

President's Message

Thanks, Support, and Connection

by Celia Jaffe



Your PTA can help to boost the spirits of your entire school and community through the simple but important efforts of offering thanks, support, and

connection.

People thrive on recognition, whether they are volunteers, professionals – or professional volunteers! Don't wait until a special occasion or an end-of-school-year event to let those hard-working people around you know that they are valued and appreciated.

A note of thanks and support can be the most treasured token of recognition. While there are limits to the monetary resources that PTA can put toward things like hospitality and recognition (approximately five percent of budget), you should always feel free to acknowledge your volunteers in a newsletter or email blast, offer "three cheers" at a PTA meeting, or write that personal message of appreciation and acknowledgement. Thank people often and sincerely.

Another goal offering intangible benefits that should top your To-Do list is to forge a connection between the community and the school. This is a crucial part of PTA's mission. Remember, even though our schools are suffering financially, it is not PTA's job to make up for a lack of education

funding. Many families in this economy are experiencing financial hardships, and are unable to help with monetary contributions, even to PTA.

When families are welcomed on the school site for free or low-cost family activities, invited to take advantage of parent education opportunities, engage in work parties, or participate in other functions arranged by PTA, both students and the school benefit.

When parents and teachers get to know each other and learn to communicate more easily, it makes them more likely to work together to help students achieve academic and personal success. And school staff members, in turn, benefit from experiencing the warmth and support of concerned parents and the surrounding community. Parents should realize that they have an important role in ensuring the overall success of your school.

Indeed, the kind of morale boost that can result from strengthening the community-school connection and expressing sincere appreciation might be the most crucial contribution your PTA can make this year. These are tense times, but at the risk of inviting ridicule for quoting *High School Musical*, "We're All in this Together!"



Fourth District
PTA[®]
everychild.one voice.

*Artículos en español—
paginas 10 y 11*

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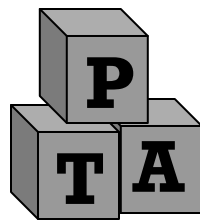
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PTA Outreach

Basics

Outreach: An important priority

By Diana Flores, Fourth District PTA Outreach Chairman
and Latino Educational Attainment Liaison (LEA)

Outreach is first a commitment to create an inviting climate. It is further about forming respectful, trusting relationships throughout the school community, and recognizing that everyone has value. Outreach is sharing and distributing important information about PTA and topics of concern that inform and invite action.

Outreach must be a priority for all of us. The greater the ability of PTA members and leaders to form positive one-on-one relationships with all community members, the greater their ability to generate positive impacts for all children, the school community, and the organization.

Outreach efforts are successful when PTA leaders develop community support with meaningful two-way discussions focusing on student success.

Outreach includes efforts that focus on enlisting the participation of parents, students, and community members in the educational process.

- Invite and encourage everyone to participate, and allow each person to play a role. Your community is your greatest asset.
- Empower others with information, support, and resources focused on students' needs.
- See the uniqueness of each individual.
- Work to build representative leadership and voice – support the democratic process. Is the PTA reflective of the greater community?
- Assess practices to assure inclusiveness and speak out for change.

Steps to take:

Be bold – Envision community-wide involvement in seeking educational excellence.

Understand that everyone has value – See the assets each person brings, because everyone counts.

Speak to everyone – Build a volunteer base that is representative of the diversity of the community, encompassing all languages and customs.

Build personal relationships – Invite involvement through one-on-one relationships focused on what can be achieved for children.

Show school spirit and pride – Display logos, accomplishments, and student work, and share expressions of affirmation because, “This school is the best!”

Readily share information – Share PTA goals and values, programs, PTA contact information, resources, and published literature on important topics.

Check your success – Regularly measure your efforts, share your results, and modify your goals.

Why is PTA advocacy so important and what has it accomplished?

By Kim Anderson, Fourth District PTA Vice President, Advocacy



For more than a century, PTA has reminded our nation of its obligations to children and provided resources and important information to parents, teachers, and students. Whenever young people's education, health, safety, or well-being were threatened, **PTA advocates** were on the forefront working to resolve those issues. PTA has been instrumental in the passage of important laws and guidelines that we sometimes take for granted today.

PTA – A CENTURY OF COMMITMENT TO CHILDREN...

1900s	Juvenile Justice and Child Labor Laws
1910s	Establishment of Kindergarten
1920s	Nationwide Children's Health Project
1930s	Nutrition & Emergency Services
1940s	National School Lunch Act
1950s	Salk Polio Vaccine Trials
1960s	Child protection & Toy Safety Legislation
1970s	Television & Media Violence Rating System
1980s	HIV/AIDS Education Program
1990s	TV Ratings/National Education Goals
2000s	Parent Involvement Standards defined in Federal Law

"Make the child be the watchword and the ward of the day and hour; let all else be secondary and coming generations will behold a new world and a new people."

—Alice McLellan Birney in 1897 (co-founder of the National Congress of Mothers, later known as the National PTA).

PTA – OUR LEGACY OF CARING CONTINUES...

At the National PTA Level

2011 - The Family Engagement in Education Act incentivizes schools and districts to meaningfully engage families to close the achievement gap. Research demonstrates that family engagement in a child's education increases student achievement, improves attendance, and reduces the dropout rate. *(This bill is in the first steps of the legislative process).*

2011 – "Connect for Respect Initiative" to encourage PTAs to develop solutions to address school bullying that they can implement collaboratively.

(Continued on page 4)

Fourth District PTA Calendar

November

- 10 Council Presidents Roundtable,** 9:30 a.m. at Fourth District PTA Office. Bring:
- Membership and insurance remittances
 - Workers Comp forms
 - Proof of tax filings
- 15 Tax Deadline:** Filing state and federal tax forms for units and councils with fiscal years ending June 30, 2011
Membership Deadline: Council remittance to Fourth District of 15 members per unit to remain in good standing.
•Due: Scholarships and Grant Applications to CAPTA, 2327 L Street, Sacramento, CA
- 17 Executive Committee Meeting,** 9:30 a.m. at Fourth District PTA office
- 23-24** Fourth District PTA office closed for the Thanksgiving holiday

December

- 2 Due:** Reflections entries from councils to Fourth District PTA office; time by appointment
- 8 General Meeting/Holiday Lunch** 9:30 a.m. Council Presidents Roundtable; 10:30 a.m. General meeting; Noon luncheon; Fullerton
- 9 Advocacy Roundtable** 10:30 a.m.- Noon at Capistrano Unified Education Center

Resources for PTA leaders:

Fourth District PTA
www.fourthdistrictpta.org

California State PTA
www.capta.org
New Toolkit is available

National PTA
www.pta.org

Please, don't ignore the government!

By Julie Redmond, Fourth District PTA Treasurer

With all of the new reporting requirements facing our units, councils, and district, it is more important than ever that if you receive any type of written communication from the Internal Revenue Service, the Franchise Tax Board, or the California Attorney General/Department of Justice, you act on it immediately.



Please don't throw it away or put it on your desk, forgotten. Units, contact your council and let them know what you received. Councils, please contact Fourth District PTA so that we can help you resolve the problem with minimal fuss.

The governmental agencies are focusing attention on all non-profits and do not like being ignored. If you have any questions, please contact me at treasurer@fourthdistrictpta.org.

...Advocacy accomplishments

(Continued from page 3)

2010 - President Barack Obama signed [The Healthy, Hunger-Free Kids Act](#) into law. The act reforms and improves programs under the Child Nutrition Act, including school breakfasts and lunches. This legislation comes at a pivotal time when both childhood obesity and child hunger are at alarming levels.

2010 - National PTA® partnered with experts on the Common Core State Standards to create grade by grade guides that reflect the standards adopted by more than 40 states.

At the California State PTA Level

2009 - 2011

With the help of our nearly 1 million members, PTA achievements in advocacy included:

- Filing an historic lawsuit to require the Legislature to establish a new system of school funding that meets the needs of all students.
- Passage of a ballot measure that allows the Legislature to adopt a

budget with a simple majority vote.

- Changing the age of entry for kindergarten admission, and establishing a transitional kindergarten program.
- Adoption of "Chelsea's Law" to crack down on child sexual predators.

"No amount of fundraising can have as much impact as a single piece of legislation."

– CAPTA Toolkit 2011 (Legislative Advocacy Chairman Job Description)

- Laws to require medical marijuana dispensaries to be located at least 600 feet away from any school.
- Requiring the availability of free drinking water for all students at school.
- Establishing standards for beverages served in day-care centers.

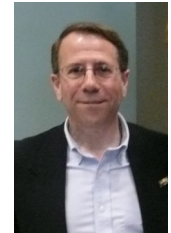
TODAY

PTA is still the nation's premier advocate for every child and "Now!

Save the Date
for a special event featuring
two speakers from Sacramento



Don Wagner
California State
Assembly Member
70th District



Rick Simpson
Deputy Chief of Staff
to Assembly Speaker
John Pérez

Friday, December 9
10:30 a.m. to Noon

Capistrano Unified School District Education Center
33122 Valle Road, San Juan Capistrano

**All PTA members
are welcome to attend.**

More than Ever"... our children need PTA to change their world!

For further information about PTA Advocacy, please go to:

► National PTA – www.pta.org and click on Public Policy.

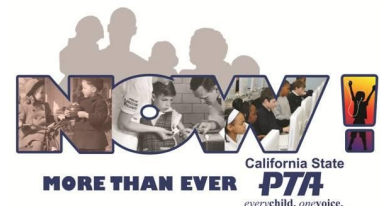
► California State PTA – www.capta.org and click on Advocacy.

► Fourth District PTA – www.fourthdistrictpta.org and click on Advocacy.

New Flash Video available

National PTA has an excellent new flash video called, "PTA Advocacy, A Legacy in Leadership." It's about the history of PTA advocacy, lasts approximately eight minutes, and is available to view online at: <http://www.pta.org/4786.asp>.

For all of these reasons, PTA advocacy has always been—and remains today—vitaly important to the welfare of our nation's children, youth, and families.



Benefits of PTA membership

By Su Craig, Fourth District PTA Vice President, Membership

The number one reason to join PTA is to benefit your child. In doing so, you also help your school, and you join more than five million others who share your interest in issues that affect the lives of children.

There are other benefits to PTA membership. Locally, Legoland offers discounts to PTA schools as membership perks. For program details, see: http://california.legoland.com/tickets/groups/education_programs/pta. McDonald's Restaurants now offers a coupon for a FREE healthy Happy Meal to PTA members.

Individual PTA members can enjoy substantial benefits from National PTA, including magazine subscriptions, leadership training, e-newsletters, and discounts and offers from sponsors and benefits providers. Savings from T-Mobile, Jamba Juice, Office Max and others are available using the user name and password found on each membership card. Check out www.PTA.org/benefits for information on these and other exclusive offers for PTA members.

Let's make sure everyone in PTA is a proud card-carrying member!



Completing your Reflections entries

By Kathleen Sarangay,
Fourth District PTA Reflections Chairman

Here are some important details to complete your Reflections entry process.

Deadlines:

The council Reflections deadline to Fourth District PTA is Friday, December 2, 2011.

National theme search entries must be received in the State PTA Office by November 1, 2011. Mail to: California State PTA, Attention: Reflections Coordinator, 2327 L Street Sacramento, CA 95816

DVD Submissions:

All entries forwarded to the next level of judging must meet the guidelines listed on the PTA website. Units and councils may put all the information on one DVD. Units are to send to councils the winning original works of art entries. Photography and Visual Arts winning entries must also be converted to an electronic copy, as per instructions in the Reflections packet. All councils will do the same when submitting winning entries to Fourth District PTA.

These forms are to be sent along with their electronic copy on the DVD:

- Student Entry
- Artist Statement
- Consent Form
- Form A's
- Unit or Council Entry Form

Website resources:

The CAPTA Reflections section has updates: www.capta.org/sections/programs/reflections.cfm.

Naming and Labeling of Entries Instructional Videos are found at www.pta.org/4774.htm.

California State PTA is in the process of updating the Reflections section with the Reflections Spanish translations; please continue to check the website for updates.

The Local Participation Form tracks total student participation in each of six Reflections Program arts categories, and also as a percentage of total students served (enrollment) by each local PTA/PTSA unit. This information is used to track the growth of the Reflections Program, and its accuracy is critical to obtaining and reporting on grants and sponsorships that support the program. Units need to fill out the Unit Participation Excel file and e-mail it to both California State PTA Reflections Coordinator at reflections@capta.org and to the National PTA Reflections Chairman at reflections@pta.org. Units should also bcc: the council Reflections chairman and reflections@fourthdistrictpta.org. This form can be downloaded from www.ptareflections.org/cs/local_participation_form.

Important membership due dates for councils to Fourth District PTA

Units, check with council for their due dates.

November 15

Last day to remit per capita dues to remain in good standing.

January 15

PTA Spotlight Award Application due to Fourth District PTA.

February 28

Memberships remitted to qualify for any recognitions at California State PTA Convention in Anaheim.

June 15

100% Connected Membership award. A unit is 100% connected when student enrollment equals PTA membership.

June 15

Final date to remit money in the current fiscal year and the end of our membership (and fiscal) year.



The Orange County Department of Education launches redesigned website to improve customer service

By William M. Habermehl, Orange County Superintendent of Schools

The Orange County Department of Education (OCDE) is pleased to announce the launch of its newly redesigned website: www.ocde.us. Designed to be user-friendly and easy to navigate, the new website allows visitors to quickly access department web pages and information regarding OCDE services, products, events, and programs. From the home page, visitors can learn about OCDE, visit department pages, browse news and hot topics, watch videos, and explore featured links. The new site also offers a calendar to connect visitors with events happening in and around Orange County.

The site provides our main audiences with specific landing pages that will help them find services and resources that may be of value to them. In addition, visitors can enter a search term in the upper right hand corner of the home page which will direct them to pages that match their interests. Through the new website, OCDE will continue its spotlight on customer service while focusing on the needs of Parents, Educators, Students, and Community/Partners.

Parents

The *Parents* page contains information regarding academics, child care, college and career readiness, health and safety, best practices, and a calendar of family-friendly events.

Educators

The *Educators* page includes information on curriculum and instruction, leadership and professional development, learning and health support, school and district improvement, special student populations, and student and family services.

Students

The *Students* page provides information and links on academic events, college and career readiness, health and safety, learning resources, and youth development and leadership.

Community/Partners

The *Community/Partners* page provides links to our business and community partners, data sources, community reports, and education resources.

In many ways the newly designed website is an extension of the OCDE mission of providing excellent customer service. The website is dynamic, user friendly, and provides our different audiences with the information they want quickly and easily. I invite parents, students, educators, community, and business partners to explore the new website, and since the site will continue to evolve and expand, visitors are encouraged to check back often for updates.



Make physical activity easy for kids

Children can have fun and improve their health by being physically active every day. Children should aim to get at least 60 minutes of moderate physical activity on most days. To determine the right level of activity, ask yourself: If you can talk without being breathless, you're OK. If you can sing, you're not moving enough.

The following are 10 steps for parents to make physical activity easy:

- 1—Create safe places for children's activities.
- 2—Set a good example by being active with your children.
- 3—Promote physical activity by encouraging children to be physically active at home, at school, and with friends.
- 4—Limit sitting around time by alternating sitting and time spent moving.
- 5—Establish a routine by setting aside time each day as activity time.
- 6—Coach a team and encourage children to participate in neighborhood sports.
- 7—Set up a home gym using household items; canned foods make good weights.
- 8—Try aerobic activities and check children's heart rates before, during, and after activities to see how hard they are working.
- 9—Throw an activity party for their birthday.
- 10—Work with your school by making sure they offer physical activity time for all students.

—Excerpts from the *Communicator*, March 2006

Confused about bylaws and the National PTA dues increase?

By Bev Berryman, Fourth District PTA Parliamentarian

Confused about how to handle the National PTA dues increase? You are not alone – it has been confusing for many people! Most of the confusion lies in the difference between implementation of the dues increase and how it affects the bylaws.

Here is the scoop, assuming that your bylaws are current and have been revised within the last three years:

All bylaws must be amended to show the National PTA dues increase to \$2.25, and to increase the pass-through amount by .50 cents as well. If only these two changes are being made (i.e., the total dues collected from your membership doesn't increase and the unit PTA covers the shortfall), then the unit does not have to send its bylaws up through channels for approval.

If a unit wishes to increase the total dues collected by .50 cents to account for the National dues increase, the increased amount may be IMPLEMENTED right away. But, at some point during this school year after the unit

does its annual bylaws review, the bylaws do have to be sent up through channels for revision and approval.

If a unit wants to increase the total dues collected by an amount greater than .50 cents (i.e. wants to increase the amount the unit keeps), this amount cannot be collected until the amended bylaws have been sent up through channels for approval and the association has adopted the amended bylaws by a 2/3 vote, with the required 30 days' notice.

I hope this clears up any confusion about the difference between when dues can be collected and when the bylaws have to be amended and adopted.

Remember: If your bylaws have not been updated within the last three years, they must be revised and sent up through channels for revising and approval.

As always, if you have any questions, feel free to contact me at: parliamentarian@fourthdistrictpta.org.



Don't be a silent secretary

By Gisela Meier, Fourth District PTA Secretary

As PTA secretary, your primary responsibilities are to record minutes and keep the legal records of your unit or council.

That doesn't mean you should be a silent recorder. You are one of the three main officers of your PTA and you should take an active role in every meeting. Ask questions. Participate in discussions. Make motions.

Don't be shy about stopping the proceedings and asking for clarification when you have missed a piece of information. This is especially important when it comes to motions made during the meeting. Make sure you have recorded the motion correctly. If the motion is long

and complicated, ask the maker to write it down on a motion slip or on another piece of paper.

Don't wait until after the meeting to clarify information. It's better to do it right away, with all of the participants listening. This will prevent confusion and misunderstanding in the future.

The minutes are the legal record of the business of your PTA, so it is very important that they be complete and accurate. Keep in mind that you do not need to record discussions or lengthy reports. Summarize and record what was done, not what was said. But do make sure those motions are complete and accurate.

Historians

Keeping track and recording volunteer hours?

The collection of volunteer hours is important in maintaining our federal tax-exempt status. An association (PTA) granted nonprofit charitable status must receive one-third of its support from the general public. The recorded hours of volunteers are

proof of this. Volunteer hours can be reported in the narrative portion of the IRS 990 report and can also be placed on your PTA's financial statements. From the information provided by nonprofit charitable organizations, the IRS publishes a figure, adjusted annually, that gives a dollar value to the volunteer hours reported. This dollar value is seen as a

donation to local communities and statewide. This valuation reminds current and prospective members how important their efforts are, and also raises the public's awareness of the association (PTA). Frequently, foundations and businesses request the number of volunteer hours an organization expends annually when considering the awarding of grants.

Special Education: A message to our PTA presidents

By Debra DeMent, Fourth District PTA Special Education Chairman

Thank you for reaching out to involve the parents of special education students in your school activities and PTA. Since it is the beginning of the school year and teachers may be identifying children with additional needs, I thought it might be a good idea to provide you with some basic language utilized in special education. The following are only a few definitions of some common acronyms, so please refer to the California Board of Education for a more comprehensive list. I also encourage you to communicate with your special education teachers regarding their method of getting to know their new students. Many teachers utilize an 'All About Me' handout to learn the individual personalities of their special students, so if you need a sample of these to give to teachers, please email me and I'm happy to send them to you (special-ed@fourthdistrictpta.org).



Specific Learning Disability (SLD): Specific Learning Disability means a disorder in one or more of the basic psychological processes involved in understanding or in using language, spoken or written, which may manifest itself in an imperfect ability to listen, think, speak, read, write, spell, or to do mathematical calculations. The term includes such conditions as perceptual handicaps, brain injury, minimal brain dysfunction, dyslexia, and developmental aphasia. The term does not include children who have learning problems that are primarily the result of visual, hearing, or motor handicaps, of mental retardation of emotional disturbance, or of environmental, cultural, or economic disadvantage. (34 CFR Part 300.5).

Emotional Disturbance (ED):

Emotional Disturbance means a condition exhibiting one or more of the following characteristics over a long period of time and to a marked degree, which adversely affects educational performance:

- An inability to learn which cannot be explained by intellectual, sensory, or health factors;
- An inability to build or maintain satisfactory interpersonal relationships with peers and teachers;
- Inappropriate types of behavior or feeling under normal circumstances;
- A general pervasive mood of unhappiness or depression; or
- A tendency to develop physical symptoms or fears associated with personal or school problems.

The term (ED) includes children who are schizophrenic. The term does not include children who are socially maladjusted, unless it is determined that they ex-

hibit one or more of the characteristics listed above. (34 CFR Part 300.5).

Speech or Language Impairment (SLI)

Speech and Language Impairment means a communication disorder such as stuttering, impaired articulation, language impairment, or a voice impairment, which adversely affects a child's educational performance. (34 CFR Part 300.5).

Mental Retardation (MR)

Mental Retardation means significantly sub-average general intellectual functioning existing concurrently with deficits in adaptive behavior, and manifested during the developmental period, which adversely affects a child's educational performance. (34 CFR Part 300.5).

Autism (AUT)

Autism means a developmental disability significantly affecting verbal and non-verbal communication and social interaction, generally evident before age three, that adversely affects educational performance.

Characteristics of autism include: irregularities and impairments in communication, engagement in repetitive activities and stereotyped movements, resistance to environmental change or change in daily routines, and unusual responses to sensory experiences. The term does not include children with characteristics of the disability serious emotional disturbance (SED).

If a child manifests characteristics of the disability category "autism" after age three, that child still could be diagnosed as having "autism" if the criteria in the above paragraph are satisfied. (34 CFR Part 300.5).

Source for definitions: Federal regulations governing special education

Resources for PTA leaders

A good resource: EdSource

By Fran Sdao, Fourth District PTA Vice President, Education

Funding for schools, common core standards, STEM, charter schools, teacher evaluations, and student achievement are all topics that have been in the news recently. It is important that PTA leaders, parents, and community members know about these issues and others that are impacting our schools and communities.

Education has become more complex. The California school finance system seems impossible to follow. Legislators in Washington, DC and in Sacramento are making changes to laws and policies that will influence what happens in our children's classrooms. Parents often look to their PTA leaders for answers about what this all means for their children. PTA leaders will want to do some homework to be prepared.

A good place to start an information search is **EdSource** at www.edsource.org. "EdSource is an independent, nonpartisan, not-for-profit organization whose mis-

sion is to clarify complex education issues and to promote thoughtful policy decision about public school improvement. For more than three decades, [EdSource] has developed a solid reputation as a credible and respected source of education information, research, analysis and data." *From EdSource.org*

The California State PTA was one of the founders of EdSource, along with the League of Women Voters of California and the American Association of University Women. PTA continues to serve an important role within EdSource and is represented on the board of directors by the President-Elect of the California State PTA, currently Colleen You.

We encourage PTA leaders to regularly visit the EdSource website and to sign up for email bulletins. Publications on a variety of education topics are also listed. Most information is available at little or no cost. Please share information with your members through discussions at your meetings and/or through newsletters, Facebook, Twitter, etc. Information is also available in Spanish.

The Fourth District PTA is here to help unit leaders. Please contact Fran Sdao, 3rd VP-Education at education@fourthdistrictpta.org if you have questions.



Communicating with your members - choose what's right

By Kathleen Fay, Fourth District PTA Communications Committee Member

There are many ways to communicate with your members, but to target your messages to make them meaningful, follow these tips:

Align communications with your PTA's priorities. Consider your PTA goals for the year: What do you need to communicate to your members, and why? What are your key messages?

The right quantity of communications is important. Keep contact meaningful and interesting. Let your members know that they're being reached for good reason. Don't inundate them, but don't leave them stranded either – people want to be kept informed.

Select the right medium for your message. Choose from among these possibilities:

Newsletter – Offers detailed information, updates, and the opportunity to thank your volunteers.

Website – Provides convenient online resources for members.

Email blasts – Time-critical communications can go out to your members immediately. Be sure to keep a reliable list of email addresses.

Presentations – Take advantage of opportunities for interaction.

Telephone call-outs – For immediate, urgent action; use infrequently.

Surveys & feedback – To solicit strategic input on important matters.

Fliers & handouts – Call attention to a topic. Can be kept for reference.

PTA publications – For in-depth information; available on the State and National PTA websites for reprint and distribution.

Cards & letters – Personal communications and thank-you notes foster positive relationships.

Captive audience – Banners, lawn signs, and marquees are all great for posting notices of events, including

membership drives.

Social media – Blogs, social networking, Twitter, and texting can all have a place if used within your parent community.

In person – A warm welcome and personal invitation to join is still the most effective way to communicate!

Overall guidelines. In all of your visual communications, be sure to use the PTA logo to establish your organization's identity. Units and councils must adhere to the PTA basics, keeping to PTA mission, policies, purposes, and core values. Read the information in the *Toolkit* to ensure that you understand the difference between advocacy and informational materials if sending items home with children. Support your outreach efforts with translations, when possible. And before you publish, always get the necessary approvals through your unit or council president.





Mensaje de la Presidenta

Gracias, Apoyo y Conexión

Por Celia Jaffe

Su PTA ayudar a levantar el ánimo de su escuela y comunidad ofreciendo simplemente un esfuerzo de gracias, apoyo y conexión.

La gente se anima con el reconocimiento. No espere a que exista una ocasión especial para dejar saber a sus voluntarios lo mucho que son valorados y apreciados.

Una nota dando las gracias puede marcar la diferencia. A veces los límites de los recursos de la PTA nos reducen el presupuesto para los reconocimientos, ya que los gastos de hospitalidad y de reconocimiento no deben sobrepasar al

5% de su presupuesto, pero puede reconocer a sus voluntarios en el boletín noticioso, en un correo electrónico dirigido a toda su lista de PTA, ofrecer una porra durante su junta de PTA o escribir un mensaje personal de apreciación. Siempre de las gracias sincera y frecuentemente.

Otra de sus metas con beneficios intangibles es formar una Buena conexión entre su escuela y la comunidad. Esta es una parte crucial de la PTA. Acuérdesse que aunque nuestras escuelas están sufriendo económicamente, el trabajo de la PTA no es pagar por las cosas que se

necesitan por la falta de fondos estatales y federales. Muchas familias están experimentando problemas económicos y es difícil contribuir monetariamente incluso a la PTA.

Pero cuando las familias se sienten bienvenidas en la escuela en las actividades de bajo costo o gratuitas, esto le da la ventaja de conectarse y pedirles que participen en fiestas y otras funciones que son patrocinadas por la PTA. De esta manera tanto los estudiantes como la escuela se benefician. En verdad que la animación le ayudara a fortalecer la conexión entre la comunidad y la escuela. El expresar una apreciación sincera para sus voluntarios deberá ser uno de sus objetivos de PTA. ¡Estos son tiempos difíciles y “todos estamos en el mismo barco navegando juntos”!

Expansion

Por: Diana Flores

Directora de Enlace, 4to Distrito de PTA y del Latino Educational Attainment Liaison (LEA)

La expansión es el compromiso de la PTA de incluir a toda la comunidad en la afiliación y en todas las fases de sus programas y actividades. Es de tanta importancia que se le debe dar prioridad cuando se planifiquen actividades de la PTA. Se debe incluir a todos.

¿QUE HACER?

Forme un comité de expansión cuyos miembros sean representativos de la escuela y la comunidad. Haga una encuesta en la escuela y la comunidad por medio de cuestionarios, vía telefónica o de puerta en puerta. Averigüe que tipo de actividad interesaría a todas las partes de la comunidad. Entérese que impedirá su participación: barreras del idioma, transporte, cuidado infantil, horario de las actividades, etc. Pregunte qué significado tiene para los padres involucrarse en su PTA.

- Desarrolle un plan de expansión como respuesta a los resultados de la encuesta.
- Establezca metas razonables. ¿Que desea lograr?
- Desarrolle actividades que incluyan y que interesen a los estudiantes, familias de un solo padre / madre, padres de familias que trabajen, abuelos, personas discapacitadas, personas que no hablen inglés, personas de diversos grupos culturales, étnicos, sociales y comerciantes de su comunidad.

- Provea un intérprete en las reuniones según se necesite.
- Busque a través de otros grupos copatrocinar eventos o actividades como:
- Otros comités o jefes de comités dentro de la organización de la PTA
- Organizaciones de liderazgo estudiantil y escolar.
- Comités de conserjería para padres como consejos del área local, grupos bilingües y de apoyo a otras unidades, consejos o distritos de la comunidad.
- Grupos y oficinas gubernamentales, centro para personas mayores y organizaciones cívicas, grupos culturales, cámaras de comercio y comerciantes.
- Promueva y publique las actividades a través de boletines informativos de su PTA, correos electrónicos, sitio web, periódicos locales, llamadas personales, anuncios de servicio público (PSA). Determine cuál es el método más efectivo de distribuir material impreso: correo, volantes para llevar a casa, o entrega personal por un adulto.

EVALUACIÓN DE LA EXPANSION

Evalúe cada actividad mientras se realiza o al finalizar así como los logros.

- ¿Fueron exitosas los esfuerzos de expansión?
- ¿Mostraron interés los participantes en el programa?

- ¿Vendrán de nuevo? ¿Traerán a otras personas?
- ¿Les fue accesible el programa?
- ¿Participaran en la mesa ejecutiva de su PTA?
- ¿Qué harían diferente?
- ¿Hubo conflicto en la planificación del programa, fecha, intérpretes, instalaciones?
- ¿El programa fue oportuno y de interés para los participantes?
- ¿Cómo se pudo haber alcanzado a más personas?
- ¿Qué hizo exitoso el programa?
- ¿Se alcanzaron las metas? ¿Es necesario revisar las metas?

SABRA QUE LA EXPANSION FUE EXITOSA CUANDO

- La composición de su PTA refleja la composición de su comunidad escolar.
- Cada año hay algunos miembros nuevos en la mesa ejecutiva que representan todas las partes de la comunidad escolar.
- Los miembros de su PTA hacen preguntas y sugerencias durante las reuniones de asociación.
- Los afiliados activos son estudiantes, maestros, miembros de la comunidad, parientes lejanos no solamente los padres de familia.
- La afiliación y Expansión son parte de todas las actividades de planeación de su PTA.
- La mesa ejecutiva de la PTA y la Afiliación no piensa en términos de “ellos” y “nosotros”.

¿Por qué la defensa que hace PTA ha sido tan importante a través de los tiempos?

Por más de un siglo, la PTA ha mantenido un recordatorio para nuestra nación sobre la obligación de proveer bienestar a los niños a través de dar información a padres, maestros y estudiantes. Donde quiera que los niños se encuentren y que su bienestar sea amenazado **PTA defiende** en todos los frentes para resolver los problemas. La PTA ha sido instrumental para la creación de leyes y regulaciones que se garantizan para los niños de hoy.

PTA – UN SIGLO DE COMPROMISOS PARA LOS NIÑOS...

1900	Leyes de prohibición de trabajo a los niños y jóvenes
1910	Establecimiento de la preprimaria
1920	Proyecto nacional de salud infantil
1930	Nutrición y servicios de emergencia
1940	Ley nacional de comidas calientes
1950	Vacuna obligatoria contra la poliomielitis
1960	Leyes de protección y seguridad para los niños y sus juguetes
1970	Sistema calificador de violencia de las películas cinematográficas y videos
1980	Programa educacional contra el SIDA
1990	Objetivos nacionales educativos y ratings televisivos
2000	Estándares de ley federal sobre la participación de los padres en las escuelas

Beneficios de la membresía de PTA

Por Su Craig, Vicepresidenta de membresía del 4o Distrito de PTA

La razón numero 1 debe ser para beneficiar a su estudiante. Al unirse a PTA también ayuda a su escuela y se une a más de cinco millones de personas que comparten su interés por los asuntos en las vidas de los niños.

Hay otros beneficios de su membresía de PTA. Localmente Legoland ofrece descuentos a los miembros de PTA así como incentivos. Para más detalles por favor visite nuestro sitio de internet:

http://california.legoland.com/tickets/groups/education_programs/pta.

Los miembros de PTA pueden recibir beneficios substanciales de la PTA Nacional incluyendo suscripción a revistas, talleres de liderazgo, boletines noticiosos en línea, descuentos de patrocinadores, etc. Ahorros de T-Mobile, Jamba Juice, Office Max y mas usando su nombre y contraseña que se encuentra en la parte trasera de su tarjeta de membresía. Visite el sitio de internet www.PTA.org/benefits para mayor información de estas exclusivas ofertas para miembros de la PTA.

¡Asegurémonos que todos los miembros de PTA tengan orgullo de pertenecer a tan prestigiosa organización!

¡Por favor no ignore al gobierno!

Por Julie Redmond,
Tesorera del 4o Distrito de PTA

Con todas las reglas nuevas de reporte de impuestos que nuestras unidades y consejos están experimentando, es muy importante que si recibe cualquier tipo de comunicación escrita del IRS, la franquicia de impuestos de California o del procurador de California o departamento de justicia, actúe de inmediato.

Por favor no tire dicho papel o lo deje olvidado en un rincón. Las unidades deben contactar a su consejo para informarles de dicha comunicación. Los consejos comuníquense con el 4o Distrito para que les ayudemos a resolver el problema de la mejor manera posible.

Las agencias gubernamentales están enfocándose en organizaciones no lucrativas y no les gusta ser ignoradas. Si tiene preguntas, por favor contácteme por correo electrónico: treasurer@fourthdistrictpta.org.

Haga fácil la actividad física de los niños

Los niños pueden divertirse mientras cuidan su salud haciendo actividades físicas diarias. Un niño debe hacer ejercicio al menos una hora al día. Para determinar el nivel correcto de actividad física es simplemente si puede hablar sin que le falte la respiración ese nivel es correcto; si puede cantar entonces no se está moviendo suficiente.

Los 10 pasos siguientes ayudaran a los padres a facilitar la actividad física de los niños:

- 1—Debe hacerse ejercicio en un lugar seguro y para niños.
- 2—Ponga el ejemplo y únase a la actividad física de sus hijos.
- 3—Promueva la actividad física animando a los niños a ser activos en la escuela, la casa y sus amigos.
- 4—Limite el tiempo que los niños pasan sentados alternándolo con movimientos.
- 5—Establezca una rutina dejando tiempo todos los días para hacer una actividad física.
- 6—Entrene un equipo y anime a los niños a participar en las ligas de deportes del vecindario.
- 7—Establezca un gimnasio en casa usando objetos de uso diario; las latas de comida son muy buenas pesas.
- 8—Haga actividades aeróbicas y revise el pulso de los niños antes, durante y después de la actividad para saber que tan duro están ejercitándose.
- 9—Haga una actividad física para celebrar la fiesta de cumpleaños.
- 10—Trabaje con sus escuela y asegúrese que se ofrezca tiempo para actividad física de los niños.

—Extraído del Comunicador
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909-319-9796





Now More Than Ever – Plan to Attend Sacramento Safari!

According to California State PTA President Carol Kocivar, “...our children need PTA to change their world.”

One of the best ways you can help achieve this goal is to join with the Fourth District PTA Advocacy Team in their annual two-day visit to Sacramento on Monday, March 26, – Tuesday, March 27, 2012.

You will have the opportunity to hear from a wide variety of experts on issues that impact our children and schools, to learn about the inner workings of our state government, and to network with other Fourth District PTA members. The Advocacy Team will set up appointments and accompany you as you meet with individual California State Senators and Assembly Members from Orange County in their Capitol offices.

Now is the time to have your unit or council vote to appoint you as a representative (units and councils may send more than one representative), as well as approve the expendi-

ture of funds for Sacramento Safari. Attendees must be current PTA members and student attendees must be 18 years old or accompanied by a parent or guardian.

Participants may choose one of the following registration options:

- \$265 Hotel Double Occupancy
- \$365 Hotel Single Occupancy (attendees selecting this option need to pay the difference from their personal funds)

Registration fees include:

- One night at the Embassy Suites, Sacramento
- Lunch and Dinner on Monday
- Breakfast and Lunch on Tuesday
- Conference materials

Registration fees do NOT include:

- Airfare
- Ground Transportation
- Airport parking fees
- Dinner on Tuesday

Registration is NOW available and the deadline is Friday March 2, 2012, or when the capacity of 100 is reached. For complete information and to register online or print registration forms, please go to our Fourth District PTA website at www.fourthdistrictpta.org, click on “Advocacy,” then click on “Sacramento Safari.”



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