



Share this!
Each month, we encourage you to share this great resource with your entire membership. **Forward it today!**

Back to School PTA basics to start your year right



Kim Weber
Missouri PTA
President

Signs advertising back to school supplies, tax free shopping weekend, registrations and pick up schedule Events back at our schools; all true tell sign schools are planning and preparing for the migration of students back into the halls and classrooms of their local schools. Back to school and back to basics.

Just as important as making sure our students are prepared for school this month, we need to make sure the parents, teachers, school staff, administration and school community are prepared for the new school year as well. A great place to start with that preparation is by joining the PTA and becoming engaged in the education of your child.

Want to know what is going on at your child's school? Join the PTA and I guarantee you will get regular updates. Today's PTA is a technology driven organization and information is passed on through various social media sites so if you can't get away to go to the school, the PTA will still get you the information you need to become invested in the education of not just your child but all of our children.

While it is easy to stay within our own little comfort zone, **joining the PTA allows you to be a part of a bigger network** of other parents, teachers, school administrations and the school community. It helps to build rapport and gives you an avenue for discussing issues that are on your mind. You can share ideas, concerns, and experiences, thus creating better education opportunities for your child and all of our children. I know it is hard to find time to volunteer at the school during the day for some of us but there are many opportunities to do a little something to help the school and or the PTA, find that niche for you and I guarantee you will be glad you did and your child will be proud and happy you did too.

It really is that easy, join the oldest, largest parent group in the country, **join the PTA and get back to the basics of advocating for our children's health, safety, education and future.** Our children are counting on us to do so and the clock is ticking toward another successful school year.... but that begins with you..... See you soon at the membership table!!



Be Part of PTA's Reflections® Program



2015-2016 Theme:
Let Your Imagination Fly

Entries from all grades and all abilities welcome.

Dance Choreography • Film Production • Literature
Music Composition • Photography • Visual Arts

Helpful tips, information and calendar dates for the Reflections chair

by **Marilyn Aikins**

MoPTA Reflections Chair
reflections@mopta.org

For more information,
contact reflections@mopta.org
or call **800-328-7330**.

Mark Your Calendar! Reflections 101 Webinar on August 5, 2015. All you need to know about the Reflections Program for your local PTAs.

New e-learning options for all of PTA needs, not just Reflections. For information go to pta.org and select the e-learning option. Follow the directions in the e-learning registration guide to create a National PTA profile.

Mark Your Calendar! National Arts in Education Week September 14-18, 2015. Students, teachers and families are encouraged to participate in arts each day of the week: "Let Your Imagination Fly", is the theme and the 2015-16 PTA Reflections Theme for this upcoming School Year.

Monday-Dance Choreography
Tuesday-Film Production
Wednesday-Literature
Thursday- Music Composition
Friday- Photography and Visual Arts

In 2010 the US House of Representatives passed House Resolution 275 designating 2nd week of September as "**Arts in Education Week**".

For assistance and ideas go to National PTA Resource Partners in the ARTS.

1. Americans in the Arts
2. Arts Education Partnership (AEP) the nations largest forum for organizations and individually committed to making quality art education accessible to ALL students.
3. Kennedy Centers for Very Special Artist "VSA" Program, which provides arts in schools for people with disabilities. VSA can support you in the role to provide meaningful arts learning experiences for all children.
4. National Assembly of State Arts Agencies; membership organization that unites and represents national, state, and jurisdictional arts agencies.

The Mary Lou Anderson Grant enhances PTA Arts Projects in your School Community. Provides matching dollar funding to local PTAs to support in school and after school programs within the communities. Grants of up to \$1,000 are awarded each year. What they Consider:

1. Projects that reach at risk (difficulty learning, due to problems with finances, families, health, behaviors, social, environmental or community)
2. Project needs to be sustained involvement over time.
3. Timeline for project is Sept-May each year

"Young Arts Program" is an organization that provides \$600,000 in scholarships to over 800 students each year, collaborating with more than 50 different colleges to seek out and recruit outstanding young artists. 11,000 young artists applied last year for this National Competition for all art forms.

Students aged 15 (by 12/1/15) through age 18 should apply, and submit original art work from April to October each year. Missouri student artists, especially those who placed at State Reflections Showcase, or on the National Reflections Showcase levels should strongly consider applying to this program.

Programs/Training Opportunities are held in New York, Miami, and Washington, DC over New Years each year. 120 Students then participate in an original Art Show at Kennedy Center. Scholarships to art programs are given to many participating students.



Missouri PTA Board of Managers

Opportunities to join the state board now available

The Missouri PTA Board of Managers support Missouri PTA operations and initiatives and many **Board of Managers members work closely with our officers and membership to serve as a valuable resource for PTA units and councils in Missouri.** As opportunities arise, members throughout the state with interest in serving as a Missouri PTA Board of Managers member are encouraged to complete the Talent Bank Interest Form and submit it to Missouri PTA. Prospective members of the State of Board of Managers should support National and Missouri PTA positions and programs. It is helpful for applicants to have held an elected office in a council or local unit.

We'd love to consider you! Apply for a Missouri PTA Board of Managers position:

Complete the MoPTA Talent Bank Interest Form found at <http://mopta.org/wp-content/uploads/2015/04/2015-Talent-Bank-Fillable.pdf> and email it to office@mopta.org with any supplemental or supporting documents you'd like to include. The MoPTA Executive Board will review your application and contact you about the remaining steps in the process.





Send us pictures,
brags and stories.
**We want to hear
from you!**
Send everything to
contact@mopta.org

The importance & power of the PTA voice from a student advocate

By **Amanda Weber**, MoPTA Office Secretary

Ten years ago on July 12th, 2005 one of the biggest and maybe even proudest moments for me as a card carrying PTA member and advocate for PTA happened on this date. That was the day I traveled to Jefferson City with other PTA members to witness Governor Matt Blunt sign Senate Bill Number 490 in his office at the State Capital. From the moment we arrived at the capital we were treated like royalty by being escorted to his outer office for a briefing and then into his private office for the actual signing. He talked with each one of us, shook our hands and made small talk before he signed the actual bill thanking the PTA for advocating for important legislation.

I was a young PTSA student at the time and while I hadn't spent time advocating for that bill, I knew enough about PTA to recognize that day as a rewarding experience and one that I wanted to repeat but as a student member of the PTA. I truly witnessed how important it is for students to get involved as well as the adults in the PTA. It was the PTA voice that got Senate Bill 490 passed into law, parents, teachers, students, administrators, and community members involved in PTA, wanting to make sure it was better for those that would follow years later.

The importance of student advocacy would serve me again as the student membership of Missouri PTA advocated for Distracted Driving in 2010 and again in 2011 when it was adopted by the membership at the 2011 Missouri PTA State Convention. This resolution which started as a conversation with other students at a spring leadership training would be discussed, planned and written by students across Missouri for several months. We displayed a booth at state conferences, regional town hall meetings, council meetings and spoke to it at local PTA events in our school communities. A year later delegates from Missouri PTA would take the resolution to the National PTA Convention for consideration which was adopted on June 24, 2012.

While the state of Missouri has not signed this legislation into a law...yet; I know the time and work as PTSA student members advocating for this resolution saved countless lives not just here in Missouri but across the nation. That is the importance of the PTA voice, and with that voice is the student voice. This resolution was student driven but PTA supported.

I know that there are more student resolutions out there, waiting to be discussed among students across Missouri to share a common concern, disconcerting problem, or an endeavor to better the future. As you plan your PTSA membership campaigns please remember to include the students, work with them to get them involved in the PTSA, ask them questions about their school community, get them involved and engaged, give them a voice to make it better for every child, one voice.

National PTA Family Reading Experience

Make Summer Reading More Fun

1. Read a book together, then use sidewalk chalk to draw your favorite moment or characters outside!

2. Go on a scavenger hunt to find items that your favorite character might need in their story.

3. Host a scary slumber party! Take turns reading aloud from your favorite scary books, like the "Goosebumps" series.

4. Let your kids be cooks for a day. Have them find tasty recipes, shop with them to get the ingredients and then help them prepare the meal!

5. Read a book with neighborhood kids and then create a fun show acting it out for other families.

6. Get the lyrics from some of your child's favorite songs! Have them read the lyrics out loud and then you can sing them together.

7. Read "Alice in Wonderland" together and then throw a tea party. You and your children can dress up as the different characters!

8. If you take a trip over the summer, buy postcards each day for your kids to write down the best parts of the day. Take them home and make a summer vacation collage!


9. Invite friends over for a "Come as Your Favorite Character" party. Have each guest name the book their character came from, and why they chose that character.

10. Help your children write their own stories! Encourage your child to write stories based on their experiences or favorite characters from other books, movies or TV shows.

- Understanding your type of learning style can be beneficial for several reasons:
- 1 Remember information the first time you hear it, reducing the amount of time you need to absorb it
 - 2 Figure out which are the best and most efficient ways for you to study
 - 3 Understand which types of tests you may excel on, and which may be more difficult

TYPES OF LEARNERS


VISUAL LEARNERS



Best test type:
Diagramming, reading maps, essays, anything showing a process

Worst test type:
Listen and respond tests

LEARNING SUGGESTIONS




- Draw or outline the information you need to remember
- Copy what's on the board
- Diagram sentences
- Take notes and make lists
- Color code, highlight, circle and underline words in your notes
- Use flashcards

CHARACTERISTICS

- Tend to be fast talkers, may interrupt
- Learn by seeing charts and diagrams
- Need quiet study time
- May think in pictures
- Take detailed notes
- Like to sit at the front of the class


AUDITORY LEARNERS



Best test type:
Writing responses to lectures they've heard; oral exams

Worst test type:
Reading passages and writing answers in a timed test

LEARNING SUGGESTIONS




- Use word association to remember facts and lines
- Record lectures and watch videos
- Repeat facts with eyes closed
- Participate in group discussions
- Record notes after writing them

CHARACTERISTICS

- Tend to speak slowly, explain things well
- Tend to be natural listeners
- Tend to repeat things aloud
- Think linearly
- Read slowly
- Prefer to hear, rather than read, information


KINESTHETIC LEARNERS



Best test type:
Short definitions, fill-ins, multiple choice

Worst test type:
Long essays, tests

LEARNING SUGGESTIONS

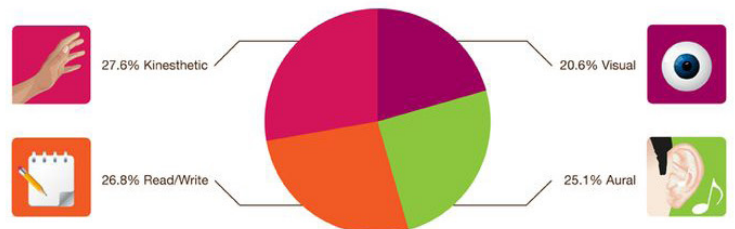


- Study in short blocks
- Take lab classes
- Go on field trips
- Study with others
- Use memory games and flash cards to memorize facts

CHARACTERISTICS

- Tend to be the slowest talkers
- Learn by doing and solving real-life problems
- Like hands-on approaches
- Can't sit still for long, get fidgety
- Take breaks when studying
- Suffer from short attention spans

According to one expert's website, readers who answered his questionnaire between October 2011 and December 2011 were these types of learners:



Being The Beginner

By Andrea Battaglia, MoPTA Public Relations Chair from www.andreabcreative.com, #OrganizeYourLife Being The Beginner'

15 min.
that matter
in 2015

Learning new things is tough. You're uncomfortable, you get worn out quickly and you're frustrated. But do you remember that glorious moment when things start to make sense and you begin to feel like you've grasped the enormity of the concept and you can begin to move forward.

I'm here to tell you – you need to get uncomfortable; it will be better for you than you've imagined.

Being the beginner stretches your skills. This summer, I was in a period of transition. Many of my current responsibilities were ending and I had a choice. I decided what I needed was a new, fresh experience. So I signed up for a new volunteer experience that was a familiar concept – social media – but had a different focus and needs. Working through this volunteer position and balancing my job, my hobbies and my personal life has stretched me to master organization like I've never seen before. And I really enjoy it – I'm getting better at organizing, because I have to use these skills to keep up with my responsibilities.

Being the beginner starts a new experience. Remember the last time you were in a brand new place, brand new situation or had a brand new responsibility? Part of the excitement is discovering all of the details of your new experience and determining how to transform the chaos into a successful system. If you're debating something in your life that would put you in an unfamiliar situation – I encourage you to try it. Make it your goal this week, this month to try something new. It could

be small, like a new recipe, or something big, like a new job. This new experience will change your perspective and that's a great start for you.

Being the beginner reminds you what you deserve.

Don't let life pound you down and think you aren't worth it. You are totally worth it. Remember that being uncomfortable doesn't mean you are doing something wrong. If it feels right – even if it's frustrating – it may be just the change you need to shake up your life and drive your skills and talents to improve your life. You deserve this.

Being the beginner improves your life. What could you do forever? Are you doing it right now? Make a list of the things that are taking your time right now. Now make a list of the things you'd like to be doing. Start to eliminate the things on your list that aren't what you love and could do forever – they are sucking your time and life away. When you start to focus your goals on your dreams, you become the beginner in an exciting journey that can change your life and make you realize you're starting to be exactly where you need to be – on the right path to improve your life.

Think about your life right now. Are you stuck in a rut or have you allowed yourself a new, uncomfortable, fantastic experience and started something new? You need newness in your life. Get uncomfortable, it might be just what you need to make change.



Feeling Overwhelmed? Time Management Tips that Actually Work

By Jennifer Council, Regional Director - Ozarks Region

We all struggle with the daily work- the juggle, find out how to manage your time more effectively. Say goodbye to panic-induced stress. Here are 8 things that might help you with your daily life and your volunteer life to help you keep from feeling overwhelmed.

Let it out: When you're busy, it's easy to lose any sense of priority, and panic because everything seems urgent. In reality, there will be things that can wait or just need your attention for a short time, so the key thing is to get visibility on what you're dealing with. Try a "brain download", where you write everything down, so that you can take a look at what's clogging up your brain. You can ditch some of it, and do the rest in order of importance. Do this every time you feel overwhelmed.

Try the one-day rule: Think of how productive you are the day before you go on vacation, " You only have one day to sort out a mountain of work and it looks impossible but you somehow manage it. This is because you become ruthless with your to-do list. Try to recreate this attitude whenever you need to make some serious headway with your workload. Pretend that you have one day to get it all sorted and if it's not worth doing, ditch it. Hand over anything that can be delegated to other volunteers, and get things done instead of worrying about them being perfect.

Don't multitask: Women are brought up being told that we're great at it, but multitasking is not useful at work and definitely not useful when the task is important, "Multitasking requires you to spread your attention across many tasks, so, by definition, this means that you don't give every single job your full attention. If you really need to get something done, focus on it 100 per cent. You will get things done much more quickly and get much better results.

Make a 10-minute list: Every day you have task to do break down your tasks into small jobs and write them down, This means instead of having one or two huge things on your list, you will have several smaller tasks to get on with, which should take about 10 minutes each to complete. Every time you have a spare moment, pick one of these small jobs and tackle it. Things will feel more manageable and you'll get more done.

Have a "Tidy Friday": Go through all of the scraps of paper lying around, add any information to your to-do list and file the rest away before the weekend, Friday afternoon is also a great time to check your calendar for the following week. Make sure that you have all the information you need from others for meetings or projects, and send timely reminders if anything is missing.

Keep it real: Be realistic about what you can and can't do, You have a finite amount of time and must choose what you do with it wisely, you can't do 12 hours of work in an 8 hour day. Noticing how long task tend to take will improve your future scheduling allowing you to give accurate forecasts and meet deadlines more easily, Remember that you have other volunteers that want to help and that you don't have to do everything all by yourself utilize your members.

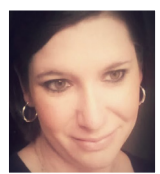
More than three is a crowd: Try focusing on only the three most important things on your to-do list, be clear on how you'll know you have achieved them and the resources that you'll need to ensure their completion, "The key is to be productive, not busy, as being busy is often used as an excuse for avoiding the most important tasks of the day.

Learn to say NO: Don't overwhelm yourself by overcommitting or you will raise the likelihood of failing on several fronts, Think about what you will need to forfeit from your schedule to make time for the extra requests and consider whether it is worth doing this. If you have no choice to take on extra demands, learn how to delegate anything that will distract you from your most important tasks.

Always remember that you don't have to do everything that has been done in the past as things change, do things that are relevant and only do what you have the ability and volunteers to do. PTA is not a one man show and if you delegate you will get more done, and will not be overwhelmed and you will have a successful school year. If you ever have an issue that your not sure how to handle remember that your MOPTA has people in your area that are there to help you contact your local Regional Director and they will be happy to help. We have been in your shoes.



Jennifer Council
 MoPTA Regional Director
 Ozarks Region



I believe PTA is important because if you care about the future of our children and want your kids to succeed in their education when your children see that you take an interest in their education they do better and that is what we all want.

The advice I would give to others is never underestimate yourself and think that you can't do something because you don't have the time, that works for PTA units as well in that you can do anything you put your mind to and surround yourself with people that feel the same.

I want to let any PTA officer that is struggling with issues in their unit know that we have all been there at one point or another and that there is a long list of people that want to help, they are not alone in there PTA journey and that anything is possible if you work hard and ask for help don't do it all by yourself.

I got involved with the BOM because I wanted to be a bigger part of what PTA is and does, I wanted to show others why they should get involved with PTA and the benefits that it has on our students.

I am a Regional Director for the Ozarks. I have been involved with PTA for 7 years and BOM since Nov. 2014

I am dedicated, honest, busy, dependable, mother. I have 6 kids Ashley 21, Bre 18, Destiny 15, Matthew 11, Stephen 6, and Dalton 2. I have enrolled back in school to finish my education. I am learning Laboratory Science to obtain my degree in Medical Laboratory Technology.

My Favorites! I love Anne of Green Gables book and Horror Movies. I am a rocker I enjoy bands like Three Days Grace. I favorite TV show would have to be Chicago Fire, Chicago PD and any cooking challenge show. I love Mexican Food.

My healthy living tip would be stay active.

Your MoPTA Board of Managers Members

I work with the whole Ozarks Region! Contact me for help.



Aisha Faulkner
 MoPTA Regional Director
 Gateway Region



MoPTA BOM Officers
 Sharing Our Talents With You

Salmon Croquettes

Ingredients

- 1 can salmon drained
- 1/4 onion chopped
- 1/4 green pepper chopped
- 1 egg
- 1/4 cup bread crumbs, panko or oat meal
- Dash hot sauce
- Salt and pepper to taste
- Bread crumbs
- Oil for frying

Directions

Mix all the ingredients, make into balls, roll into panko or bread crumbs. Fry until golden. Serve hot for breakfast or dinner

Serve with dressing of your choice

SHOW ME AWESOME
National Tiger Sanctuary near Branson, Mo



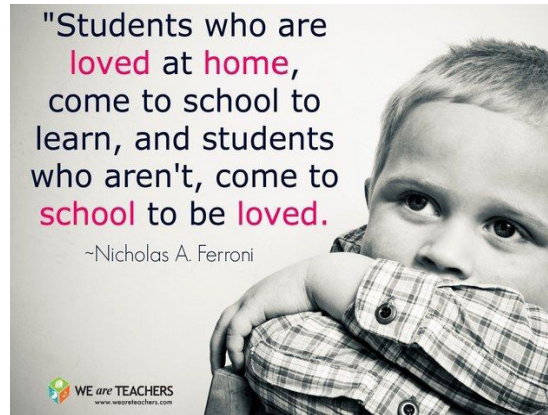
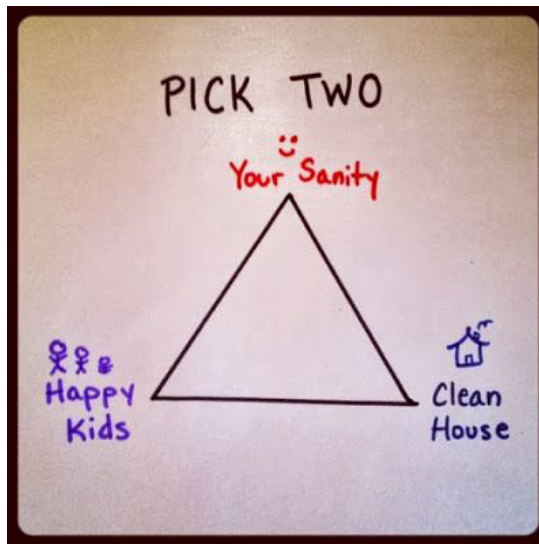
My favorite **pins** this month

Terra Merriweather-Schultz

MoPTA Regional Director, Heritage



SMART SNACKS & MEALS
Send cute messages with your kids for lunch (you can also put a sticker on the fruit)



WHY COME TO A PTA MEETING?

- Connect with other parents
- Be the first to hear about important news and upcoming events at school
- Have a voice in the activities and programs the PTA supports
- Learn how the students and teachers of SFES benefit from the work of the PTA
- Volunteer your time, at school or at home, to make a difference in our school community

CAN'T MAKE IT?

If you are unable to attend but would like more information or to stay involved, please contact our Volunteer Coordinator





HOME OF YOUR 2014
AMERICAN LEAGUE CHAMPIONS



**Sunday,
Sept. 6th**

vs. Chicago
White Sox at
1:10pm

TICKET PRICES

Field Box \$30
Hy-Vee Box \$15

For orders of 20 or more,
please contact Carlos Ocampo
at **(816) 504-4377** or email
carlos.ocampo@royals.com

MISSOURI PTA DAY AT THE K

The Kansas City Royals and the Missouri PTA would like to invite all members, families and schools to Missouri PTA Day at The K on Sunday, September 6! Tickets are only \$30 in the Field Box and \$15 in the Hy-Vee Box when you purchase tickets online through royals.com/mopta. Ticket prices include the game ticket and a fundraiser for Missouri PTA programs: families, schools & communities supporting every child. Come watch the boys in blue and support your local PTA!



» To purchase tickets visit royals.com/mopta

