



*President's Message*

## Playing by the Rules

*by Jackie Wood*

When it comes to the rules of the game, there is a definite link between golf and PTA. Many golfers keep a rule book in their golf bag, in case a question arises. Some read the book, understand the rules, and feel all golfers should play by the rules.

There are others who just like to go out for a leisurely round of golf and not worry about the rules. The serious golfers sometimes find the not-so-serious ones annoying or disrespectful. We see the same situation in PTA!

Golf has a rulebook. PTA has the *California State PTA Toolkit*. Some read it and some don't. We're happy to hear that PTA leaders at all levels refer to it when questions arise and decisions need to be made. It is a wonderful resource that can answer almost any PTA question.

Conflict often arises between those who believe they should follow the rules and those who see rules as a burden. Some players try to figure out ways around the rules, how to bend them a little, or interpret them differently. Most likely, they have not been to training or have seen it "done that way for years." Serious PTA leaders find that frustrating and disrespectful to them and to PTA. Too often, those two mindsets collide, resulting in conflict.

A close look at life finds rules everywhere. How would it be if rules didn't exist? Golf isn't like other sports – there is

no referee watching the players. It's a game of integrity, where the players assess penalties and rules on themselves.

In professional golf matches, judges are sometimes brought in for a ruling. In PTA, those who want to abide by the rules call someone more knowledgeable for guidance. They want to do the right thing – and they have.

Would you encourage your children not to follow the rules set for them at home, in school, or at a sports event? Do you encourage your children to bend the rules or make excuses for not following them?

So why is it that a PTA leader who wants to follow the rules is perceived by others as a person in the wrong? I've never quite understood that myself. There really shouldn't be a conflict in those situations.

In many cases, PTA rules are there to protect the organization and members. The election of officers can get quite ugly and divide a PTA if the rules aren't followed. In cases of financial mismanagement (missing money), PTAs will not get their money back from our insurance carrier unless the guidelines have been followed.

Disregarding the rules can cause problems and conflict between members. Set an example that your members can be proud of. After all, you were elected to play by the rules for the good of your PTA and the children you are serving.

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# The Book Corner



By Tuly Huntington, Fourth District PTA Reading Chair

In 1997, the National Education Association started "Read Across America Day" to celebrate the March 2 birthday of beloved children's author Dr. Seuss. It has grown into a nationwide initiative to focus attention on the importance of motivating children to read. A variety of activities are planned to mark the ten-year anniversary of this fun event. For more information, go to [www.readacross@nea.org](http://www.readacross@nea.org).

Here are some books to encourage upper-elementary, middle school, and high-school students to read for pleasure:

📖 *The Wright 3*, by Blue Balliett, illustrated by Brett Helquist (Grades 4-7). Sixth grade detectives Calder and Petra, joined by friend Tommy, form the Wright 3 to piece together a puzzle that saves a historic Frank Lloyd Wright house from being destroyed. This book is a great way to learn about the architect Frank Lloyd Wright.

📖 *Room One: A Mystery or Two*, by Andrew Clements (Grades 3-6). The only sixth-grader in a one-room schoolhouse with 10 students, Ted loves mysteries. While delivering papers on his morning route, Ted spots a young girl looking out of the window of an abandoned farmhouse and becomes embroiled in a mystery that requires him to keep a secret.

📖 *Behind the Curtain*, by Peter Abrahams (Grades 6-9). Ingrid discovers that anabolic steroids are behind her brother's new aggressiveness (and also behind some of the mysterious behavior of various people in her town), but just as she is about to expose her discovery, she is kidnapped.

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## Facts from Finance Tips For Your Treasurer

By Julie Redmond, Fourth District PTA Treasurer

Over the next few months, you will begin to plan for the next school year. Many of you will attend California State PTA Convention and possibly even National PTA Convention. These conventions offer an opportunity to update your skills, learn about new positions, and meet people from other parts of the state or the country.

PTA conventions also feature vendors offering products in a variety of sizes, shapes, and colors. You will meet people selling gift wrap, candy, and fresh fruit, just to name a few.

It is important to remember that you should not, under any circumstances, sign a contract for their services. As an officer of the PTA, either currently or in the future, you may not encumber the next year's executive board without the approval of your association. You might be tempted by the vendors and by what appear to be good deals, but rest assured that those same deals will be available after July 1.

# Conducting Officer Elections

By Shelia Henness , Fourth District PTA Parliamentarian

The *California State PTA Toolkit* (Section 2.2.4) contains a wealth of information on how to handle your unit or council election meeting.

The month and day of this annual meeting is prescribed by your by-laws. The president presides over this meeting, as he or she has done all year, and the election is held under “New Business.”

In an election in its simplest form, the president calls upon the parliamentarian to read the sections of the bylaws pertaining to nominations and elections. After that, the chairman of the nominating committee is called upon to read the report of the nominating committee – the slate of proposed officers. The president then rereads the slate, asking each nominee to stand. Nominations from the floor are requested.

The president then conducts the election even if he or she is a nominee for office. If there is only one nominee for each office, the election can be held by voice vote. If any member requests a ballot vote for any office, the request must be recognized and voted upon without debate.

Only members of the PTA unit or council may nominate and vote at this annual meeting. At the close of the election meeting, the nominating committee ceases to function and any vacancies in offices are filled by the board-elect.

The annual meeting is also the time for your unit or council to elect convention delegates, one of whom should be the president-elect.

A full script for the president, as well as procedures for a contested election, can be found in the *Toolkit*.

## Resources for Arts Education

By Georgia Freedman-Harvey, Fourth District PTA Cultural Arts Chair

PTA is committed to supporting the arts and endorses the arts as a valuable part of our children's education. Here are two resources to assist your school and family in bringing back the arts or taking the arts to a new level:

### California Alliance for Arts Education (CAAE)

[www.artsed411.org/involved/toolkit.stm](http://www.artsed411.org/involved/toolkit.stm)

During March, California State PTA and CAAE are coordinating a statewide campaign to bring elected officials into our schools to raise awareness among state, county and local elected officials about the value of arts education. The Toolkit on this site is a good resource for PTA newsletters, or discussions at a PTA meeting or parent night on the value of arts education.

### Free Federal Resources for Educational Excellence

<http://free.ed.gov/>

This website has more than 350 arts resources. Share the website with teachers and encourage your school to include information about the arts in morning announcements or the bulletin Find interesting facts about people and cultural organizations in the arts and share a few at a PTA meeting. Use the site to introduce the arts to your children.

## Fourth District PTA Calendar

### March

2	Sacramento Safari Orientation, 9:30 a.m. Newport Mesa Sch. Dist.
8	Due: <i>Reservation and payment for Administrators' Dinner</i>
13-14	Sacramento Safari
15	Due: <i>Midyear audits; insurance; final membership remittance from councils.</i>
19-23	Open House Convention Registration Assistance, 4th Dist. Office, 10 a.m. to noon
26	<i>Orange Leaves</i> articles for May issue due
29	General Meeting, Elections, and Administrator's Dinner, 5:30 p.m., Knott's Resort Hotel

### April

1	Due: <i>Officer lists for 2007-08</i>
5	Due: <i>Reservations for 4th Dist. PTA State Convention Dinner</i>
6	Due: <i>4th Dist. PTA award applications</i>
9-12	4th Dist. Office closed for Spring Break
17	Council Presidents Roundtable 9 a.m., Executive Board Meeting, 10 a.m. OC Dept. of Education, Bldg. D
19	EdSource Conference, Pomona
23	<i>Orange Leaves</i> articles for June Issue due
24	Convention Delegate Orientation 9:30 a.m. council chairs, 10 a.m. delegates, CM Community Ctr.



## Council Corner



### La Habra Council

La Habra Council includes units from the La Habra City School District (Arbolita, Ladera Palma/Sierra Vista, Las Lomas/Las Positas, Walnut/El Cerrito, Imperial Middle and Washington Middle), the Lowell Joint School District (El Portal, Jordan, Macy, Meadow Green, Olita and Rancho Starbuck Middle) and from the Fullerton Joint Union High School District (La Habra High and Sonora High). Our council meets monthly and we are fortunate to have the Superintendents from each of our three districts attend every meeting, along with members from our boards of trustees. Their monthly reports help keep us informed and give us the opportunity to become involved.

All of our PTAs are very active, sponsoring a variety of functions such as Art Masters, Reflections, family nights, and reading programs. They have creative fundraising efforts, hosting jog-a-thons and selling cookbooks (instead of the food).

A very important part of our PTA is our Thrift Shop, run solely by volunteers. Each school in our council staffs the shop two weeks a year, plus a day or two at Christmas time. Volunteers check and display items, man the counter, and help customers. The 3000-square-foot store is stocked with clothing, shoes, accessories, housewares, linens, knickknacks and more. We are filling a need in our community by providing an affordable place to shop for good, useable items. The sales pay for scholarships awarded to needy senior students at our two high schools and a monetary donation to each school.

Our theme this year is "Welcome to the Island of PTA." La Habra Council PTA is like an island inhabited with hard working, focused individuals with common goals, also

known as volunteers. Along with the activities for our children, we make the time to enjoy the friendships we're making at our annual HSA Dinner and our Holiday Luncheon.

I am proud to be associated with La Habra's PTA and proud of the respect and grace that we all give each other. Thanks to all of you for your commitment and dedication.

Lynne Diaz  
President

### Harbor Council

Let me introduce you to Harbor Council PTA. We are one of the councils that are not named after a school district! We are comprised of the 27 units in the Newport-Mesa Unified School District, which governs all the public elementary and secondary schools in Newport Beach and Costa Mesa.

We have 19 elementary schools with the following grade level configurations: K-3, 3-6, 4-6, K-5 and K-6. We have two intermediate schools, one with grades 6 to 8 and one with 7<sup>th</sup> and 8<sup>th</sup> grades. We have two 9<sup>th</sup> through 12<sup>th</sup> grade high schools and two 7<sup>th</sup> through 12<sup>th</sup> grade middle/high schools. We are also lucky to have an Early College High School, grades 7 through 12, and a Middle College High School, grades 11 and 12.

We have well over 5,000 PTA members and are still working to bring up our numbers. We would like to congratulate our Orange Coast Middle College High School unit for reaching 100% membership! This school has 87 students and 91 PTA members!

This year Harbor Council is focused on educating our units and parents on the effects of budget en-

croachments on our children's classroom activities. We have had a variety of speakers on the importance of staying aware of state and federal mandates and their chronic underfunding, which directly impacts every classroom. A letter writing campaign is next on our agenda.

We consider ourselves very lucky to have a close and open relationship with our superintendent and our school board. This year we have a new superintendent and two new assistant superintendents, as well as three new school board members.

Harbor Council PTA is alive and well in Newport Beach and Costa Mesa. We thank Fourth District PTA for all the guidance and support.

Nadine Turner  
President

### Capistrano Unified Council

The Capistrano Unified Council is a diverse community of PTA units at 52 schools in 12 cities. With development planned in Rancho Mission Viejo, we project further growth in our district. We have over 50,000 students served by PTA. There is a PTA or PTSA in every school in our district. Although we are combining two schools and consolidating two units into one, we hope to start a new unit in San Juan Hills High School, which is opening in the fall of 2007.

Since we cover so many diverse areas, we have organized our council into "families," each consisting of a high school and its feeder schools. An experienced PTA leader serves as a mentor to each "family."

Some things we do are city specific. For instance, in San Clemente, the "family" of PTAs excels at having parades down the main street for

*(Continued on page 5)*

## Learn Why Advocacy Is PTA's First Job

By Barbara Paxton, Fourth District Vice President, Legislation

"PTA should stick to bake sales and not get involved in political issues!"

Have you heard that from your community members, or perhaps, even from your unit members?

The Fourth District PTA Legislative Team is here to help!

We can send a knowledgeable speaker to your community or PTA group to explain why advocacy is PTA's number one job.

Learn about PTA's proud history of speaking up for children and how your unit or council can become more involved in advocacy.

For more information, contact me through the Fourth District PTA office, (714) 835-0805 or at [legislation@fourthdistrictpta.org](mailto:legislation@fourthdistrictpta.org).

## Looking Ahead to PTA Events in May

**Wednesday, May 16**

**Fourth District PTA Spring Workshops**

Morning & Evening Classes  
Vanguard University, Costa Mesa  
Watch for more information in upcoming issues of *Orange Leaves*.



Make plans now to honor teachers and other school staff in May!

**May 6-12**

**National Teacher Appreciation Week**

**May 9**

**California Day of the Teacher**

**May 20-26**

**Week of the Classified School Employee**

## Fourth District PTA Proposed 2007-2009 Slate of Officers

The following proposed slate of officers has been selected by the Fourth District PTA Nominating Committee:

<b>President:</b>	Patty Christiansen
<b>Executive Vice President:</b>	Patty Jordan
<b>First Vice President, Programs:</b>	Meg Cutuli
<b>Second Vice President, Advocacy:</b>	Celia Jaffe
<b>Third Vice President, Education:</b>	Maureen Christensen
<b>Fourth Vice President,</b>	
<b>Parent and Community Issues :</b>	Kim Henderson
<b>Fifth Vice President, Communications:</b>	Gisela Meier
<b>Sixth Vice President, Convention:</b>	Karen Schroeder
<b>Secretary:</b>	Ellen Carroll
<b>Treasurer:</b>	Shereen Walter
<b>Financial Secretary:</b>	Cyndee Ely
<b>Auditor:</b>	Jill Money

The election will be held at the Fourth District PTA General Meeting on March 29. (See page 11 for more information.) The historian and parliamentarian are to be appointed by the president.

Members of the Nominating Committee are: Shelia Henness (Chairman), Maureen Christensen, Meg Cutuli, Sheli Easton, Kim Henderson, and Celia Jaffe.

(*Capistrano, continued from page 2*)  
high school homecoming and Red Ribbon Week.

In the northern part of our district, the schools are working with local police officers and other community resources to present parent education programs on substance abuse, school violence, parent liability, and other topics relating to teens.

Our council has a strong legislation team that meets monthly with elected representatives and staff. We have legislative representatives for many of our PTA units, and our three council co-chairs organize their efforts. Recently, they thanked Senator Richard Ackerman for the pivotal role he played in getting equalization money for our district and other districts that were below the state average in per pupil funding.

Our council special education co-chairs have worked hard to produce a series of seminars for parents and staff. They hope to bring our

community of parents and educators closer together.

We have developed a council web site with forms and information useful to our unit presidents. We also have worked with outside vendors to create and improve unit websites.

Despite current projections of little growth in student population until new development begins, our units increased membership over last year. We participated in a district-sponsored event to reach out to English language learners with a college preparatory program at one of our high schools. The event was very successful, with about 500 attendees.

Capistrano Unified Council of PTSAs continues to grow and inspire new parents to participate on behalf of our children. We always strive to improve and include more diverse elements of our population.

Barb Shangraw  
President

# Reflections Winners Honored at Awards Ceremony

By Jill Money, Fourth District PTA Reflections Chairman

The Fourth District PTA Reflections awards ceremony was held on Jan. 8, at the South Coast Repertory Theater in Costa Mesa. The top four award winners in each arts category and in each age division were invited, along with their families, unit and council presidents, and Reflections chairs. Principals from some schools were also in attendance.

The theatre lobby was filled with easels displaying the visual arts and photography entries. Fourth District PTA President Jackie Wood opened the program and Reflections Chairman Jill Money read the names of the honorees. Recordings of the winning music entries were played and video recordings of the dance/choreography winners and the film/video winners were presented.

The 96 students honored at the event were chosen from among almost 14,000 entries. Award of excellence and award of merit winners in each category are as follows:

## Award of Excellence Winners

### Visual Arts

Primary: Remo Abboud, de Portola Elem., Saddleback Valley Council

Intermediate: Evan C. Barraza, de Portola Elem., Saddleback Valley Council

Middle/Junior: Alyssa So, Dysinger Elem., Buena Park Council

Senior: Wesley Lin, Northwood HS, Irvine Unified Council

### Photography

Primary: Sean Walker, Sierra Vista, Placentia-Yorba Linda Council

Intermediate: Alex Lobel, Newport Elem., Harbor Council

Middle/Junior: Michael Jones, Plaza Vista, Irvine Unified Council

Senior: Megan Barrett, Corona del Mar HS, Harbor Council

### Dance/Choreography

Primary: Brianna Fishel, Smith Elem, Harbor Council

Intermediate: Reanne Wang, Courreges, Huntington Union Council

Middle/Junior: Kyra Jensen, Sowers, Huntington Union Council

Senior: Lauren Holland, Corona del Mar HS, Harbor Council

### Literature

Primary: Linus Simpson, Las Palmas Elem, Capistrano Unified Council

Intermediate: Justine Dorsey, Meadow Green Elem, La Habra Council

Middle/Junior: Ryan Ortega, Ball Jr. High, Anaheim Secondary Council

Senior: Megan Hoeflin, Los Alamitos HS, Los Alamitos Unified Council

### Music

Primary: Joanna Yam, Plaza Vista, Irvine Unified Council

Intermediate: Sarah Sukardi, Eastshore, Irvine Unified Council

Middle/Junior: Irina Paykov, Del Cerro, Saddleback Valley Council

Senior: Timothy Wu, University HS, Irvine Unified Council

### Film/Video

Primary: Jamie Ostmann, Weaver, Los Alamitos Unified Council

Intermediate: Bryan Harris, Canyon View, Irvine Unified Council

Middle/Junior: Sequoia Holiman, Pacific Drive Elementary, Fullerton Council

Senior: Bryan Buchert, Corona del Mar HS, Harbor Council

## Award of Merit Winners

### Visual Arts

Primary: Claire Choi, El Camino Real, Irvine; Emma Laird, Arroyo Elem., Tustin

Intermediate: Rena Palmer, Melinda Hts. Elem, Saddleback Valley; Gabrielle Albert, Mariners Elem., Harbor Council

Middle/Junior: Karen Gonzalez, Ball Jr. High, Anaheim Secondary; Graco

Chang, Garden Park, Garden Grove

Senior: Goeun Kim, Brea Olinda HS, Brea; Nicole Lee, Sunny Hills, Fullerton

### Photography

Primary: Caden Foy, Las Palmas Elem., Capistrano; Sevan Levonian, Newport Coast Elem., Harbor

Intermediate: Lauren Swintek, Smith Elem., Harbor; Kishance Haththotu-

wegama, Red Hill, Tustin

Middle/Junior: Jaclynn Do, Stacey

MS, Westminster; Jose Varias, McAuliffe MS, Los Alamitos Unified

Senior: Grace Martin, El Modena HS, Orange Community; Pierre Samson, Irvine High, Irvine Unified

### Dance/Choreography

Primary: Sophie Ganion, Newport Coast Elem., Harbor; James Bell, Vessels Elem., Cypress

Intermediate: Kentaro Nathan Shiozawa, Eastshore Elem., Irvine; Emma McClellan, Valencia Elem., Saddleback Valley

Middle/Junior: Savanah Edlund, Portola Hills Elem., Saddleback; Rika

Jitosh, Santiago Hills, Irvine Unified

Senior: Alexa Lean, Troy HS, Fullerton; Angela Mattern, Pacifica HS, Garden Grove

### Literature

Primary: Dean Vincent Vis, Harbor View, Huntington Union; Amber

Velasquez, Juliet Morris, Cypress

Intermediate: Christopher Yeh, Weaver, Los Alamitos Unified; Matthew Serrano, Tijeras Creek Elem.,

Capistrano Unified

Middle/Junior: Kate Miller, Newhard MS, Capistrano Unified; Ana Marcelo, Orange HS, Orange Community

Senior: Jillian Chamberin, Laguna Hills HS, Saddleback Valley; Ronald

Angsiy, Troy HS, Fullerton

### Music

Primary: Danielle Lavigne, Fairmont Elem., Placentia-Yorba Linda; Sahar

Farahani, Anaheim Hills Elem., Orange Community

Intermediate: Claire Li, Foothill Ranch Elem., Saddleback Valley;

Justin Fowler, Foxborough Elem., Capistrano Unified

Middle/Junior: Brett Hall, Las Flores MS, Capistrano; Brianna Vlach, La

Madera Elem., Saddleback Valley

Senior: Jake Wiens, Canyon HS, Orange Community; Johnny Lam, Garden Grove HS, Garden Grove

(Continued on page 7)

# On the Trail to the PTA Convention



By Meg Cutuli, Fourth District PTA Vice President, Convention

The trail to the California State PTA Convention 2007 is ready! Registration booklets were mailed by State PTA and if your unit or council has not received it, you may download it from the State PTA web site, [www.capta.org](http://www.capta.org).

Registering online is fast and easy. You will receive a personal password that allows you to review and change your registration, if needed. Print the confirmation letter that you receive by email and bring it to convention, along with your PTA membership card. You need a credit card to register online, but the delegates can be reimbursed right after registration because they will have proof of their expenses.

The Fourth District PTA Convention Committee will be at the Fourth District office March 19 to 22, from 10 a.m. to noon, to help delegates needing assistance to register online. Please contact the office to let us know you are coming.

You may also register by regular mail. The forms are in the booklet and a confirmation letter will be mailed to you. A unit check or credit card payment must accompany the registration.

The registration fee for full-time convention attendance is \$125 until March 31, and \$170 after that. The \$25 Fourth District PTA convention fee includes a long-sleeved denim shirt. The form for district fees is on the Fourth District PTA web site ([www.fourthdistrictpta.org](http://www.fourthdistrictpta.org)) and if you register by mail, you will need to mail the completed form and a check made out to *Fourth District PTA* to the district office.

Fourth District PTA will have a Hootin' Hollerin' Hoedown Dinner on May 4, right after the first general session. Our goal is to have even more fun and networking than last year! We are asking every council to change a couple of stanzas from a camp song or cowboy melody to tell us about themselves. The cost of the dinner is \$40 and is a legitimate PTA expense. You can register for the dinner online or directly with Fourth District PTA.

Hotel reservations are made through the Sacramento Convention and Visitors Bureau only and are best done

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*Award winners (Continued from page 6)*

## Film/Video

**Primary:** Andrea Lantz, Pacific Drive Elem., Fullerton; Ryan Lee, Westwood Basics Plus, Irvine Unified  
**Intermediate:** Ross Tritt, Las Palmas Elem., Capistrano Unified; Austin Malis, La Madera; Saddleback Valley  
**Middle/Junior:** Brandon Eickhoff, Yorba Linda MS, Placentia-Yorba Linda; Rachel Leontis, McAuliffe MS, Los Alamitos  
**Senior:** Courtney Galschiodt, Pacifica HS, Garden Grove; Dana Colin, San Clemente HS, Capistrano Unified

by fax. The forms and hotel information are in the booklet. A delegate name and credit card are required. Fourth District PTA is staying at the Sheraton Grand, the official hotel for the convention. There will be no shuttle service between the hotels and the convention center.

Delegate Orientation will be held on April 24, so please mark that in your calendar. If you have any questions, please feel free to contact me! We're looking forward to having an outstanding convention this year. Don't miss it!

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## Part II in a Series on Bullying The Bystander: A Bully's Accomplice

By Lindell Belote, Fourth District PTA Vice President,  
*Community Concerns*

Historically, in cases of bullying, the blame is laid on the belligerent child who is acting out bullying behavior, and bystanders are dismissed as irrelevant. In truth, however, this supporting cast plays a significant role in peer-to-peer violence.

Bystanders can make or break bullying episodes. Every bully likes an audience to see the power play, so reactions or silence from bystanders can enhance the bully's standing. Although most witnesses would secretly want to halt the bully, bystanders usually do not know what to do.

Here are some strategies for bystanders:

- Don't watch. If you feel you can't intervene, walk away.
- Don't react with laughter or even a nervous giggle or snicker.
- Combat the rumor mill with the truth about a victim.
- Offer your support and friendship afterwards.
- Enlist an adult immediately if someone is in danger of getting hurt.
- Report the incident, time, and place to a teacher, counselor, school nurse, administrator, or trusted adult.

(Adapted from *Our Children*, November/December, 2003.)

Orange County Superintendent of Schools' Message

## More Leaves From OCDE

By William M. Habermehl



We are fast approaching spring 2007! Unfortunately, some of us are reminded of broken New Year's resolutions. The first of the year brought renewed commitment to personal lifestyle changes which would support and model healthy nutrition and exercise for our families! With hectic schedules, how easy it is return to the convenience of fast food, dining out (with more than ample food portions), and the lure of too much sedentary time.

The reality, though, is that childhood obesity has reached epidemic proportions. According to the California Center for Public Health Advocacy (2005), more than 1 out of 5 children in Orange County is overweight, with the rate for some cities being as high as 1 in 3. Obese children are now suffering from adult diseases like diabetes and heart disease. It is common for health professionals to see children with high blood pressure, elevated blood cholesterol, and high sugar levels.

Although childhood obesity has been at the forefront of media attention, health professionals alone can't combat this epidemic. It takes the entire community to help our children. Schools, teachers, parents, politicians, and the food industry must band together.

The key is to provide our children with access to an adequate amount of healthy, tasty foods and a safe environment so children will have at least one hour of fun physical activity every day.

In the report "Preventing Childhood Obesity: Health in the Balance," the Institute of Medicine Committee on Prevention of Obesity in Children and Youth recommends that schools:

- Improve the nutritional quality of foods and beverages served and sold in schools and as part of school-related activities.
- Expand opportunities for all students to engage in frequent, more intensive and engaging physical activity during and after school.
- Work with staff, as well as students, to teach about wellness, healthful eating, and physical activity.

Several Orange County school districts are participating in the "California Nutrition Network for Healthy Active Families." One component is the "Harvest of the Month" project, which promotes and introduces fruit and vegetable choices to children and their parents. Children have the opportunity to "taste test" fruits and vegetables in the classroom.

School districts are now required to implement a Local Wellness Policy that supports a healthy school environment. Recent legislation has begun to address the nutritional quality of food and beverages sold both in and outside the school meals program.

Let us all be advocates for a healthy lifestyle. Working together with families, schools, and community in providing quality education in a safe learning environment where every student has the chance to succeed, we can begin to improve the health and wellness for our students.



## Give Yourself a Pat on the Back!

By Patty Christiansen, Fourth District Executive Vice President

Does your PTA do something to cheer about?

Should your PTA be commended for an amazing program or event?

Is your PTA membership campaign something to applaud?

Does your PTA deserve big compliments for parent involvement or for an amazing advocacy program?

If you answered "yes" to any of these questions, it's time to let Fourth District PTA give you an award and a big pat on the back for a job well done!

Award applications can be found in the 2006-07 Fourth District PTA Program and Directory.

**NEW THIS YEAR!** Now you can go to the Fourth District PTA website, open the online form, fill in the expanding blanks, and submit the form...all electronically. Follow the directions for using "fillable forms." Or, you can print the form from our website, fill it out and send it to the Fourth District PTA office. Award applications must be received in the Fourth District PTA office or via email to [evp@fourthdistrictpta.org](mailto:evp@fourthdistrictpta.org) by midnight, April 6.

Find the award forms at [www.fourthdistrictpta.org](http://www.fourthdistrictpta.org). Click on Membership and Awards (for pdf versions) or Forms/Resources (for fillable forms).

Awards to councils and units will be presented at the Fourth District PTA End of Year Awards Luncheon on June 7 at the Costa Mesa Country Club.

**Mensaje de la Presidenta:**

## Jugando de acuerdo a las Reglas

Por Jackie Wood

Cuando se trata de las reglas del juego, hay una relación entre el golf y la PTA. Muchos jugadores de golf guardan un libro de reglas en su bolsa, en caso de que lo necesiten. Algunos leen el libro, entienden las reglas y sienten que todos los jugadores deberían aplicarlas.

Hay otros a los que les gusta salir a jugar sólo para divertirse y no les preocupan las reglas. Los jugadores serios encuentran esta característica irritante e irrespetuosa. ¡Nosotros experimentamos el mismo problema en la PTA!

El golf tiene un código. La PTA tiene la *Guía de la PTA de California*. Algunos la leen y otros no. Nosotros estamos contentos de que los líderes de PTA hacen referencia a dicha guía cuando tienen preguntas y decisiones que tomar. Es un recurso maravilloso que puede contestar casi todas las preguntas de PTA.

Los conflictos se crean cuando hay personas que se apegan a las reglas y otras que piensan que esto es una carga. Estos últimos siempre tratan de sacarle la vuelta a las reglas, como se pueden doblegar un poco, o simplemente las interpretan de manera diferente. Lo más probable es ellos no han sido bien entrenados o lo han hecho de esa manera por muchos años. Los líderes de PTA encuentran dicho problema frustrante e irrespetuoso. Muy a menudo dichas maneras de pensar chocan y se produce un conflicto.

Si miramos de cerca la vida podremos encontrar reglas por todas partes. ¿Cómo serían las cosas si las reglas no existieran?

El golf no es como los demás deportes; no hay un árbitro vigilando a los jugadores; es un juego de integridad, en donde los mismos jugadores se castigan o se sancionan su propio juego.

En los juegos profesionales de golf, los jueces aparecen muy de vez en cuando por alguna jugada controversial. En PTA, aquellos que se apegan a las reglas llaman a alguien condecorador para que los guíe. Ellos quieren hacer las cosas bien pues así tiene que ser.

¿Animaría a su hijo a no seguir las reglas en su casa, en la escuela o en algún juego deportivo? ¿Anima a sus hijos a que rompan las reglas o inventen excusas para no seguirlas?

Entonces ¿por que el líder de PTA que quiere apegarse a las reglas es percibido como una persona que está mal? Nunca he entendido el porque de esta situación. No debería de existir el conflicto en tal caso.

En la mayoría de los casos, las reglas de la PTA están ahí para proteger a la organización y los miembros. La elección de los oficiales puede tornarse adversa si las reglas no se aplican. En casos de malos manejos de dinero, la PTA no podrá recuperar el dinero a través del seguro si las reglas y los procedimientos no fueron seguidos.

El no apegarse a las reglas puede ocasionar problemas y conflictos entre los miembros. Ponga el ejemplo y haga que sus miembros se sientan orgullosos. Después de todo, usted fue electo para jugar de acuerdo a las "buenas reglas" de la PTA y de los niños a los que está sirviendo.

### 4to. Distrito de PTA

## Candidatos para el periodo de 2007-2008

La siguiente lista de candidatos al consejo directivo es presentada por el Comité Nominativo del 4to. Distrito de PTA:

<b>Presidenta:</b>	Patty Christiansen
<b>Vicepresidenta Ejecutiva:</b>	Patty Jordan
<b>Primer Vicepresidenta de Programas:</b>	Meg Cutuli
<b>Segunda Vicepresidenta de Defensa:</b>	Celia Jaffe
<b>Tercera Vicepresidenta de Educación:</b>	Maureen Christensen
<b>Cuarta Vicepresidenta de Asuntos Comunitarios y de los padres:</b>	Kim Henderson
<b>Quinta Vicepresidenta de Comunicaciones:</b>	Gisela Meier
<b>Sexta Vicepresidenta de convención:</b>	Karen Schroeder
<b>Secretaria:</b>	Ellen Carroll
<b>Tesorera:</b>	Shereen Walter
<b>Secretaria Financiera:</b>	Cyndee Ely
<b>Auditora:</b>	Jill Money

La elección se llevara a cabo durante la junta general del 4to. Distrito de PTA del 29 de marzo. (Favor de ver la página 11 para conocer los detalles). Los puestos de historiador y parlamentario serán designados por la Presidenta.

Los miembros del comité nominativo son: Shelia Henness, Directora, Maureen Christensen, Meg Cutuli, Sheli Easton, Kim Henderson y Celia Jaffe.

Translation courtesy of Laura Zuchovicki, 1-800-655-9409



# En camino a la convención de PTA

Por Meg Cutuli, Vicepresidenta de convención 4to. Distrito de PTA

¡El camino a la convención de PTA 2007 de California esta listo! El registro de inscripciones fue enviado por correo y si su unidad o consejo no lo ha recibido, lo puede descargar del sitio de Internet: [www.capta.org](http://www.capta.org).

El registro electrónico es fácil y rápido. Usted recibirá una clave personalizada que le permitirá revisar y hacer cambios en caso necesario. Imprima la carta de confirmación que usted recibirá vía correo electrónico y tráigala consigo a la convención, junto con su tarjeta de membresía de PTA. Usted necesitará una tarjeta de crédito para registrarse vía electrónica, pero los delegados serán reembolsados después del registro pues tendrán prueba de dicho gasto.

El comité de la convención estará en la oficina del 4to distrito del 19 al 22 de marzo, de las 10:00 AM a las 12:00 PM, para ayudar a los delegados que requieran de asistencia para registrarse electrónicamente. Por favor contacte la oficina para reservar un espacio.

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## Como llevar a cabo las elecciones de los oficiales

Por Shelia Henness, Parlamentaria del 4o. Distrito de PTA

En la *Guía de la PTA de California* (sección 2.2.4) se encuentra un cúmulo de información de cómo manejar la junta de elección del consejo directivo.

El mes y el día de dicha junta anual esta estipulado en su código de reglas. El Presidente preside la junta, como lo ha hecho durante todo el año, y la elección se llevara a cabo en la sección de "nuevos asuntos" de la agenda.

En la forma más simple de elección, el presidente llama al parlamentario para que lea las secciones del código de reglas, que pertenece al proceso nominativo y de elección. Después de ello el director del comité nominativo es llamado a presentar su reporte (el cual contiene la lista de candidatos al consejo directivo). El presidente entonces leerá la lista, pidiendo a los candidatos que se levanten. Las nominaciones en el piso son solicitadas.

El presidente entonces conduce la elección aun cuando sea así mismo nominado para alguna de las posiciones. Si hay un solo candidato para cada puesto, la elección se podrá llevar a cabo por voz y voto. Si algún miembro pide que su candidatura sea incluida en el voto, la solicitud tendrá que ser reconocida y deberá someterse a voto sin dar lugar a debate.

Solo miembros de la unidad de PTA o del consejo tendrán derecho a nominar y a votar durante esta junta. Al cerrar la junta de elección, el comité nominativo deja de existir y los puestos vacantes serán asignados por el recién electo consejo directivo.

La junta anual es también para elegir a los delegados de la convención de los cuales uno deberá ser el presidente electo.

Un discurso completo para el presidente, así como los procedimientos para una elección disputada, pueden ser encontrados en la *Guía de PTA de California*.

Usted también se puede registrar vía correo postal. Las formas se encuentran en el paquete de información que ya ha recibido y la carta de confirmación le será enviada a cada delegado. Un cheque de la unidad o número de tarjeta de crédito deberá acompañar a la información.

Las cuotas de la convención son de \$125.00 por inscripción del 1º. de Febrero al 31 de marzo. La cuota de \$25.00 del 4to. Distrito incluye una camiseta de manga larga. La forma de inscripción la puede encontrar en el sitio de Internet: [www.fourthdistrictpta.org](http://www.fourthdistrictpta.org) y si se registra vía correo postal tendrá que mandar dicha forma del 4to. Distrito con un cheque a nombre de *4to Distrito de PTA* a nuestra oficina.

Tendremos la cena "Hootin' Hollerin' Hoedown" el 4 de mayo, inmediatamente después de la primera sesión general. ¡Nuestro objetivo es divertirnos y conectarnos más que el año pasado! Le estamos pidiendo a cada Consejo que componga unos versos con la melodía de una canción de campamento para que nos permitan conocerlas mejor. El costo de la cena es de \$40.00 y es un gasto legítimo de PTA. Usted se podrá registrar para la cena electrónicamente o en la oficina del 4to. Distrito de PTA.

Las reservaciones del hotel son hechas solamente a través del "Sacramento Convention and Visitors Bureau" y será mejor hacerlas por fax. Las formas e información del hotel se encuentran en el paquete. Una tarjeta de crédito y el nombre del delegado son requeridos. El 4to. Distrito de PTA se alojara en el hotel Sheraton Grand, que es el hotel oficial de la convención. No habrá servicio de transportación entre los hoteles y el centro de convenciones.

La orientación para los delegados será el 24 de abril, así que por favor marque dicha fecha en su calendario. ¡Si tiene dudas o preguntas, por favor contácteme!

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## Hechos Financieros

### Consejos de su Tesorero

Por Julie Redmond, Tesorera del 4to. Distrito de PTA

En los próximos meses, usted empezará a planear para el próximo año escolar. Muchos de ustedes asistirán a la convención de PTA de California o incluso a la Nacional. Estas convenciones ofrecen la oportunidad de actualizar sus habilidades, aprender sobre las posiciones nuevas, conocer a gente de otras partes del estado o el país.

Las convenciones de PTA también traen exposiciones de productos y servicios ofrecidos en diferentes tamaños y formas. Allí encontrara gente vendiendo papel de envoltura, dulces, jugos y frutas, sólo por mencionar algunos.

Es importante recordar que no debe, bajo ninguna circunstancia, firmar un contrato por dichos servicios. Como oficial de la PTA, actual o futuro, usted no tiene el derecho de tomar decisiones sin permiso de su asociación. Usted se sentirá presionado por algunos de los representantes con sus grandes ofertas, pero le aseguramos que dichas ofertas estarán al alcance de su mano después del 1ro. de julio.



# Fourth District PTA Administrators' Dinner **Celebrating Teamwork**

*Please join us! This event is a wonderful way to thank those with whom we work so closely in our schools. Council and unit presidents--please invite your principals, superintendents and school board trustees to be your guests for an evening of entertainment, Reflections Program winners and their presentations, Honorary Service Awards and Founders' Day festivities. **Don't miss the fun as we celebrate teamwork!***

**Thursday, March 29th, 2007**

**The Knott's Resort Hotel  
7675 Crescent Avenue, Buena Park**

**Cost: \$35 per person**

*The parking fee is included in the cost of this event.*

- 5:30 p.m. General Meeting and Elections
- 6:15 p.m. Registration and Reception
- 6:45 p.m. Program and Dinner



**Mark your calendars now!  
Reservation deadline: March 8th, 2007**

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## **Dinner Reservation Form**

Name \_\_\_\_\_

Unit \_\_\_\_\_ Council \_\_\_\_\_

**Guests and titles:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

Confirmation phone number or e-mail address \_\_\_\_\_

Please indicate vegetarian plate option \_\_\_\_\_ (how many?)

Enclosed is a check payable to Fourth District PTA for \_\_\_\_\_ person(s) @ \$35.00 each.

**Reservations must be received in the Fourth District PTA office by March 08, 2007.**

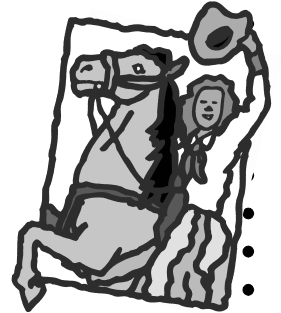
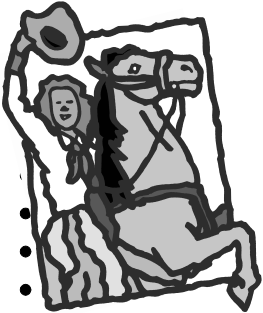
Send completed form and check to: Fourth District PTA, Administrators' Dinner,  
1833 East 17<sup>th</sup> Street, Suite 309, Santa Ana, CA. 92705-8629

Grab yer cowboy boots and come help us kick up some fun  
with the Wildest PTA District in the West!

## 4th District PTA Convention Hoedown

Friday, May 4th

at the Sacramento Convention Center  
Pert' near after the First General Meetin'  
7:15 p.m.—Say howdy and register  
7:45 p.m.—Grub n' entertainment  
Cost: \$40 per person  
(This here is a legitimate PTA expense.)



**Wear yer 4th District PTA shirt, yer cowboy boots n' hat!  
We'll have a boot scootin' good ol' time!**

**Sign-up for the dinner when you register online  
or mail in your reservation form to the 4th District PTA office.**

Reservation deadline: April 5 Refund deadline: April 24

Fourth District

**PTA<sup>®</sup>**

1833 East 17th St., #309  
Santa Ana, CA 92705-8629

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**March  
2007**