:30-5:00pm - Talent Show Rehearsals for the Group
 - h. March 23 - Dress Rehearsal for Stage Crew; Lights and Talent 3:30-6:00pm
 - i. March 24 -Eagle Jam Talent Show and Pizza Wars 6:00-8:00pm at CHMS
 - b. D181 Cares: Clothing & Supplies Drive - Feb 24 to Mar 4, 2020
 - i. There will be boxes in the lobby for collections at CHMS and D181 schools.
 - ii. There is going to be a packing event at Walker School on March 5th.
 - iii. They take new or gently used clothing and books and toys.
 - c. Brick Sales will be in the Newsletter too.
 - d. Stuff the Squad Save the Date - April 20-24, 2020
 - i. There will be boxes in the lobby that week.
 - ii. We felt doing a week long drive brought more goods than a 'single day' to stuff the squad.
 - e. Eagle Eats (Jenny Driscoll)
 - i. Village Gourmet is partnered with us for fundraising.
 - ii. Jenny told the group to go to Village Gourmet today (February 13, 2020)!
 - iii. Note: Eagle Eats new logo and posters on the parkway for our P.T.O. fundraisers!
4. Executive Board/Committee Chair Interest/Recommendations for 2020-21 (Jenny Driscoll & Michele Schubkegel)
- a. Recruiting for Board Members at the Schools
 - i. Walker and Prospect will put blurbs in the newsletters to help recruit potential Board candidates.

- ii. Levi does go to the D181 meetings and will make announcements.
 - iii. Michele stated that there are still a couple committees still to be filled.
- 5. Budget Update (Stephanie Stern)
 - a. As of 1/31/2020, the PTO had collected nearly \$71,000. The third Spirit Lunch occurred in January, and while it earned \$150 less than budgeted, the first three lunches combined still earned \$600 in excess of budget. In January, we also received unbudgeted income of \$110 from the second Eagle Eats fundraiser. Finally, two families new to CHMS joined the PTO, so Dues increased by \$80 and Graduation Fees by \$35.
 - b. Expenses totaled almost \$13,000 through 1/31. In January, we reimbursed Anderson's nearly \$3,000 for the Fall Book Fair, but \$2,400 is still available to spend on Media Center Support. Almost \$3,000 remains in the Events budget for a school event or speaker yet to be determined. The Classroom Supplies/Support budgets for all three grades still contain significant funds: \$5,200 for 6th, \$3,900 for 7th and \$2,000 for 8th. In accordance with our bylaws, Strategic Planning expenditures of \$6,000, equal to the positive variance in Turnabout donations, is being presented for approval at the 2/13/2020 PTO General meeting.
 - c. Our cash balance at 1/31 is \$107,000, but in addition to \$42,000 of remaining budgeted operating expenses, we still owe four vendors for upcoming Spirit Lunches (for which we have already recorded income). As a result, we project a cash balance of \$61,000 (only \$15,000 of which would be unrestricted) at our fiscal year-end.
- 6. Principal's Update (Dr. Levi Brown)
 - a. Social Media and Social Emotional Wellness were our two areas for improvement.
 - i. The CSCI was successful and we had the necessary participation required from parents and students.
 - ii. We did see marked improvement in two areas that required improvement from 2019: Social Emotional and Social Media.
 - b. MAP scores went home last Friday with the kids.
 - i. They are going to upload the scores to Skyward in future to help parents.
 - ii. IAR, MAP, ISA will all be uploaded for parent ease and management.
 - iii. The 6th/7th grade students received a free homework weekend due to 50% meets or exceeds on their Spring MAP scores.

GUEST SPEAKER: CHRISTINE TRAINER

- 7. Mindfulness, You & Your Family with Christine Trainer (Marie Stimaitis)
 - a. Introducing Board Certified Health and Wellness Coach: Christine Trainer
 - b. April 16th is our next General meeting
- 8. Treating the Mind, Body Connection
 - a. Her focus is on sleep, hormones, moods and exercise.
 - b. Traditional medicine doesn't address these areas of health and wellness that we need in our fast paced world.
 - c. How much water do you drink? How much motion do you get a day and how much sleep?
- 9. Mindfulness with You and Your Family
 - a. Christine is a certified Yogi and Meditation Expert.
 - b. Clean Eating and a Plant Based Lifestyle help to become more healthy.
- 10. How to Anchor Your Family Using Mindfulness
 - a. Primary Food and Secondary Food
 - i. Mindfulness- state of active intention, shift your mindset. Get rid of the inner self critic.
 - ii. Allow the freedom to acknowledge your thoughts.
 - iii. Clearing Your Mind
 - 1. Meditation, Deep Breathing, Listen to Music, Cleaning House, Observing Thoughts
 - 2. Clear Your Mind...it's so simple. Make a List with columns: done immediately, done later, delete column where stressful items go and to-be-done column.
 - a. You take everything in and on your mind...write a list of everything on your mind.

- i. List your everyday tasks: Install a filter in your basement, doctor, nails, finish a book, pay a bill, speak to a teacher.
 - ii. Another sheet of paper: to be done, maybe later and a delete column.
 - iii. Delete columns...and really delete them. Thoughts that take up space and we don't need are causing useless real estate.
 - iv. To Be Done is the prioritized column. A clear mind helps us make better choices.
 - v. It's a practice to help our kids.
- b. Manage Your Breath and Breathing
 - i. Inhale expand, exhale and contraction. We did a few of these exercises as a group with Christine as our guide.
 - ii. On your inhale think 'SO' (individual self) and and exhale think 'HUM' your (higher self).
 - iii. Christine said that as you are doing that, choose the setting on the screen where you can visualize waves, expanding and receding like the ocean
 - iv. She said that it's something I give to my sons, for example, when they are anxious before a try-out. It's good to make those better choices and release stress.
- c. 4-7-8- Breathing Exercise
 - i. We are shutting everything off...I just want to put my head on the pillow.
 - ii. You can do it at a stoplight. You place your tongue on the ridge of tissue above your teeth, and close your mouth. You inhale 4-5-6-7-8 and hold and exhale 1-2-3-4-5-6-7-8. This has so many benefits and do it at least (4) times to really feel the benefits to let go and be present. Be careful because you can get dizzy, so practice at home in a safe environment first.
- d. What Are Some of the Destressing Applications You Are Using to Be Mindful?
 - 1. Phone Apps: 10% happier and Head Space
 - 2. These are healthy apps to share with your kids too.
- e. Primary Food
 - i. These are relationships, physical activity, spirituality and career. If we find a better balance with the above, we tend to make those better choices in our lives day to day.
- f. Secondary Food
 - i. The food we put into our mouths is very important too.
 - ii. Everything needs to be sustainable: family, home, environment and career. Then it doesn't matter what you put in your mouth.
 - iii. Cardiovascular, cancer, and diabetes...it's caused by lifestyle choices.
- g. START NOW
 - i. Your mental health begins with making the right choices: clearing your mind; finding your breath and meditating.
 - ii. First we find balance in your primary foods.
 - 1. Your primary food and your secondary food
 - 2. Cravings and lack of energy are symptoms of not having balance.
 - a. Clear Your Mind, Breathe and Meditate
 - b. Find Your Primary and Secondary Foods to find your balance
 - c. Sleep

- d. Hydration
 - e. Eat Organic; Whole Unprocessed Foods
 - f. If in a box; read your labels
 - g. Rainbow on Your Plate
 - h. PFF with every meal
 - i. Live toxin free
 - j. Exercise
- h. Water is a Key Component of Your Overall Health and Wellness
 - i. 'Waterlogged' is a great app for tracking water intake
 - ii. Try to eat organic and non-processed foods
 - iii. Really read the labels. Shorter ingredient labels are better for you.
 - iv. You should see all natural ingredients in your foods.
 - v. Always have a rainbow on your plate.
 - vi. Colorful foods are more nutrient dense.
 - vii. PFF in every meal: PFF = Protein, Fat and Fiber.
 - viii. Living Toxin Free - house cleaning health care is also important.
 - ix. Exercise is so good for blood flow and serotonin. You have to move!
 - x. Christine's Water Chart - 70 ML a day for a 140 pound person.
11. Adjournment 10:45am (Kathie Cihlar)
- a. Next CHMS General Board Meeting: Thursday, April 16 at 9am
 - b. TOPIC: Top Middle School Tips for a Successful Transition into College