

President's Message

New Year's Resolutions, PTA-Style

by Maureen Christensen



It is the New Year! Time to make resolutions. Or at least time to re-view your life and determine what kind of year

around the track with you as you discuss PTA and local matters or start each meeting by doing some easy stretching. This will wake everyone up and start your blood flowing.

#3-Help others..... enough said.... **PTA!!!!**

#4-Enjoy life more: Studies have shown that people are happier when they are serving and helping others. Please refer to #3.

#7-Lose weight: Who has time to put on weight when you are as busy as the PTA? Also, we sell all baked goods so there shouldn't be anything left to eat. Just ask your kids.

#8-Get organized: As a PTA leader this shouldn't be a problem for you! PTA leaders are notorious for being well organized and efficient.

#9-Get out of debt-Your home life could be modeled after the PTA. Look at your income and expenses. Look at what programs your family really needs to participate in. Are those new shoes really necessary?

#10-Learn something new: As PTA leaders we are always learning something new. We offer training opportunities. We move into new positions every term. We are always updating and changing the bylaws. PTA leaders are always learning and growing.

Enough tongue-in-cheek though. I hope that as you have started this

your want 2014 to be.

Reports show that the top ten resolutions are as follows:

1. **Spend more time with family**
2. **Exercise**
3. **Help others**
4. **Enjoy life more**
5. **Quit drinking**
6. **Quit smoking**
7. **Lose weight**
8. **Get organized**
9. **Get out of debt**
10. **Learn something new**

PTA can't help you with 5, or 6... But, we can help you with the others. **#1-Spend more time with family:** Invite your family to help and participate in PTA activities with you. They will enjoy spending time with you and you will enjoy not having to put up and take down all of those chairs by yourself.

#2-Exercise: Invite your PTA board to walk

Sweeten the World



One Drop at a Time

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Fourth District PTA®

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*Artículos en español
paginas 10 y 11*

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FOURTH DISTRICT PTA CALENDAR

February

- 13 District Board Meeting**
9:30 am Council Presidents
10:30 am District Board
NOTE LOCATION CHANGE:
North Orange County ROP
385 N Muller St, Anaheim,
- 15 Reflections Gallery**
1 pm; Orange County Dept of Education, Bldg A; 200 Kalmus Drive, Costa Mesa
- 17 Office closed-Presidents Day
PTA Founders Day**

March

- 3 First day of registration for California State PTA Convention**
- 4 Leadership Workshop**
9:30 - 11:20 am; Orange County Dept of Education, Bldg A; 200 Kalmus Drive, Costa Mesa
- 7 Safari Orientation**
9:30-11:00 am
Fountain Valley School District

- 12 Annual District Meeting & Administrators Dinner**
5:30 Meeting
6:15 Registration & Reception
6:45 Dinner & Program
Costa Mesa Country Club
1701 Golf Course Drive, CM
- 17-18 Sacramento Safari**
Embassy Suites, Sacramento
- 20 Council Presidents' Roundtable**
9:30 am Fourth District Office

April

- 4 Advocacy Roundtable**
9:30 am, Orange County Dept of Education, Bldg D; 200 Kalmus Drive, Costa Mesa
- 15 Last day of lower, early bird registration fees for convention**
- 17 District Board Meeting**
9:30 am Council Presidents
10:30 am District Board
Orange County Dept of Education, Bldg D; 200 Kalmus Drive, Costa Mesa

>>President's Message, continued from page 1

new year you have spent some time reevaluating your personal goals as well as your PTA's goals for the rest of the school year. Take time to hold a budget committee meeting and look at where you are and where you are going. Have your committees evaluate the programs that are planned and make sure they are truly fulfilling the PTA goals. But most of all make it a goal to make PTA fun—not just work!

Maureen

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If you would like text from an article sent to you electronically, email the editor:

orange-leaves@fourthdistrictpta.org

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Fourth District PTA comprises 20 councils in Orange & Los Angeles Counties with over 400 unit PTAs.

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PTA Founders: Women of Conviction, Drive, and Vision

PTA®
Founded February 17, 1897

By Celia Jaffe, Fourth District PTA Immediate Past President

The three women who are recognized each February as the founders of PTA came from different backgrounds, were different ages, and brought different experiences and skills to their chosen work, but what they had in common was a concern for children and the extraordinary vision, commitment, and drive.

Alice McClellan Birney (b. 1858) was a young, widowed mother at age nineteen in Georgia. She took the unusual step of becoming a working woman, pursuing a job in advertising. At age thirty-three, Alice married a lawyer from Washington, D.C., and moved there with him. It was there she met Phoebe Hearst.



Phoebe Apperson Hearst (b. 1842) grew up wealthy in Missouri. Her neighbor, George Hearst, had moved to California and made a fortune in gold mining. On a visit home, George proposed to Phoebe, who was 21 years younger. She accepted, and they moved to California, where their only child, William Randolph Hearst, was born. George Hearst later was elected US senator from California, and the family moved to D.C.



Alice was the idea person, who conceived the notion of a congress of mothers. She wrote,

I built in my imagination a new world, such as it seemed to me might be a reality if each newborn soul might enter into life in a happy, uplifting environment. ...I asked myself... "How can the mothers be educated and the nation made to recognize the supreme importance of the child?"

Phoebe had the connections and resources to help Alice make this idea a reality. They held an organizational meeting in Phoebe's home and elected officers, including Alice Birney as president. The group planned a three-day "convocation" at the Arlington Hotel ballroom. Phoebe hired well known speakers, wrote to numerous influential people, and gained publicity through her son's newspapers.

Over two thousand people attended the first day of the convocation, February 17, 1897. Three days of speakers and standing-room-only crowds culminated in the adoption of a platform and "Declaration of Principles of

the National Congress of Mothers." Alice summarized the principles thus: **"The National Congress of Mothers, irrespective of creed, color, or condition, stands for all parenthood, childhood, homehood. Its platform is the universe, its organization, the human race."**

Selena Sloane Butler (b. 1872) is the third founder of PTA whose trailblazing work is recognized each year. Selena was in the second graduating class from Spelman College in Atlanta in 1888. She taught in Atlanta public schools and at Florida State College and was active both in the early kindergarten movement and in adult night schools.



The first Colored Parent-Teacher unit was organized by Selena in 1911 at Yonge Street Elementary in Atlanta. Selena had support from the National Congress of Mothers and Parent-Teacher Associations (National PTA) as she went on to found the Georgia Congress of Colored Parents and Teachers and, in 1926, the National Congress of Colored Parents and Teachers, of which she was the first president.

National PTA never excluded African-Americans or any other racial group from membership. It was the prevailing school segregation laws of the time that led to two separate PTA organizations existing for over four decades, though they shared materials, had the same objectives, and often worked cooperatively. After desegregation, the two groups began the long process of negotiating a merger, which was finalized in 1970. Finally, one unified National PTA!

Three fundamental initiatives arose from the original 1897 convocation of the Mothers Congress:

- * **The establishment of parent education study groups**
- * **Home-school cooperation as represented by the partnership of parents and teachers**
- * **Full utilization of the services of all agencies concerned with child welfare**

It is amazing and inspiring to recognize the lasting relevance of these same principles to PTA work and initiatives today. *everychild.onevoice.*

The PTA Story: A Century of Commitment to Children, National PTA, 1997, was the source of all quotations and information in this article.



Celebrate PTA Founders Day February 17th



Renew Your Membership Drive Midyear

by Lisa Boler, Fourth District PTA VP for Membership

Remember, Membership Drives are no longer just for the beginning of school or an event during the fall.

As we head into the second half of the school year it is time to start thinking of a second Membership Drive. We need to remind people that it is never too late to join the PTA. The hustle and bustle of the beginning of school and all the excitement of the holidays are behind us. We can now focus on getting some much needed support for our local PTA. By asking parents, staff and friends to support (join) the PTA we are reminding them that we value our children's education.



Here are 10 suggestions for increasing your membership.

- 1) Place a letter of welcome, including PTA information (dates of PTA meetings and events for example), with a membership envelope, in the school office for distribution to new families as they come to register their children.
- 2) Challenge each board member to recruit at least one new member.
- 3) Set up a PTA membership table at all school events where parents will be in attendance, such as Art Nights, Open House, kindergarten round-ups and secondary school orientations, to encourage parents to become members at every opportunity.
- 4) Send invitations to join PTA throughout the entire PTA year. Don't stop because your major membership enrollment period is over!
- 5) Hang a PTA banner outside the school in a prominent place. Consider investing in a weatherproof banner that can be displayed year after year. Include your website address.
- 6) Don't forget to ask the superintendent and others in central administration departments to join PTA. Many education employees don't work at a specific school site.
- 7) Request a space for a PTA bulletin board or showcase; then keep it up to date. Post your latest newsletter and other PTA promotional materials.
- 8) Got Students? Got Members! Students of all ages are eligible to join any unit, regardless of whether it is a PTA or a PTSA.
- 9) Use the energy and enthusiasm of others — involve parents, teachers and students on your membership committee. Include men.
- 10) Have a "Grandparents' Day" where students bring real or adopted grandparents to school for lunch or a tour of the building. Ask them to join your PTA.

PTA Membership Awards

100% Connected!

Does your PTA membership equal your student enrollment? If yes, then you qualify for our brand new convention award: All units who have achieved 100% Connected will be entered into a convention drawing in which 10 lucky units will receive a check for their school for \$100.

No application is required. All per capita must be submitted through proper channels and received in the State PTA office by March 31st.

14 More in 2014!

All units who have 14 additional members more than last year's total will be entered into a drawing for a fantastic PTA basket filled with all sorts of PTA goods and services, including one free year of PTAEZ, one free 2015 convention registration, and a \$100 gift certificate to the PTA store.

"Teachers Matter...

Members Matter"

Membership Challenge

The deadline for this award was January 31st, so you must already have sent in the application to qualify.

Qualifying units will receive an emailed letter with a free convention registration reward code. The award code must be used when registering for the free convention registration. Convention registrations otherwise paid for will not be refunded to be used as an awarded free registration. Award codes must be used by members of the qualifying unit only.





Sacramento Safari - March 17 and 18, 2014

What: Fourth District PTA's annual not-to-be-missed trip to our State Capitol.

Where: Sacramento - Embassy Suites Hotel, California Department of Education, and the State Capitol building.

When: Event begins at 11:30 a.m. on Monday, March 17 and ends at 4:15 p.m. on Tuesday, March 18.

Registration Cost: \$275 double/ \$375 single if booked prior to Jan 24, 2014 *OR*
\$295 double/ \$395 single if booked after Jan 24.

NOTE: Registration includes hotel, meals and all registration materials. You are responsible for making your own flight and airport transfer arrangements. (Total cost is typically about \$600 per person)

Registration deadline: Friday, February 28

Orientation: Friday, March 7th, 9:30 a.m. -11:00 a.m. Fountain Valley School District - Board Room. We are planning to make this a primer on the hot topics this year so ALL participants should attend.

Participation is limited and the seats are filling fast so don't be left behind...

Register TODAY at:

www.fourthdistrictpta.org/sacramento-safari-registration-2013/

Here are some of the exciting things we have planned:

California Department of Education (CDE) - For the first time ever, we are planning to hold meetings at the CDE, where we will split into small groups and a series of interesting topics will be offered. If we're lucky, Superintendent of Public Instruction, Tom Torlakson, may pop in!

Governmental Relations Panel - Also brand new this year is a dinner panel featuring key speakers from the major education organizations: Association of California School Administrators (ACSA), California School Boards Association (CSBA), California Teachers Association (CTA) and our very own California Parent Teacher Association (CAPTA).

Interactive session with California State PTA key leaders is back by popular demand...and we extended the amount of time! Attendees will have the opportunity to share feedback and ask questions on a wide range of issues in an informal setting with: **Colleen You**, California State PTA (CAPTA) President; **Kathy Moffat**, CAPTA Director of Legislation and **Paul Richman**, CAPTA Executive Director.

Mac Taylor, The California State Legislative Analyst himself will be giving us the latest non-partisan budget update.

Rick Simpson, Deputy Chief of Staff to Assembly Speaker, John Perez, will share all the hot-off-the-press news from the State Capitol.

And more to come!

Sacramento Safari provides attendees with a fabulous opportunity to:

- Listen to up-to-the-minute news about hot topics such as the state budget, the Local Control Funding Formula and Local Control Accountability Plan, Common Core Standards, teacher evaluations & dismissals, and so much more.
- Join active, like-minded PTA parents in bringing our concerns directly to legislators' offices in our beautiful state Capitol.

For the flier containing full details, please go to:

http://www.fourthdistrictpta.org/wp-content/uploads/2013/09/Sac_Safari_2014_Save_the_Date-updated.pdf

Questions?? Please contact Kim Anderson at sac-safari@fourthdistrictpta.org

Thanks so much and will hope to see you on Safari!

Kim Anderson and Nicola Weiss, Fourth District PTA Sacramento Safari Co-Chairmen



Nurturing Healthy Minds

By Al Mijares, Ph.D., OC Superintendent of Schools



Sylvia is 13 years old and in the eighth grade. She was often sad and angry and felt confused. She did not have close friends and other students would tease her. Her teacher noticed that something was wrong and consulted the school counselor. Sylvia's family was notified, and the school was able to provide resources and support.

Sylvia's challenge is not a rare situation. Twenty to twenty-five percent of children in the U.S. experience symptoms of emotional distress, such as depression, anxiety, eating disorders, and substance abuse. From 2000-2005, 3.22 million youth, ages 7-17, were treated for depression; this is more than double the number from the previous five years.

In order for students to be successful in school, they need to be healthy mentally, emotionally and physically. Youth who have problems in these areas are more likely to have high rates of absenteeism and to drop out of school. The annual financial costs for treatment, including lost productivity, are staggering.

Educators, families, and community members have a role to play in cultivating wellness and encouraging school

and life success for our youth. We can do this by learning how to decrease the stigma associated with mental health issues, build knowledge about mental health risks and protective factors, increase awareness about the signs and symptoms, and offer resources and support to students and families.

To nurture youth resilience, mental health, and well-being, the Orange County Department of Education leads a K-12 Student Mental Health Initiative. This initiative is part of a statewide effort funded by Proposition 63 and the California Mental Health Services Authority (CalMHSA) through the California County Superintendents Educational Services Association (CCSESA). The Orange County initiative focuses on prevention and early identification of youth mental health issues. The initiative provides services and conducts demonstration projects including:

- Training for school staff in prevention and identification of student mental health issues; fostering positive school climate to support academic, social and emotional de-

Continued, page 7>>

Reliable Sources

by Kathleen Fay, Fourth District PTA VP for Communications

Good communications depend on good information. Here's how to get the goods for your PTA:

Email distribution lists

As many school districts move towards electronic enrollment for confirmation of student and family information, data collection becomes easier than ever. In the spring, when planning for the next school year is taking shape, councils can ask their school districts to provide parents with the option of allowing their email addresses to be shared with PTA, so that families can be kept up-to-date on events and activities that affect students and the school throughout the year. This is usually as simple as offering a check-box during the online enrollment process or – better yet – having acceptance to share email info with PTA as the default by only requiring the check-box as an opt-out.

Parent education content

Why reinvent the wheel when some of the best and easiest-to-use parent hand-outs and newsletter articles are available to you online at

www.capta.org? Just search for info on the topic of your choice.

A great example of this: Use available PTA resources to help parents understand the new Common Core State Standards! PTA leaders recently worked with the state's education chief to create a guide for each grade level that includes an overview of key items students will learn, ideas to help parents to support learning at home, and tips for talking with teachers about student academic progress. This makes a great handout! You can even show the three-minute video (link on the CAPTA website, or <http://vimeo.com/51933492>) at your PTA meeting to offer parents a clear overview. Alternatively, you can offer the links in an email update to your school community.

And remember our other online PTA information sources: Want to help Special Ed parents navigate the system? National PTA (www.pta.org) offers a toolkit on this. Want to offer advocacy information to your members? Go to Fourth District PTA (www.fourthdistrictpta.org) and print copies of the *Advocacy Communicator* to distribute.



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Get Connected at California State PTA Convention

By Cheri Jones, Fourth District PTA VP for Convention

Calling all PTA members! It's time to start making your plans to attend the 2014 California State PTA Convention, which will be held, locally this year, in Los Angeles! Convention runs from Wednesday, May 7 to Saturday, May 10 and will be at the LA Convention Center with the JW Marriott serving as the convention hotel.

This is a GREAT opportunity for training, networking, leadership development, learning about resources for your unit, and most of all, it's FUN!

Featured this year are:

- ◆ Shorter (2 hours) General Meeting Sessions
- ◆ A State of the State Panel discussion
- ◆ Candidates Forum
- ◆ 90 minute specialized workshops
- ◆ Delegate Orientation
- ◆ Reflections & Awards Night
- ◆ Special Exhibit Hall-only time (NO other meetings/workshops scheduled during that time)
- ◆ And MORE!!



Online convention and hotel registration will begin on March 3 and run until April 15 at these rates:

- ⇒ \$199 for a full-time delegate with other pricing for part-time and student delegates.
- ⇒ The JW Marriott convention rates are \$199/double room.

Prices rise after April 15.

The LA Live area is a vibrant and exciting place so come be a part of Convention and join in the fun!

More information will be coming regarding the 4th District Dinner and other items related to convention. For

now, please go to the following link for more information. Be sure to watch the video that's posted about convention:

<http://www.fourthdistrictpta.org/convention>

For more info, contact Cheri Jones, VP of Convention at convention@fourthdistrictpta.org

See you in LA!

>> *Nurturing Healthy Minds, continued from page 6*

velopment; and reducing stigma associated with behavioral health challenges

- *Eliminating Barriers to Learning through the Early Identification of Student Mental Health Issues* train the trainer program
- Collaborating across agencies to enhance mental health services for foster youth
- Providing access to information on age-appropriate, culturally relevant, evidence-based mental health programs, strategies, and resources
- Providing local referral resources and information for parents, educators, and the community
- Providing stress management education for teachers and students
- Developing an online school climate survey for middle school students to gather and assess indicators of student stress, anxiety, and depression

These efforts can prevent and reduce the risk of mental disorders, support the social and emotional health of students, and effectively place students on the path to college and career readiness and success.

For additional information, visit www.ocde.us/healthyminds. To access resources that promote the mental health and wellness of students, visit www.regionalk12smhi.org.

>> *Reliable Sources, continued from page 6*

Social media and websites

When it comes to info from the Internet, you know that some of it's good, some is dicey, and some is just made up by strange minds. Before you post a link, make sure it comes from a reputable information source (think government website, science journal, or well-established newspaper), and be careful to distinguish facts from opinion. If a blog or column offers interesting food for thought, be sure to present it as such if you pass it along. And beware of citing old statistics that don't reflect current reality, or surprising studies that have since been debunked (one reason that many parents still fear vaccines).

Posting photos of kids involved in PTA-sponsored activities is great for showing off our organization's support in PTA newsletters and websites, just as long as you go to the source for permission – in this case, the parent or guardian. Go to the California State PTA *Toolkit* (page 338) for a Photography Release form (<http://downloads.capta.org/pub/toolkit/09-forms-en.pdf>). If your PTA is hosted by the school district's website, check their policies first, which may prohibit posting student photos on their websites. Similarly, anything that goes home in a child's backpack – even it's a PTA newsletter – requires approval from the principal.

5th Annual Creative Edge Lecture
Wednesday, March 26th
9:00 – 10:30 a.m.
Segerstrom Concert Hall in Costa Mesa

“Redesigning Leadership”

How Digital Connectedness and Creativity Changes Leadership
From the foremost thought leader for STEAM Education

Take advantage
of a special
early-bird price
till February 28.



John Maeda

Chairman of eBay Design Advisory Board
Former President of the Rhode Island School of Design

In partnership with Fourth District PTA
Especially important for parents who want to ensure their
children will thrive in an empowered, creative workforce
and what it takes to create that future

Tickets are \$25 for a limited time and are on sale online
at <http://artsoc.org/lecture.htm>
or by phone at (714) 556-2787
and at the Segerstrom Center for the Arts box office
600 Town Center Drive in Costa Mesa.

Maeda will explore how digital connectedness has changed leadership. What are the opportunities and limits of using social media in the new networked organization? What does leadership even look like today? And how can we adapt and move forward in our ever-changing innovation economy? How will American students stay on the leading edge of innovation and remain competitive in a hyper-connected world.

Who is John Maeda?

John Maeda is a leader who imagines how design can simplify technology and help leaders respond to new challenges in the era of social media. His work as a graphic designer, computer scientist, artist and educator earned him the distinction of being named one of the 75 most influential people of the 21st century by *Esquire* and one of the best Twitter feeds by Time Magazine.

Called the “Steve Jobs of academia” by Forbes, he believes art and design are poised to transform our economy in the 21st century like science and technology did in the last century.

Maeda previously served as associate director of research at the MIT Media Lab. He serves as Chairman of the eBay Design Advisory Board, on the boards of Sonos, Quirky, and Wieden+Kennedy, and on the Davos World Economic Forum's Global Agenda Council on New Models of Leadership. His books include *The Laws of Simplicity*, *Creative Code*, and *Redesigning Leadership*, which expands on his Twitter feed at [@johnmaeda](https://twitter.com/johnmaeda), one of TIME Magazine's 140 Best Twitter Feeds of 2012.

Maeda served as President of Rhode Island School of Design from 2008 until 2013, where he led the movement to transform STEM (Science, Technology, Engineering, and Math) education to STEAM by adding Art and helped the university rank as the #1 design school in the world by Business Inside. Maeda is now a designer for venture capital firm Kleiner, Perkins, Caufield, and Byers. He is also the chairman of the brand new eBay Design Advisory Board.

Creative Edge
Lecture Series
is presented by



Segerstrom
Center for the Arts



Fourth District
PTA
everychild.onevoice.®



Announcing Fourth District PTA's

Annual Meeting & Administrators Dinner

Wednesday, March 12, 2014

Costa Mesa Country Club

1701 Golf Course Dr., Costa Mesa



*Fourth District PTA
is celebrating its
100th birthday!!*

Cost: \$40 per person (Parking included)

5:30 p.m. Fourth District PTA Annual Meeting

6:15 p.m. Registration and Reception

6:45 p.m. Program and Dinner

Reservation Deadline: February 27

Reserve online at www.fourthdistrictpta.org or use the form below.

Fourth District Administrators Dinner Reservation Form

Name _____

PTA Unit _____ Council/School District _____

Guests and titles (Include yourself if you are attending even though your name is above.):

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) @ \$40 each.

Send completed form and check to:

Fourth District PTA, - Administrators Dinner
1520 Brookhollow Drive, #40
Santa Ana, CA 92705



everychild.one voice.®

❖ Questions? Call the Fourth District PTA Office at (714) 241-0495 or contact Kim Nichols at banquets@fourthdistrictpta.org

El Cuarto Distrito de PTA se complace en anunciar
***La Junta de Asociación Anual &
 La Cena de los Administradores***

Miércoles, 12 de Marzo, 2014

Costa Mesa Country Club

1701 Golf Course Dr., Costa Mesa

Precio: \$40 por persona

(con el estacionamiento incluido)

5:30 p.m. Junta de Asociación Anual
 del Cuarto Distrito de PTA

6:15 p.m. Registro y Recepción

6:45 p.m. Programa y Cena

**Fecha límite para reservar, 27 de
 Febrero**

Reserve por internet al www.fourthdistrictpta.org o use este formulario.



***¡El Cuarto Distrito de
 PTA está celebrando su
 100 cumpleaños!***

Forma Para Reservación de Cena

Nombre _____

Unidad _____ Consejo/Distrito Escolar _____

Huéspedes y títulos: (Incluya su nombre si va a asistir a pesar que su nombre esta anotada en la parte superior.)

1. _____
2. _____
3. _____
4. _____

❖ Número de teléfono o dirección de correo electrónico _____

❖ Por favor indique si necesita ordenar platillos vegetarianos _____ (¿Cuántos?)

Incluido con este formulario está el cheque a nombre de Fourth District PTA para el pago de la cena de ___ persona(s) a \$40 por persona.

Sírvase a enviar este formulario con un cheque a nombre de:

**Fourth District PTA--Administrators Dinner
 1520 Brookhollow Drive, #40
 Santa Ana, CA 92705**

❖ ¿Preguntas? Llame a la línea en español del Cuarto Distrito de PTA (714) 540-1575

El Cuarto Distrito
PTA[®]
everychild.one voice.[®]



Propósitos de Año Nuevo, Estilo PTA

Por Maureen Christensen, Presidente del 4o Distrito de PTA

¡Es un Nuevo Año! Es hora de hacer propósitos. O por lo menos el tiempo para recapitular su vida y deter-

minar qué tipo de año quisiera para el 2014. Reportes indican que los diez principales propósitos son los siguientes:

1. Pasar más tiempo con la familia
2. Ejercicio
3. Ayudar a otros
4. Disfrutar más de la vida
5. Dejar de beber
6. Dejar de fumar
7. Perder peso
8. Ser organizado
9. Salir de deudas
10. Aprender algo nuevo

PTA no le puede ayudar con los puntos 5 ó 6 ... pero, nosotros le podemos ayudar con los otros puntos restantes.

1 - Pasar más tiempo con la familia -

Invite a su familia a ayudar y participar en las actividades de PTA con usted. Ellos disfrutarán de pasar tiempo con

usted y así podrá disfrutar de no tener que poner y quitar las sillas usted mismo.

2 - **Ejercicio** - Invite a la mesa directiva de su PTA a caminar alrededor de la pista con usted a medida que discuta asuntos de PTA y asuntos locales o comenzar cada reunión haciendo algún estiramiento fácil. Esto hará despertar a todos y su sangre comenzará a fluir.

3 - **Ayudar a otros.....** No digo más.... PTA!

4 - **Disfrutar más de la vida** - estudios han demostrado que las personas son más felices cuando están sirviendo y ayudando a los demás. Por favor refiérase al # 3.

7 - **Perder peso** - ¿Quién tiene tiempo para subir de peso cuando se está tan ocupado como el PTA? Además, vendemos todos los productos de panadería, así que no debería haber nada de comer. Pregúntele a sus hijos.

8 - **ser Organizado** - Como líder de la PTA esto no debería ser un problema para usted! Líderes de PTA son conocidos por ser bien organizados y eficientes.

9 - **Salir de deudas** - Su vida en el hogar podría ser modelado después de PTA. Revisar sus ingresos y gastos

(egresos). Ver los programas que su familia realmente necesita participar. ¿Son esos zapatos nuevos realmente necesarios?

10- **Aprender algo nuevo** - Como líderes de PTA siempre estamos aprendiendo algo nuevo. Ofrecemos oportunidades de capacitación... Nos movemos a nuevos puestos en cada término.... Estamos actualizando y cambiando los estatutos... líderes de PTA siempre están aprendiendo y creciendo.

Qué ironía. Espero que a medida que han comenzado este nuevo año que ha tenido algún tiempo para reevaluar sus metas personales, así como las metas de su PTA para el resto del año escolar. Tómese el tiempo para celebrar una reunión del comité de presupuesto y ver dónde se encuentra y hacia dónde se dirige. Haga que sus comités evalúen los programas que se han programado y se asegúrese de que están cumpliendo realmente con las metas de PTA. ¡Pero sobre todo crear una meta para hacer de PTA una diversión y no sólo trabajo!

Maureen

Conéctese con la Convención de PTA de California

Cheri Jones, Vicepresidenta del 4to Distrito de la Convención

¡Llamando a todos los miembros de PTA! Es hora de comenzar a hacer sus planes para asistir a la Convención de PTA del Estado de California 2014, que se llevará a cabo a nivel local este año, en ¡Los Angeles! La convención se llevará a cabo desde el miércoles 07 de mayo hasta el sábado 10 de mayo y será en el Centro de Convenciones de Los Ángeles sirviendo como hotel de convenciones el hotel JW Marriott.

Esta es una gran oportunidad para capacitación, relacionarse con otros miembros, desarrollo de liderazgo, aprendizaje acerca de los recursos para su unidad y sobre todo es ¡divertido!

Presentaciones de este año son:

- Más cortas (2 horas) Sesiones Generales de la Reunión
- Un Estado de la Mesa redonda del Estado
- Fórum de Candidatos

- Talleres especializados de 90 minutos
- Orientación para Delegados
- Reflexiones y Noche de Premiación
- Exhibición Especial –sólo una vez (sin otras reuniones / talleres programados durante ese tiempo)
- y ¡MÁS!

Registro de la convención en línea y en el hotel se iniciarán el 03 de marzo y se extenderán hasta el 15 de abril con estas tarifas (precios):

\$ 199 para un delegado de tiempo completo con otros precios para delegados de medio tiempo y delegados estudiantiles. Tarifa (precio) en el hotel JW Marriott de \$ 199/habitación doble.

Los precios aumentarán a partir del 15 de abril.

El área de LA Live es un lugar vibrante y emocionante así que deberá venir y ser parte de la Convención y ser parte de la

¡diversión!

Más información será proporcionada referente a la cena del cuarto distrito y otros artículos relacionados con la convención. Por ahora, por favor visite el siguiente enlace (liga de acceso) para obtener más información. Asegúrese de ver el video que se publicó acerca de la convención: <http://www.fourthdistrictpta.org/convention>

Para obtener más información, póngase en contacto con Cheri Jones, vicepresidenta de la Convención a través del correo electrónico:

convention@fourthdistrictpta.org

¡Nos vemos en (Los Angeles) LA!



Fourth District PTA Workshop Presentation—FREE!

Leadership: How to Run a Successful PTA

Tuesday, March 4th

9:30 to 11:30 AM

Orange County Department of Education Board Room

Save
The Date



Some Topics to be covered:

- How to Hold Effective Meetings
- Team Building
- Tips on How to Delegate
- Conflict Resolution

More information to follow from your Council
President and on our website at
www.fourthdistrictpta.org

Liderazgo: Cómo Ejecutar un PTA con Éxito

Martes, 04 de Marzo

9:30 - 11:30 a.m.

Orange County Department of Education

Gratis!!

- Cómo sostener reuniones eficaces
- Edificio de personas
- Consejos sobre cómo delegar
- Resolución de conflictos



Reflections Awards & Gallery

Saturday, February 15

Open House

1:00 – 4:00 pm

Orange County

Department of Education

Building A

200 Kalmus Drive

Costa Mesa 92626

The public is welcome!

February
2014

1520 Brookhollow Dr., #40
Santa Ana, CA 92705-5449

Fourth District
PTA