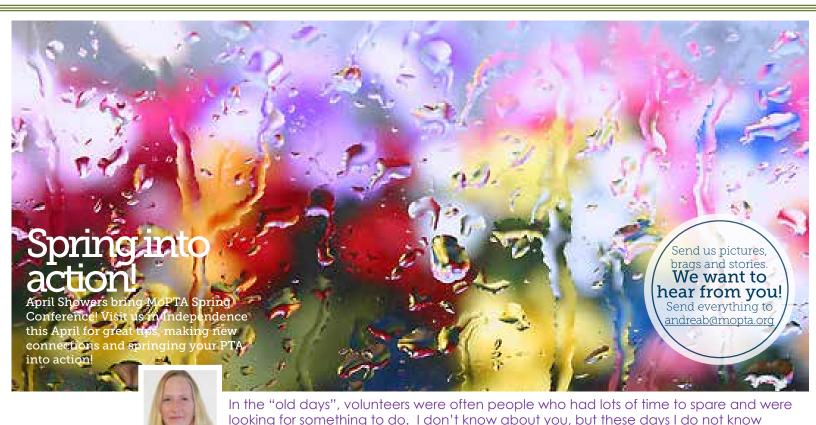
Missouri Parent Teacher Association | 2101 Burlington Street | Columbia, MO 65202 | 800-328-7330 | office@mopta.org | www.mopta.org



Sarah Day MoPTA VP Field Service

positive impact on their family, their school, and their community every day. I bet you have had this conversation at your PTA meetings ... how do we get more people to come to meetings, work the book fair, volunteer at field day? Oh, and the dreaded, "who's going to be PTA officers next year?" Nobody dreads the nominating

anyone who has "lots of time to spare". Our "to-do" lists get longer every day. Our children, our relationships, our careers, our homes always have a "to-do" that requires our time. But PTA people inspire me. They inspire others to get involved. They make a

# Why PTA

**Volunteers** It may help to turn the question around. "Why don't people get more involved in PTA?" It is possible that the families, the students, the staff, even the administrators do not tru understand what PTA is, why it is important, or how valuable a PTA is to the success of students. It is possible that the families, the students, the staff, even the administrators do not truly

- Tell them that across this country, in Missouri, in your school district, in your school, PTA is advocating for their child, for every child.
- Show them that parent volunteers DO make a difference.
- Invite them to get involved where they feel comfortable starting.
- Train them. Volunteers who understand the expectation, have the necessary tools and who feel supported come back.

This year's classroom helper may be next year's PTA secretary who may move on to a PTA Council position who I will then invite them to join the Missouri PTA's Board of Managers as a Regional Director.

The hidden secret that your PTA predecessors didn't tell you when they first invited you to be a PTA leader is that you get so much more than you give when you are advocating for kids with PTA.

This article is part of a series from the . vice presidents of Missouri PTA.



committee more than I do.

## **Meet Your** Missouri PTA **Board of Managers** Regional Directors



Sarah Day VP Field Service Missouri PTA sarahd@mopta.org



Grace March MoPTA Regional Director Mark Twain Region gracem@mopta.org



Lisa Davis Ozarks Region lisad@mopta.org

Ozarks Region

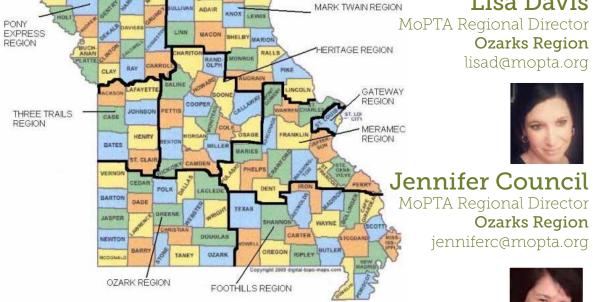
jenniferc@mopta.org



Sonia Smith MoPTA Regional Director MoPTA Regional Director **Gateway Region** sonias@mopta.org



Aisha Faulkner MoPTA Regional Director **Gateway Region** aishaf@mopta.org



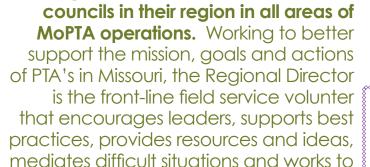
Regional Directors are important members of the MoPTA Board of Managers Volunteer Team.





Terra

Merriweather-Schultz MoPTA Regional Director Heritage Region terras@mopta.org



The Regional Directors support units and

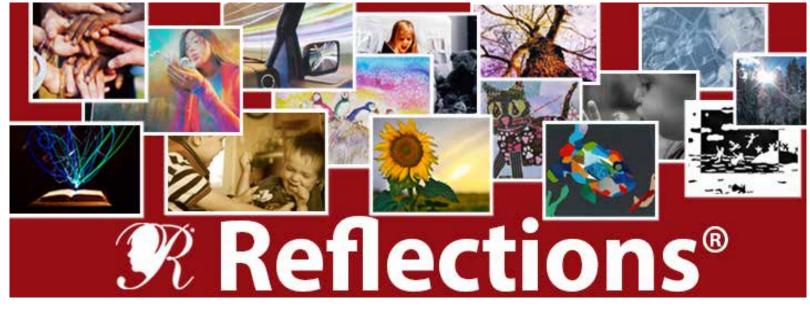
Regional Directors are regularly available to answer your questions and help you improve your PTA.



Current openings include Foothills, Gateway, Heritage, Meramec, Pony Express and Three Trails Regions (but we could use any region!)

Contact Sarah Day at sarahd@mopta.org with interest and for more information

advocate for children.



## MoPTA Reflections Program By Emily Franke, Student Rock Bridge High School

As the winter chill crept in with second semester, the PTSA congratulated seven students who will represent RBHS in the Missouri State PTA Reflections Program. Entries answering the prompt "The world would be a better place if..." from seniors Hayley Wilson and Margie Crosby, juniors Maranatha Prenger, Kelley Tackett, Alice Yu and freshmen Kristine Cho and Sonya Hu will be judged in the State Reflections Program.

For Tackett, the topic of her entry this year had been in the back of her mind for a while and in her poem she described how she has changed since she moved to Columbia when she was 11 years old.

"I finally saw the prompt to the reflections contest and decided 'You know what, this is the right time to express that feeling,' like make that comparison, look at how far I've come," Tackett said. "I was really excited because this poem is one of the more personal entries that I've put in throughout the years and it meant a lot that something that meant that much to me could mean something to someone else."

Wilson chose to enter a watercolor of Llangollen, Wales, which she painted after she visited the town and was inspired by how the town was woven into the natural world. "Where we went was just a very natural, very beautiful town," Wilson said. "The way the architecture and the way town's structures was very woven into the natural scene, which was just a really beautiful thing to see for me, that's kind of where I found inspiration. ... In different parts of the world we do things like that differently was something I really appreciated there."

Wilson said the Reflections application process was very simple and was not stressful, and she was excited when she received a letter announcing she had been selected for the state level. Each year the state level receives hundreds of entries, Missouri PTA Vice President, Director of Programs and State Reflections Chair Susan Rupert said, and this year 850 entries were submitted. "The first place winner in each division of each art category is advanced to the national round," Rupert said. "There are five divisions (primary, intermediate, middle school, high school and special artist) and six art categories (photography, music composition, film production, literature, dance choreography and visual arts). For example, Missouri can advance up to five entries in photography."

Winning entries will be finalized by the end of February and announced in March, Rupert said, and then those entries will be online to the national level of competition. Rupert said the first five places and five honorable mentions will be recognized at the annual Reflections Student Showcase on Saturday, April 18th at the Stoney Creek Hotel & Conference Center in Independence.

For Cho, who has entered the program since elementary school, the program offers an outlet for students to express deeper thinking and consider how the prompts relate to society as a whole. "My sister did every single year since ... kindergarten so I entered it as well," Cho said. "There's a little bit of pressure from the family but also Reflections itself I think is a great concept of having kids really think and reflect on large concepts of the world, how experiences are good for them and actually sit down and ponder about what ... what would make the world a better place."

Reflections Showcase at the Missouri PTA Spring Conference Stony Creek Hotel & Conference Center | 18011 Bass Pro Drive | Independence, MO 64055 \$85 for adults | \$50 for students visit www.MoPTA.org for more information

## Missouri PTA By The Numbers Membership Report

Membership is the life-blood of PTA. When members are involved and invested, PTA can advocate for our children, empower our communities and support our schools. These members show the power of your PTA as part of Missouri PTA. When we all work together, we can achieve great things.

You can help us achieve our membership goals this year by sending in your membership dués on time, every time, recruit members to join your PTA, and share this

**Includes Business Memberships!** 

**PTA Units** 

PTA Councils

membership information with your PTA.

**Smallest Council** 

Center

PTA Units

PTA Units

Updated Officer Information is due Tuesday, March 31. Complete This Form: http://mopta.org/missouri-pta-2015-2016-officers-form/



minutes for 2015 Be Helpful & Respect Yourself By Andrea Battaglia, MoPTA Public Relations adapted from the website www.andreabcreative.com, "15 minute Honest, Helpful Hints

I think sometimes we confuse politeness for helpfulness. People often want to know the truth, not what you think they want to hear. Give yourself and others the respect deserved. Take time to invest in things that matter and will give you helpful benefits from your hard work.

Respect yourself; learn to say "no." Sure you may be the perfect roller derby champion, but you're going back to school, working full-time and trying to get your three kids on track with their academics. You probably don't have time to add something else to your schedule. People appreciate an honest "no" over a polite "maybe" that never sees any results. Learn to say no to many things, so you can say yes to the things that matter.

Respect the process; take time to read the directions. I get it, everyone thinks they know everything about everything. I've been trying something new lately, I've been reading the manuals, directions and information for my stuff, my programs and my communication. Someone took time to make something to help me; I'm taking time to invest in learning about it. Why not get the information straight from the experts. Everyone will appreciate when you've invested time to do things the right way.

Respect others; listen. I am an interrupter. I love to get my opinion out there and it's hard for me to be quiet in a group setting. I've taken to covering my mouth with my hands to make me a better listener (and bonus, it looks great too-real normal). But, I've learned considerably from the others around me. And I've noticed the more that I'm quiet, the more others are willing to talk, to share, to question and discover. It's made my job, my time and my relationships much more interesting.





By Sonia Smith, MoPTA Regional Director, Gateway & Andrea Battaglia, MoPTA PR Chair

Stress is a big deal, it can make your day worse and frustrate you, but did you know that it can also negatively impact your health?

Stress has been linked to heart disease, asthma, obesity, diabetes, headaches, depression, gastrointestinal problems, alsheimer's disease and accelerated aging.

Before you get too stressed out about being stressed out, there is some adod news. Following some simple stress relief tips could both lower your stress and lower your health risks.

Take a walk, take a bath, hang out with friends, let go of some of your time-fillers or time-wasters and you can see the stress in your life reduced and your health improve.

It's also important to remember that sometimes things aren't as bad as they seem - remember to ask for help. It isn't a sign of weakness, it's a sign of mental strength and helps others get involved.

With simple stress relief techniquess, you can improve your mood and reduce your stress right now!

### MoPTA Calendar

March 31

**New Officer Information** is due to MoPTA. Visit <a href="http://mopta.org/">http://mopta.org/</a> missouri-pta-2015-2016-officersform/and submit your 2015-2016 officer information.

April 1

**Child Advocacy Day** 

Jefferson City, Register Online at http://childadvocacyday.ora

April 13-19 **National Library Week** 

April 17-18

**MoPTA Spring Conference and Reflections Showcase** 

Stony Creek Hotel & Conference Center 18011 Bass Pro Drive Independence, MO 64055 \$85 for adults | \$50 for students visit **www.MoPTA.org** for more information

April 20-26

**Volunteer Appreciation Week** 

May 5-9, 2015

**Teacher Appreciation Week** 

May 7

**School Nurse Day** 

June 25-28

**National PTA Convention** 

Charlotte Convention Center Reaistration opens late March Link to NPTA page with info <a href="http://">http://</a> www.pta.org/meeting.cfm?ltemNu mber=4195&navItemNumber=3421













Visit safeandsoberparents.com to learn how to start the conversation.



Mackenzie Lee Director of Missouri Safe and Sober

## Crucial Conversations

Our shared responsibility to prevent underage drinking

#### Details are available at www.missourisafeandsober.com

Visit www.safeandsoberparents.com to find underage drinking statistics, parent testimonials, video resources and how to start a conversation about alcohol with your teen.

You can share the powerful message of the free Missouri Safe and Sober program by bringing it to your local middle or high school.

Think back for a minute to when you were 12 years old. At that age, you may have competed on the seventh grade basketball team, practiced learning a new instrument or developed a close circle of friends at school. You were ready to leave childhood behind, while simultaneously excited and nervous to enter a new phase.

At this age there are many firsts – attending a school dance, going to the movies without a parent or joining a school club but not all of these firsts are positive. Youth at this impressionable age are also more likely to begin experimentation with harmful substances.

According to the Centers for Disease Control and Prevention, the average teen tries alcohol for the first time at age 12. Suddenly age 12, a time of life that should be about positive new experiences, turns into something negative.

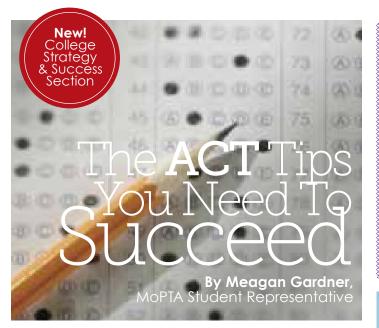
The good news is that recent studies reveal that overall teen drinking is slowly decreasing. In the past 30 days, 73.6 percent of teens chose not to drink. Unfortunately, alcohol is still the number one used and abused substance. Alcohol is the gateway drug to other harmful and dangerous substances.

Schools use special curriculum in health classes and invite speakers to share testimonies from drunk driving incidents. Nationwide campaigns such as Above the Influence (abovetheinfluence.com) target teens to help them stand up against negative peer pressures. Thanks in part to the MoPTA, the Missouri Safe and Sober program has recently expanded to 291 Missouri schools statewide to teach middle school students, high school students and their parents about the long-term consequences that come from underage drinking and drunk driving (www.missourisafeandsober.com).

While all of these efforts are vital, research reveals that parents are the number one influence on a teen's decision to drink or not drink. Your teen needs a parent, not another friend. Starting an ongoing conversation about the legal and physical implications of alcohol use before your child reaches age 12 is a critical component to preventing underage drinking.

Every school – whether it is private, public, rural or urban – has these issues. And just because a teen makes good grades doesn't mean he or she will make good choices. We cannot assume that we are the exception to these statistics. Rather, we need to remain vigilant by actively engaging in these life-saving conversations. We can set examples by never drinking and driving, locking up all alcohol in our homes, and ensuring that our local schools are implementing underage drinking prevention programs.

Let's work together to protect our children and communities. Our 12-year-old kids should be happy and healthy, not concerned about drinking to fit in. We can equip them to confidently say no to alcohol. As parents, PTA members, community leaders and relatives we share the responsibility in combatting underage drinking.



If you are a high school student preparing for college it can sometimes seem very overwhelming. One big step towards getting ready to apply for college is taking the ACT. This can seem like a very intimidating step because the ACT is a big test with lots of strict rules, and all sorts of pressure to get a high score. However, as stressful and scary as this test may seem there are several things you can do to help make the task of taking the ACT seem less daunting.

First start early and take it a lot. You want to try and take the ACT for the first time your sophomore year or early in your junior year. When you take it the first time don't worry about your score. The ACT is unlike any test you take in school so it's good to go into it your first time not worried about your score, but just to see what it's like. This will help you when you go to take the test a second time, because you know how to take it in a sense. You have a better sense of how to pace yourself so that you don't run out of time, and that will lower your stress level a LOT and possibly raise your score a point or two.

Another important tip for when you're taking the ACT is if you are caught up on a problem and can't figure it out, guess. You don't have unlimited time, and it's better to guess on one problem than to run out of time and have to leave several blank. You never want to leave any questions blank. The regular ACT without writing is all multiple choice so wear a watch and keep tack of time. When you have about a minute or two left, look at how many questions you still have to answer. If it's more than you think you can read through and answer in one or two minutes just start filling bubbles in. That is always better than leaving a bunch blank. I mean if you don't fill in any you know you will get those questions wrong, but if you fill one in, even if you haven't even read the question, there's a chance you will get it right.

Once you have taken the ACT for your first time, look at your individual scores and notice what areas are your lowest and need work. Doing this helps narrow down what you should do to prepare for your next time taking the test. Get a practice book and then just practice the areas you need to.

All in all, the most important thing is to not stress. I know this can be hard because you're worried about your score, but stressing will just make it harder to concentrate when testing. So just try and relax, and I promise the ACT won't seem as impossible to take on.

University Administrators, High School Counselors, Community Leaders, Parents and College Students:

## Share Your College-Ready Tips With MoPTA Together we can share and prepare our

students for a successful college experience

Ask about sponsorship opportunities and content contributions - office@mopta.org

#### **TOP QUESTIONS TO ASK ON COLLEGE VISITS:**

#### THE ACADEMIC/CAREER EDITION

Thinking about what you want to study and where it'll take you in the future? As you tour college campuses, remember to keep these questions in mind:

What are the general education requirements?

Are there peer tutors, peer reviewers, or other academic support options?

What kind of career services are available?

Is there help to find internships? Does the school have a mandatory internship program?

How widely used are teaching assistants?

What are the most popular majors? What is the school known for?

What are my study abroad options?

Will my Advanced Placement or community college credit be accepted?

Where do students typically study?

What kind of academic clubs and major-specific organizations are active on campus?







## Student Data Privacy Dorothy Gardner, MoPTA President-Elect

PTA has been working with various different groups and companies to bring attention to the need for significant changes to protect student data privacy. Last month National PTA VP of Advocacy, Shannon Sevier, testified before the House Subcommittee on Early Childhood, Elementary and Secondary Education on a hearing focused on how changing technologies require modernization of the Family Education Rights and Privacy Act (FERPA). MOPTA has created a webpage, Student Data Privacy, full of resources on the topic of data privacy. PTA supports adoption of the Student Privacy Pledge. Currently there is action by DESE and the state Senate to strengthen student data privacy in Missouri.

As directed by a bill passed last session, DESE (Department of Education and Secondary Education) has proposed a rule to address guidelines on data access and management - Proposed Rule 5 SCR 20-700.100 Statewide Longitudinal Data System (scroll down to page 227 to find it in the register). Pursuit with Missouri law there will now be a 30-day public comment period. Comments can be mailed to: Leigh Ann Grant-Engle, Assistant Commissioner of the Office of Data System Management, Department of Elementary and Secondary Education, PO Box 480, Jefferson City, MO. 65102-0480. Or emailed to: <a href="mailed-dese.mo.gov">dese.mo.gov</a>. PTA would like to see the pledge incorporated into that proposed rule.

SB 546 was introduced in the state senate by Senator Schaefer on February 26th. This bill would create the "Student User Privacy in Education Rights Act" and codifies the Student Privacy pledge into state statue. The next step is to get this bill referred to committee, and then have a hearing scheduled. We need your help! Please contact Senator Tom Dempsey, the President Pro Tem, and urge him to refer this bill to the Senate Education committee. Additionally, contact Senator David Pearce, chairman of the education committee, to urge him to schedule a hearing on the bill.

Technology is progressing at a rapid pass and opens wonderful avenues for learning. But, we must make sure the privacy measures set in place to protect our children's data privacy keep up.

## College and Career Readiness Alert

PTA believes that every child must be provided with a well-rounded, high-quality education, which will ensure that all children have the opportunity to reach their full potential and become productive members of society.

There is an alarming gap between students who enroll in college and students who are actually college ready. Many students graduate high school only to discover that they must enroll in remedial courses due to lack of college preparedness. There is a link between students enrolled in remedial courses and low graduation rates. This readiness gap is costly to students and their families.

For this reason, Missouri PTA supports HB377 which will hold schools accountable by ensuring that school districts identify all high school students who are at risk of not being college and career ready. It will also require that schools have a plan in place to provide the necessary resources to students who are identified as being at risk.

HB 377 sets forth a framework for a comprehensive and systemic college and career readiness agenda that will promote the success for generations of Missouri children.

Please reach out to your state representative and or senator to remind them that children are best served when schools are accountable and when priority is placed on student's performance and achievement.

## Bullying Bill Action

Bullying has serious and lasting negative effects on the mental health and overall well-being of all children involved, including those who bully, are bullied, or witness bullying. Because bullying in schools infringes on the rights of students to learn in a safe environment without fear, National and MO PTA advocates for policies and programs that address the prevention, intervention, and full elimination of bullying.

HB 458 seeks to strengthen the current laws on bullying by expanding the definition of cyberbullying to include all modern means of electronic communication. HB 458 strengthens the current law by extending its reach of protection to students at school functions and while on school provided transportation. HB 458 also gives weight to the current law by outlining key policy additions that schools are to have in place to prevent and/or to respond to bullying.

Every child should have the right to attend school free from bullying. With the passing of HB 458 we can ensure that we have the protections in place to further that goal. Please reach out to your state representative and or senator to remind them of the important role public education plays in our communities.



### Protecting Student Privacy By Allyson Knox, Director of Education Policy and Programs, Microsoft

As a provider of education services, Microsoft understands the power of education technology in promoting personalized learning to make sure any child at any level can learn anytime, anywhere. While providing these services, Microsoft and other technology companies are working to ensure that that technology is safe and beneficial.

Especially in recent years, schools are bringing technology into the classroom to help students learn. These technologies have resulted in the creation and collection of data that help teachers see what and how a student is learning. Using this information, a teacher can tailor lesson plans and coursework to address a student's strengths and weaknesses.

While this data gives educators and parents real-time, important data on their student's learning, it also raises privacy concerns around the security and use of student data, especially for targeted adverting purposes by third party providers.

Microsoft believes that students are students, not commodities. We were one of the first technology companies to recognize and address the need for service providers to ensure that the data their products collect from schools are protected by a comprehensive security program and are used for only authorized education purposes. Microsoft was one of the original signatures of the Student Privacy Pledge to safeguard student personal information. The Pledge currently has 112 signatories and is endorsed by President Barack Obama.

Microsoft has also been working with the National Parent Teacher Association to train teachers on how to effectively use education technologies in the classroom.

On February 12, I had the opportunity to testify in front of a U.S. House of Representatives subcommittee hearing along with Shannon Sevier, Vice President of Advocacy at the National Parent Teacher Association, and two other stakeholders in student privacy: Sheryl Abshire, Chief Technology Officer of Calcasieu Parish Public Schools in Louisiana, and Joel Reidenberg, a professor of law at Fordham University in New York. We discussed with Members of Congress about how emerging technology affects student privacy. We spoke about the importance of increased parental engagement and informed consent in the use of their children's data. I agreed with the Members on the importance of protecting both student privacy and innovation in education.

In my job as Microsoft's Director of Education Policy and Programs, I see how technology and data help students learn in ways that work for them. I also see that technology and data can be used appropriately and with integrity. We can promote innovation in education and protect student privacy at the same time.

In Missouri, State Senator Kurt Schaefer recently filed Senate Bill 546. The bill embodies the principles in the Student Privacy Pledge. We applaud Senator Schaefer for his commitment to protecting the integrity of student data, and we encourage all parents to contact their state legislator and urge support for this vital legislation.



Aisha Faulkner
MoPTA Regional Director
Gateway Region

MoPTA BOM Officers **Sharing Our Talents With You** 

#### Roasted Cauliflower with a kick

I love to cook and I know you'll love this side dish, it tastes great and goes well as a compliment to any meal.

#### **INGREDIENTS**

1 Large Caulifower,
cut into bite size florets
4 Tbsp cooking oil
3 Cloves garlic minced or chopped
Red pepper flakes
1/4 cup shredded cheese
(cheddar, jack or parmesan)
Salt and pepper
Parsely for garnish

#### **DIRECTIONS**

Heat oven to 350 F

Grease casserole dish.

using spatula fold gently.

Pour into the greased dish,
sprinkle seasoning to taste.

Bake for 30 minutes,
turning vegetables at least once

Sprinkle the cheese,
last 5 minutes of cooking.

Garnish with parsley.

Place the first 4 ingredients in a bowl,



#### **Dorothy Gardner**

MoPTA President-Elect

#### Favorites:

Food - Ahi Tuna
Book - Wicked
Movie - Resident Evil or
anything with zombies
TV - Modern Family
Band - The Beatles
Team - GO PATS!
Season - Summer
Collectable - gnomes
but only because I'm not
allowed to keep lamas but
I do really like gnomes and
they don't spit.

Hailing from the Pony Express region (whootwhoot) I've been involved with PTA for over 15 years. Past State President Wendy Jackson recruited me to join the BOM as a regional manager in 2006. Since that time I've served the state board Contact Editor, VP of Communications, VP of Legislation & Advocacy, and currently President-Elect.

My husband, Bryan, and I have two children. Nick studies at Mizzou working on a dual physics/science education major at Mizzou. Meagan, a junior at Liberty High school, aspires to a career in medicine and has PTA'd with me on the BOM for the past 3 years as a Student Representative.

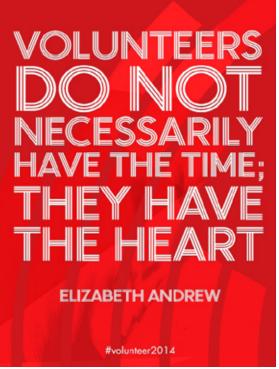
During summer while in college I volunteered for Boy's Hope. I got to see first-hand what happens when kids are given opportunities to succeed. PTA is the platform to continue the work I started during those summers long ago.

I ran not only the Disney Marathon but completed the Goofy Challenge this past January. Yep that's 39.3 miles – Half Marathon followed by a Marathon. Love race bling – Disney's bling is the best.

Season – Summer What advice would I give others? You can't land before you jump. I tell myself this when I'm skating. But I feel it translates well to other parts of my life. That great feeling of landing a jump won't happen if you don't risk falling. My best healthy living tip – if you can't pronounce them or you grandmother wouldn't recognize the ingredients don't eat it.

I'd love to say traits like self-esteem or something really cool like that makes me stand out but honestly I think my red hair seems attracts the most attention. Once I had a young girl ask me if she could touch my hair because she thought it would be hot.







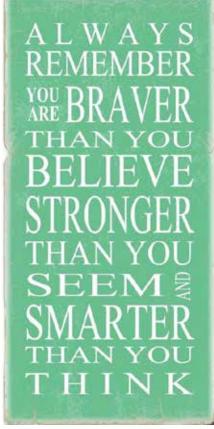
**Jennifer** Council MoPTA Regional Director Ozarks Region

My favorite pins this month Missouri PTA on Pinterest for more great idea

















### Missouri PTA Spring Conference

Friday, April 17 and Saturday, April 18, 2015

Stoney Creek Hotel and Conference Center

18011 Bass Pro Drive Independence, MO 64055

> \$85 for adults \$50 for students

visit **www.MoPTA.org** for more information & to register



Spring Conference Includes

#### MoPTA Reflections Showcase

The arts support student success and serve as a valuable tool for building strong partnerships in your school community. Celebrate arts learning in your school community with Reflections.

MoPTA Reflections welcomes all grades and abilities to explore and be involved in the arts. Annually, many students will reflect on a common theme and create original works of art in the categories of dance choreography, film production, literature, music composition, photography and visual arts.

The world would be a better place if... is the theme for the 2014-2015 school year.

Dance Choreography
Film Production
Literature
Music Composition
Photography
Visual Arts

