



## Special Double Issue!

Enjoy this special double issue of CONTACT for the holiday season from Missouri PTA.

# Gifts of Thanks



## Rebecca Cahill

Missouri PTA  
Vice President  
Membership  
Services

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What are you thankful for? What makes you stop what you are doing and express thankfulness, either by voice, in prayer or in a simple handwritten note? While our individual perceptions of what we may, or may not be thankful for, vary according to situations personal to us; I believe there is a consensus that often the simplest things, and persons closest to us, are taken for granted.

Sleepy good-mornings hugs from our children, the place you call home, a baby's giggle, the food in the fridge, the sound of children playing outside, a closet full of clothes, the opportunity to see your loved one's faces and talk to them every day; the list could go on.

As PTA leaders, we have been planning, organizing, recruiting and promoting non-stop since late last school year and/or this past summer. Our lives have been hectic and busy since the beginning of the school year with all of the activities and obligations we created for ourselves. Now the weather is changing, fall activities are wrapping up and many of us are making holiday plans. In this time between one set of schedules ending and another beginning, if you have just a day, a week or two, take the time to truly enjoy those things you are most grateful for and to show appreciation for those who have helped you along the way.

Feel proud of your accomplishments and how your PTA/PTSA has made a difference in the lives of children. Thank your families. Our spouse and children support our volunteer efforts whether they were fully aware of the time and energy commitment, or not! Thank your chairpersons. PTA activities are a team effort and many hands make light work! Thank your teachers. They joined your PTA/PTSA and pledged to be responsible for educating young minds. Thank your PTA members. Those members are what give your PTA a voice. The power of many, speaking up for the benefit of all children, is priceless.

Don't underestimate the power of, "Thank You". A simple show of appreciation can make all the difference in uplifting another's spirits and feelings of success. I hope this holiday season finds you enjoying all of the wonderful blessings you have sowed.



# I am thankful for our future



## Bonnie Cannon

NPTA Board of Directors

1st VP Park Hill High School PTA

Around this time of year people begin to mull over this question...“What are you most thankful for?” For me it only took a moment for the answer to be clear. I am thankful for opening my eyes each morning. That may not seem like a deep response, but I don’t know. I think it’s fairly deep. You see every morning that my eyes open means I have another chance to get it right. To do the right thing. To smooth the rough edges. To take an adventure. To hear my daughter play the piano. To pet the cat. Exchange glances with the man who has been my partner for nearly 30 years. To chat with my sons on the phone. All things to be truly thankful for.

When my eyes opened this morning, I was especially thankful for this is the day I have been waiting for for decades. The day I would meet my first grandchild, Drake, born just before midnight a few days before. The feeling of happiness that swells in my heart is almost overwhelming. To realize that the genetic traits my grandparents through the millennia gave me has now been transferred not just to my son, but now to my grandson as well. (Here is where the song Circle of Life begins to swirl gently in the background.) It’s true though. There is something uncanny in the knowledge that a piece of you is alive in another human being. I will one day turn to dust, but my imprint on this world will live on in my children and grandchildren and great grandchildren. And maybe that’s why PTA speaks so loudly to me. Maybe that’s why I am so passionate about this association which was founded on the principal that every child is a legacy that must be nurtured.

**Children may not comprise the largest portion of our current population, but they are 100% of our future. To not do everything within our power to give them the best chance at a long and healthy life from their first breath is a grave mistake. For more than 100 years the PTA has advocated on behalf of all children in this country.** Whether it was facilitating the administering of the polio vaccine or keeping schools open during WWII. Or when PTA advocated for kindergarten, hot lunches at school, health check-ups before entering school, seat belts in cars, fighting for a sensible juvenile justice system, meaningful and sustainable education funding or PTAs cornerstone, family engagement.

**Your local unit support percolates from your school all the way to Washington, D.C. where the National PTAs focus is on advocating for every child with one voice. And man is that one loud voice! And it doesn’t matter whether that child learns sitting at a desk or a kitchen table. PTA cares.**

The time you invest is well spent. I assure you the dividends will be great. When you’re tired and on the verge of burning out, it happens to the best of us, remember what you are a part of. Better yet...make it one of your goals to attend trainings at the state and national levels. The 2016 National PTA convention will be held in Orlando, Florida June 30 – July 3. You won’t regret making the effort to attend. The true power of PTA resonates at our national convention. You can recharge your battery, network and find ways to tackle some of your most pressing issues. Not to mention, you deserve a little working vacation. Every budget should contain a line item for training. Training is an investment in you, the members and leaders. It is not a frivolous or unnecessary expense. So get moving and book that flight. You’ll be thankful that you did.

# I am thankful that together we make a difference

As told to Michele Reed,  
Missouri PTA  
VP of Communications

I recently had the honor to attend the Missouri School Board's Association conference on behalf of Missouri PTA.

School Board members and PTA members are much the same, they volunteer countless hours advocating for public schools and striving to improve the lives of our children. In fact sometimes they are the same people, as many school board members have also served as local and state PTA leadership.

The following story was told at the conference by Mona Coleman, President of the MSBA and as I listened I thought how her story and message resonates with the membership of Missouri PTA.

I asked President Coleman if I could share her speech with all of you and she graciously agreed. I will echo her sentiment from her speech and challenge all of you reading this to do the same.

**"Go Change the World, let's reach out and touch our students' hands and make this world a better place, not just if we can....but because we can."**

There are many different, individualized life stories that make a child unique. In fact every child has their own story.

Stop and think about it.

Think about the stories you have heard or experienced about a child in your school; a child whose life was changed, influenced and possibly even saved because of a teacher, an aide, a coach...someone in your school that took the time to care, took the time to reach out to touch their young life. And while you think of your stories, let me tell one I know. Here is a once upon a time story for you...

Not so long ago, traveling on the BIG map of life, there was a small child who was lost. Not in the forest on the way to grandmothers; not even separated from parents at the mall. No, this child was lost only because the family had gone away. Maybe not physically, but emotionally and psychologically they had. Oh, there was a house, but it was no home. The people inside had changed; parents had forgotten their parenting, the safety, security, love and guidance that a child so desperately needs...had vanished. Jealousy, cruelty, manipulation and dysfunction now resided there. No matter how hard the child tried to be good and do well, the house never became a home again. This child was rarely noticed and certainly, no one there recognized nor encouraged this child's search for the right path.

BUT, that was not true at the child's public school.

There was the cheerful cafeteria lady, with her pleasant words and a loving smile that noticed every day as she handed the lunch tray to the child. Her kindness seemed to assure the child "all would be well". She noticed.

There was the odd-looking, but always FRIENDLY bus driver who took note of the child's readiness to board the bus each morning, and the child's reluctance to step off of it every afternoon.

And how many, many times he spoke to the child his reassuring words of 'you take care...' "I will be here for YOU in the morning." ....He noticed.

This child did not possess the stereotypical look of a child in need. Coming from a simple, middle-class family, there was plenty of food to eat and clothes to wear. Yet, these school individuals saw the need beyond the normal look.

Noticed, supported and encouraged by deeply caring teachers, who were driven by a personal commitment to help beyond teaching, the child flourished. Confidence and a can-do attitude were instilled; words of value and appreciation inspired the child to achieve.

Send us pictures,  
brags and stories.  
**We want to hear  
from you!**  
Send everything to  
[contact@mopta.org](mailto:contact@mopta.org)



# I am thankful for our why & serve attitude

Dr. Marcia Sutton - Principal, Trailridge Elementary PTA

It is ironic how the one question that drives parents of a 2 year old crazy is why, and yet it is one of the most important questions we ask ourselves in order to be successful personally and professionally. Simon Senik, author of *Start with the Why*, believes that when we ask why, we are looking for the purpose, a cause or belief.

**So why does Trailridge Elementary have such a great PTA? After a great deal of reflection, I do believe I know the answer to our PTA's success. They use the "Why & Serve" strategy. They ask why and then begin to serve.** Our PTA consists of students, parents, staff, and business partners. They all believe in the mission of our school: to maximize student achievement in a nurturing environment. We all know the answer to the mission of our school and believe it truly provides each child the greatest amount of success. Our PTA knows why they are here and continue to ask "why" in order to fulfill the mission.

For example, our PTA asked "why" with technology. The next thing you know they were working with our business partners to assist with a pancake breakfast to raise money for technology. Another example: the teacher lounge was in bad shape. They asked why our school continued to settle for a substandard room for our teachers to rest and recoup. It became clear that the current lounge did not promote a nurturing environment. The next thing you know we have moms and dads transforming a room into an incredible area to eat, socialize, and relax. One last example: our Robotics Team needed supplies in order to compete. Again, PTA asked "why." In return they learned about STEM (Science, Technology, Engineering, and Math) and how Robotics promotes Stem. Again, PTA provided needed resources and volunteers. The list goes on, but our PTA continues to help our school fulfill its mission.

Don't get me wrong, there are times when the "why" is not always clear. **That is when trust and faith between PTA and school leadership come into place. There have been times where PTA has not been privy to confidential information regarding families, yet they were willing to give without restraint or condition. We have built a mutual trust between each other.**

**Let's talk about their leadership style. I believe our PTA operates under a Servant Leadership Style. When we offer volunteer training at the beginning of the year, the room is full of parents, grandparents, and business partners. All of them have experienced the good which comes from serving. Serving is not a one way support strategy. True serving does as much for the person who is serving.**

James Sipe and Don Frick wrote about about *The Seven Pillars of Servant Leadership*. The pillars are: people of character, people first, communicators, compassionate collaborators, foresight, system thinkers, and exercise moral authority. This describes Trailridge PTA leadership. Not only do they have a leadership style, they have a specific strategy that has promoted success. They ask Why and Serve.

**Make a plan to use the "Why & Serve" strategy. Bring your PTA together and review your mission. Let your school know that PTA is here for whatever they need. When they let you know the need, feel free to ask why and then serve. You will find a new sense of energy and joy as you help provide a way for each child to succeed.**

Sipe, J. W., & Frick, D. M. (2009). *Seven pillars of servant leadership: Practicing the wisdom of leading by serving*. New York: Paulist Press.  
Sinek, Simon (2011). *Start with Why: How Great Leaders Inspire Everyone to Take Action*. United Kingdom: Penguin Press.

# Resolution Spotlight

## Mandatory Safety Drills in Missouri Schools

by Dorothy Gardner, Missouri PTA President-Elect, [dorothyg@mopta.org](mailto:dorothyg@mopta.org)

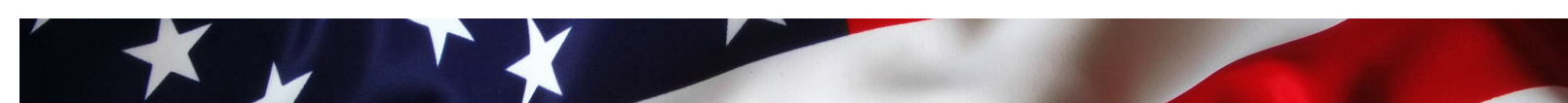
Our students spend the bulk of their day during the week in a school building. In a way the school is like their home away from home. Just as your own family should have a plan in case of an emergency in the home, students and parents should be aware of the schools comprehensive emergency plans. The Mandatory Safety Drills in Missouri Schools resolutions (adopted 2013) has two main focuses – legislation and education. Legislatively, Missouri PTA supports the enactment of legislation that would require monthly safety drills. This type of legislation should not limit the type of safety drills to only specific scenarios, and schools should have the flexibility to alternate the types of drills each month.

While legislation is important the second focus of this resolution, education, is paramount to keeping kids safe and secure. The most effective safety plans are developed in cooperation with school and health officials, parents, and community members. Everyone involved, not just the students, need to be aware of what the plan is and their role if a plan should ever need to go into effect. Most comprehensive emergency plans include a designated parent/child reunification location site, utilization of public address/automatic call systems, specific lockdown procedures, and collaboration with local law enforcement.

As a PTA unit you can assist by being an avenue of information for parents and community members to find out more about their school's safety plan. Additionally, you can encourage your members to have meaningful conversations with their students. This one-on-one time with the child will make parents aware if their child is experiencing any anxiety over the safety drills or whether or not they fully understand the purpose of the safety measure.

Consider doing the following:

- Ask your school's principal or designated safety plan coordinator to be a guest speaker at a meeting. Have them explain the plan and answer any questions or concerns.
- See if your school would allow parents to participate in monthly drills.
- Distribute the safety plan through your PTA communication network – post it in your newsletters, link it on your webpage, distribute it through email.
- Prepare a flyer aimed toward what to expect as a parent during an emergency – list the address of the designated reunification location, explain any policies the school has when it comes to picking the child up from school during an emergency, provide any text or other community access sites they can sign up for in order to receive alerts.
- Encourage families to check out resources like [www.ready.gov](http://www.ready.gov)



# MoPTA Legislation Update

By Dorothy Gardner, President-Elect

## National Child Mental Health Month

November is designated as Child Mental Health Awareness month. Addressing mental health conditions is a serious subject that many, often due to the stigma attached, feel uncomfortable discussing. Children suffering from mental health issues tend to struggle academically from the time they enter school through their secondary school years. Only 20% of children ages 9-17 who have diagnosable mental disorders are identified and receive help. Schools play a critical role in identifying and addressing mental health needs. Find out what services your school already has in place and make sure to pass that information along to other parents. One of the most basic ways PTA can help is by acknowledging children’s mental health is a serious issue and providing information and education about available resources. PTA needs to get the conversation out in the open. National PTA has some great resources you can share on Emotional Health. You can find topics on stress management and teens, the signs to tell if your child is struggling emotionally, and links to a variety of additional resources for both parents and educators.

## Missouri PTA Legislative Platform 2016

Each year Missouri PTA formulates a legislative platform for the upcoming state legislative session. The priorities are based on the issues the Missouri PTA Legislative Department expects to target for the upcoming state legislative session. As other issues arise, either in the form of bills or due to unexpected events, Missouri PTA turns to the state and national resolutions and position statements to formulate our stance.

## The Missouri PTA Legislative Platform for 2016

- Legislation that protects and calls for local control of schools.
- Legislation to strengthen laws designed to protect minors from abuse and increase funding for programs and services aimed at the prevention of child abuse, neglect and maltreatment.
- Legislation that supports increased access to mental health services for children.
- Opposition to tax credits or tax deductions for tuition paid by a parent or sponsors for non-public elementary and secondary school children.
- Enforcement of legislation requiring school districts to have policies that promote increased parental engagement in their children’s education.
- Legislation that will maintain or generate local and state funding for public education.
- Legislation that will safeguard the educational and personal records of students.

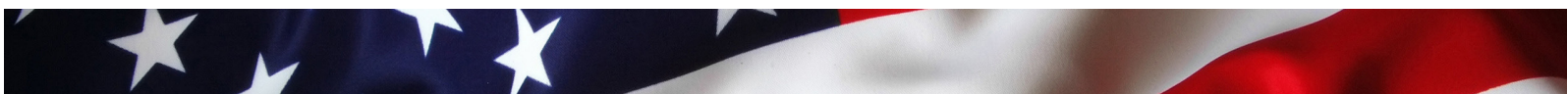
## Invest in Missouri Forum

Missouri PTA recently sponsored the Invest in Missouri Forums hosted by the Missouri Budget Project. During the forum the Missouri Budget Project released their new reports examining the economy of Missouri and the effects recent budget cuts enacted by the Legislature have had on the ability to fund services. When adjusted for inflation, Missouri economy has still not fully bounced back from the recession of 2008. This means the resources available to invest in education and children’s services remain below 2008 levels. Additionally findings addressed the importance of two issues PTA has been a long advocate in supporting – Investing in a Strong Start: Early Education and Investing in Our Students.

Studies have increasingly shown the benefits of early education. Children who are exposed to quality early education are less likely to be held back a grade, need special education, be involved in crime, and become dependent on welfare. Unfortunately, Missouri’s investments in early education have decreased over the past seven years.

Our K-12 schools have also felt the effects of decreases in funding. This has resulted in school districts turning to local communities to provide more in the way of local tax monies. Some communities are able to take on this increased tax burden and others are not. This has lead and continues to lead to disparities between school districts and therefore widening the gap between the ‘have’ and ‘have not’ schools.

The future of our communities and state as a whole rests on the value we base on providing for the infrastructure needed to support the education of children. Investing in our children today not only provides savings in the future but also provides the avenue for a well productive work force. We need the best and brightest coming out of our schools.



### **Elementary and Secondary Education Act (ESEA/NCLB)**

Congress is back in session. Currently congressional leadership has yet to name a conference committee to resolve the differences between the House’s bill, Every Child Succeeds, and the Senate’s bill, the Student Success Act. Until reauthorization is achieved the current version of ESEA – No Child Left Behind – remains in effect as law. It is important for all of us as advocates to reach out to our congressmen and both Senator Blunt and Senator McCaskill and urge them to not delay on this important work. If you have not already done so please act on the ESEA Action Alert.

### **National PTA Position on Student Data Privacy and Security**

With the increasing use of technology and data in education, National PTA has adopted a new position statement on student data privacy and security. The statement calls for the promotion of policies that maintain the confidentiality of student information and ensure families have appropriate notification and consent for what and how children’s data is collected and used.

As outlined in the position statement, PTA is committed to promoting policies and procedures that:

- Require states, districts and schools to be transparent and engage with families on the privacy and protection of student data.
- Allow for parents and families to retain the right to review, inspect and obtain copies of their children’s education records or online profiles.
- Require school districts and online service providers to effectively and appropriately handle data breaches, including procedures to notify students and families.
- National PTA also urges school districts to designate a privacy and security officer to ensure compliance with privacy law as well as coordinate professional development for teachers, principals and any school employee or official who handles student data.

### **National Legislative Conference**

Each year PTA members from all state congresses gather for the National PTA annual legislative Conference. This event encompasses engaging speakers, informative workshops, and concludes with a trip to advocate on the hill. The Conference will take place March 8th – 10th at the Crystal Gateway Marriot in Arlington, VA.

### **National Advocacy Awards**

National PTA is accepting applications for the 2016 advocacy awards to be presented at Legislative Conference. National PTA recognizes individuals and PTAs in the following categories:

- Shirley Igo Advocate of the Year Award
- Outstanding Youth Advocacy Award
- Local/District/Regional PTA Outstanding Advocacy Award
- State PTA Outstanding Advocacy Award

To nominate a person or PTA, please fill out an application and submit the application by December 18 via email to Lindsay Kubatzky, Government Affairs Coordinator at [LKubatzky@pta.org](mailto:LKubatzky@pta.org). If you have any questions please email or call Lindsay. He can be reached at 703-518-1262.

### **How To Be An Advocate**

- VOTE!!!!
- Join the JC/DC Network - You can also join online under the ‘Sign up for the JC/DC Network’ link at the bottom of the homepage on the Missouri PTA website for Missouri alerts and online at <http://cqrcengage.com/npta2/home> ‘PTA take action network’ for National alerts.
- Share the You Tube video How to Tell When a Kid is Emotionally Struggling – a collaboration between PTA and the American Psychological Association – with your members.
- Check out the PTA One Voice Blog
- Follow Missouri PTA (@MissouriPTA) and National PTA (@NationalPTA) on Twitter.

# RISK INSURANCE

## What you need to know about PTA insurance

You asked,  
MoPTA  
answered!  
Question from  
the field.



**Lori Prussman**

MOPTA State Treasurer, [lorip@mopta.org](mailto:lorip@mopta.org)

This is a question that comes up every year for units and councils around budget time. Do we really need it? Should we spend the money on this or could it be better used for something for our kids? **Yes, our PTAs really do need insurance. It is our responsibility as PTA leaders to ensure that we are being responsible for the protection of the funds that we have been entrusted with.** Try as we might there are times no matter the checks and balances we put into place to limit the opportunity for fraudulent activity, it still seems to happen. There are times that because of an accident there could be a lawsuit or claim made against our unit or council, against you individually. It is better to be over prepared in case one of these issues arises.

What type of insurance do we need? All signers on the checking account should be "bonded". Any person handling PTA funds should be covered by a fidelity bond or bonding insurance. The amount of coverage depends upon the amount of money that your unit or council has in its accounts. Fidelity bonding covers the losses that may occur with any fraudulent or dishonest activity. With this type of insurance your carrier may ask as part of your "due diligence" that a person who is not on your checking account go over your bank statements and treasurers reports monthly and have that person physically sign each statement for verification that there are checks and balances in place to limit the opportunity for such fraudulent activity. In most cases if this has not been done the insurance company may not be liable and therefore may not have to pay out on the claim.

Liability insurance is also a type of insurance that is suggested. General liability insurance will cover, for example, claims or suits that may come up because of an accident that may happen at the school carnival or an injury caused by a fall while attending a PTA function. Many units assume that since the activity is on school property that the school is liable. This is not the case. Your unit or council should check your school board policies to see if the district will assume any liability. Most districts have a policy that states that while they give the units access to the school property they will not cover any financial liability for such accidents. You will need to ask your insurance carrier about how much general liability insurance your unit or council needs to carry. Your unit may need an extra policy to cover certain events.

Other types of liability insurance your unit or council may want to investigate are auto and directors and officers (D&O) liability. Auto coverage may be needed if your unit is asking volunteers to transport children, say for a field trip or other activity. This would be another layer of protection. D&O liability insurance would cover any claims arising from any wrongful acts of the directors and officers that do not fall under the umbrella of physical injury.

**I recommend that your unit or council have active conversation regarding your insurance coverage. No one wants to think that any of these things could happen to them but they do and it is our responsibility to make sure we cover all of our bases to insure proper coverage is available to our volunteers.**





# Missouri School Districts Meet State Standards

To learn more about  
Top 10 by 20, please visit  
the website: [http://dese.  
mo.gov/top-10-by-20](http://dese.mo.gov/top-10-by-20)



Missouri students and teachers continue to show their dedication to improved learning as we work toward the Top 10 by 20, a state initiative to rank among the top 10 states in education performance by 2020. The latest evidence of their commitment is the recently released Annual Performance Report (APR), Missouri's report card for districts. More than 98 percent of Missouri districts are fully accredited, according to the APR. More than 61 percent scored at least 90 percent of the points possible, an increase of nearly 15 percent from the year before.

The report shows how well districts and charter schools met five standards:

1. Academic achievement
2. Subgroup achievement (includes students receiving free/reduced price lunch, African American and Hispanic students, English language learners, and students with disabilities)
3. High school readiness (K-8 districts) and college and career readiness (K-12 districts)
4. Attendance rate
5. Graduation rate (K-12 districts)

Missouri's assessment system was modified last year, and to accommodate the changes, districts were given the option of using English language arts and math results from either 2014 or 2015 when calculating academic and subgroup achievement scores. Under the law (160.514 and 161.855, RSMo), this year's APR results cannot be used to lower a district's accreditation.

It is clear that our students and teachers are working hard to reach the Missouri Learning Standards. As the state continues to develop, prepare and support effective educators, ensures that all children enter kindergarten ready to succeed in school, and works toward college and career readiness for all of our graduates, Missouri kids can achieve even more throughout their school years and build a solid foundation for fulfilling their goals.

# 1.6 million American public high school students will now be CPR trained every school year



Saving lives is why the American Heart Association believes in teaching CPR to all students. More than 1.6 million high school students a year in more than 50% of the nation's public high schools will be trained in CPR because of state laws requiring it as a mandatory part of curriculum for high school graduation, and because of the work done by the American Heart Association's CPR in Schools efforts.

When the AHA made the CPR in Schools initiative a national priority just four years ago, only Alabama and Iowa had CPR training as part of curriculum requirements. Today marks a national milestone for the initiative, as more than 50% of the nation's students now reside in states that mandate this important training. An interactive map showcasing the status of this legislation in each state can be found at [www.heart.org/cprinschools](http://www.heart.org/cprinschools).

About 326,000 Americans have an emergency medical services-assessed cardiac arrest outside of the hospital each year. Bystander CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival. To empower bystanders to take action, the AHA is committed to working with community leaders and policymakers to ensure all members of society have access to CPR trainings that can ultimately help save lives.

In January 2011, the AHA issued a scientific advisory in *Circulation: Journal of the American Heart Association* that said all secondary school students should be required to be trained in cardiopulmonary resuscitation (CPR) and receive an overview of automated external defibrillators (AEDs). Such mandatory training would rapidly increase the number of people ready to respond to cardiac arrest, a leading cause of death in the U.S. The statement found many schools encouraged CPR training but costs and resources were challenges to the training actually taking place. At the time, only two states had laws in place. Now, 27 states have passed legislation requiring students to learn CPR before graduating, largely due to the American Heart Association's CPR in Schools efforts.

The American Heart Association wants to create the next Generation of Lifesavers™ by preparing more students, their teachers and their families to help save a life with our CPR in Schools initiative. The power to save a life is literally in our hands. And in our kids' hands. Teaching students CPR could save thousands of lives by filling our community with lifesavers – those trained to give cardiac arrest victims the immediate help they need to survive until EMTs arrive. Schools are a very powerful equalizer and an integral part of the solution in ensuring that these lifesaving skills are taught in an accessible and sustainable way.

Twenty-seven states have now passed laws or adopted curriculum changes to require hands-on, guidelines-based CPR training for high school graduation. According to AHA statistics, about 38 people each hour have a cardiac arrest event while not in a hospital, and nine of 10 don't survive. However, chances of survival can double or even triple if the victim receives CPR.

The time is now. Together, we can inspire the next generation to save lives.

To learn more about AHA's CPR training and education resources for schools, visit [heart.org/CPRinSchools](http://heart.org/CPRinSchools).



Talking with your teen about alcohol is tough.



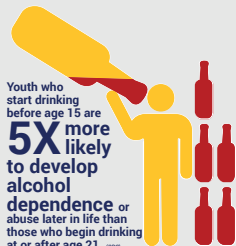
96% of adults and parents believe it is not acceptable to provide alcohol to youth.

(The Foundation for Advancing Alcohol Responsibility)



83% of youth report parents are the leading influence in their decision to not drink alcohol.

(The Foundation for Advancing Alcohol Responsibility)



Youth who start drinking before age 15 are 5X more likely to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21.



Excessive alcohol consumption contributes to more than 4,300 deaths among underage youth in the United States each year.

(CDC)



Teens age 12 to 20 drink 11% of all alcohol consumed in the U.S. each year.

(CDC)

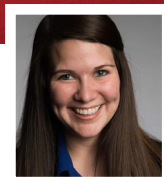


65% of youth obtain alcohol from friends and family.

(The Foundation for Advancing Alcohol Responsibility)

Visit [safeandsoberparents.com](http://safeandsoberparents.com)

to learn how to start the conversation.



Mackenzie Lee

Director of Missouri Safe and Sober

417-631-4009

[Mackenzie@missourisafeandsober.com](mailto:Mackenzie@missourisafeandsober.com)

# How to get Missouri Safe & Sober in your School

Details are available at

[www.missourisafeandsober.com](http://www.missourisafeandsober.com)

Visit [www.safeandsoberparents.com](http://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.

Missouri Safe and Sober is a free and effective educational program designed to educate high school students about the dangers of underage drinking and drunk driving. In the 2014-2015 school year, 291 schools statewide registered to receive this free program. The steps to the program are very simple:

**Register:** Schools are required to register online at <http://missourisafeandsober.com/register/>. This process takes less than a minute or two to complete. High schools need to register by Nov. 13.

**Receive:** High schools will receive a school kit at the beginning of January. These school kits include a banner to track school progress, a USB drive with full-length powerful educational videos, a banner to track a school's progress, "I pledged" stickers and pledge cards for all of the students. Our videos are brand-new every year and feature stories from real life Missouri teens that helps teens to understand the dangers of underage drinking and drunk driving.

**Rally together:** Each high school will then host a Safe and Sober program. It can be a school-wide assembly, or it can be done in individual classrooms. All we ask is that every single student sees a copy of the video and has the opportunity to take the pledge to be Safe and Sober. The Safe and Sober video can be shown as a stand-alone piece, or it can be paired with other safety-related activities or events. This is very flexible, so that students are often able to take ownership of the program, or it can be given to an SRO, counselor, principal, teacher, STUCO rep, etc.

**Report:** School representatives will report their pledge rates to us. The deadline for high schools to report is May 6.

**Reward:** The high schools with the highest pledge rate in each division will win \$1,000. There will also be additional prizes for each school that hits the 70 percent or greater level.

More program information is available on our website at [www.missourisafeandsober.com](http://www.missourisafeandsober.com). Please contact Safe and Sober's Director Mackenzie Lee to see if your local school is registered. If not, I would love your help in making sure we get them on board for this powerful and free program.

**Kristina Wilmoth**  
MoPTA PR Chair  
kristinaw@mopta.org



### Ingredients

1 block of cream cheese

1 8oz bag of shredded sharp cheddar cheese

1 6-8 oz container of Feta cheese

1 tsp Cajun seasoning

1/4 cup of chopped roasted red peppers (use the rest of the jar to make roasted red pepper hummus...mmm)

1 clove of garlic, minced (or garlic powder)

(optional) 1/4 cup sour cream, for added creamy texture vs. cheese ball firmness

### Directions

Stir all ingredients until fully combined, not blended. When making 2-3 batches at once, use a stand mixer on a low speed. Refrigerate or serve immediately with fresh veggies, crackers, and tortilla chips.

Side note: hummus is super easy and a good way to utilize ingredients from Feta Dip. Blend: 1/2-1 jar of chopped roasted red peppers, 2 cans of drained and rinsed garbanzo beans, minced garlic (or powder), olive oil, sesame seeds, and Cajun seasoning to taste. Serve or refrigerate immediately.

# Spicy (or not) Feta Dip

I love this recipe for girls' night in and football games. I make a double (or triple batch) and then use the leftovers to dip veggies, tortilla chips and crackers in for an easy lunch or snack at work. It's tasty and easily altered for different tastes (spicier, garlic-y, etc).

Share your favorite recipe with us! Email [contact@mopta.org](mailto:contact@mopta.org)



# Coleslaw with Vinegarette dressing

Use Splenda instead of sugar and save over 250 calories!



**Aisha Faulkner**

MoPTA Regional Director  
[aishaf@mopta.org](mailto:aishaf@mopta.org)

### Coleslaw Ingredients & Directions

1 head cabbage thinly sliced

2 cups broccoli florets cut into small bite size

3 carrots shredded

1/2 cup thinly sliced celery

1 small chopped red onion

Salt & Pepper to taste

Mix all these ingredients in a big bowl.

### Dressing Ingredients & Directions

1 cup vegetable oil

1.5 tsp Dijon mustard

2/3 cup red wine vinegar

2 tsp celery seed

1-2 packets of SPLENDA ( 1/2 cup sugar)

Salt & Pepper to taste

Mix oil and mustard using an egg beater, add vinegar gradually, than add the rest of the ingredients.

Add the dressing to the coleslaw and toss, it is better to let it marinate at least an hour before serving.

# Meet Your MoPTA Board of Managers Members



## Susan Rupert

MoPTA VP of Programs

[susanr@mopta.org](mailto:susanr@mopta.org)



**Food**  
Homemade  
banana ice cream

**Authors**  
Danielle Steele & Nicholas Sparks

**TV Shows**  
Big Bang Theory (because I like to hear my family laugh) & all the CSIs

**Music/Bands**  
Old Rock-n-Roll (Rolling Stones, Beatles, Journey, Aerosmith);  
Newer - Katy Perry, Maroon 5, Neon Trees

**Favorite Movie**  
Fly Away Home (about the Canadian geese) – I cannot watch this without a box of tissues, but it has a great message about love, family, compassion, commitment and perseverance. I also love watching any of the Fast & Furious movies!

**Healthy Living Tip:**  
Drink water & walk more. Hug & kiss someone you love and do one thing for yourself every day.

**Words that describe me:**  
Helpful, Inspiring,  
Motivating, Resource

I was asked to join Cameron PTSA in 2000 when the local unit was trying to fill their officer spots. My really good friend gave the nominating committee my name. I didn't know very many people in my new community so I was very excited. I jumped at the chance to get involved and meet new people. Since then I have served on the local level as President, 1st Vice-President, Vice President of Ways & Means, and Treasurer. I tried to take advantage of every opportunity to attend events that offered training and networking. I wanted to be trained and informed. I attended conferences and state conventions. I wanted to bring new ideas back to the unit and share with others the great things that we were doing in Cameron.

I was asked to join the Missouri PTA Board of Managers three times. The first two were by former Board Member, Peggy Richie. Wow! What a compliment! I was so deeply flattered that she thought I was "good enough" to serve at the state level, but I wasn't so sure I was ready. I told myself that it was an honor and a huge responsibility to be a resource to units across the state. I just knew I needed more training more experience. In 2007 I attended my first National PTA Convention in St. Louis. Another friend from our board, my daughter and I signed up as volunteers. It is a trip we will never forget. We took the train and visited with other PTA members along the way. We met people from across the state and the country. We went to workshops, general meetings and saw the national level of Reflections winners. I stood in awe of this national event and the fact that all these people cared as much as I did about what the future held for our children. I finally understood what a powerful voice PTA has. The late Wendy Jackson pulled me aside. She felt I would be a great addition to the Missouri PTA Board of Managers and asked if I would consider being a regional director. I said yes.

I have served in several positions over the years. I have been a Pony Express Regional Director, Membership Emphasis Chair, Vice President of Membership and State Reflections Chair. I currently serve as the Vice President of Programs, which I love. I get to work with a fantastic department of volunteers as we focus on Reflections, students, convention workshops, health & safety and family engagement. Our goal is to bring valuable resources to our local units.

I have lived in the Pony Express Region my entire life, most of it in the same county. My husband, John and I moved from a historical district in the down town area of Liberty to our farm in Cameron. It had been his dream to build a timber frame style house in the country. We began our journey in 1998 and did most of the work ourselves from top to bottom, the roof to the plumbing. Our house sold quicker than expected (within 30 days of listing) so we moved in just two weeks before Christmas in 1999 and before the new house was "done". It was quite an adventure with two small children. No shower or bathtub. Only the kitchen sink had running water (only cold). We drove eight miles to a really good friend's house to shower each night. About half of the house had lights because the wiring wasn't finished. You guessed it! The oven, stove or refrigerator were not hooked up. We lived out of coolers and cooked on the grill or in the microwave. We had doors but no knobs. Each hole was stuffed with rags. Looking back now, it was really comical. Remember the Y2K scare in 1999? People were worried about the power grids going down as well as other system failures. I wasn't worried. I was already living it!

We have two wonderful children and a dog. If you have attended state convention over the years you probably have seen my kids. Amanda served as a student representative on the Board of Managers for four years. She was a Girl Scout for 13 years and played goalie for the girls' soccer team all four years of high school. She currently attends NWMSU in Maryville where she is an education major. Her lifelong goal has been to teach kindergarten. Her PTA experience as well as her knowledge of family engagement and advocacy will be very beneficial to her in the classroom. John Michael is a senior this year at Cameron High School (yes I have already cried numerous times this summer). He plays trumpet in band and also loves soccer. He is primary in the goal box but will play anywhere. He is very active in Boy Scouts and I am proud to announce he earned his Eagle rank this summer. He is a member of the Tribe of Mic-o-Say and the Cross Arrows Mic-O-Say Dance team where he has performed over 100 public dances. And there is Sage who is not quite 6 months and weighs 50 lbs. She is a combo package of St. Bernard, Mastiff and Great Pyrenees. I think we are making up for the fact the kids never got a pony when they were little.

I have worked as a secretary for the Cameron School District for about eight years. Last year I moved from the elementary building to the high school counseling center and I love it. I was really nervous at first and the thought that all the kids would be taller than me now was a little scary. It is amazing to see how they have changed since fourth grade. I have taken this opportunity to utilize my PTA passion to help children. I try to be a resource for them. I work with seniors and juniors trying to help them get on track for their post secondary life. Sophomores and freshman sometimes just need a friendly smile, encouragement and assurance. My goal this year is to learn how to use social media and be more tech savvy. If I am going to continue to be a relevant resource for PTA and for students I need to be able to communicate information in as many forms as possible. Not everyone "learns" the same way. We have to be able and willing to modify our methods to meet their needs.

Send us pictures,  
brags and stories.  
**We want to hear  
from you!**  
Send everything to  
[contact@mopta.org](mailto:contact@mopta.org)

## Council Spotlight!

# Park Hill Council PTA's District Clothing Center

If you live in the Kansas City Northland area and have gently used clothing you would like to donate please consider donating to the Clothing Center.

Review the website for more information:  
<http://www.parkhill.k12.mo.us/cms/one.aspx?portalid=62500&pageid=830192>

Park Hill Council PTA has been meeting the needs of students since 1994 with their district Clothing Center. When the Clothing Center first opened the PTA utilized one of the district's portable classrooms. That first year alone they served approximately 70 children.

Over the course of the next several years the demand steadily increased. In May 2008 the PTA moved the Clothing Center to its current location in a house owned and maintained by Park Hill School District. This collaborative agreement between the PTA and the Council affords the Council with the ability to keep costs down ensuring the majority of funds received to go directly to the students.

On average the Clothing Center sees approximately 1000 students come through their doors a year and serving this many children takes a lot of volunteer hours. In 2014-15 the number of volunteer hours was over 1,200. This is truly a labor of love.

Recently the PTA applied and received a grant to help offset the demand for items that just cannot be received as a donation – socks and underwear. These two necessities took up 98% of the Clothing Center's budget last school year. Without the aid of this grant the PTA was concerned they might have to scale back service. Thanks to the efforts of great volunteers who took the time to seek out and apply for the grant, hundreds of children will continue to receive this wonderful service. What a great example of advocacy in action!

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 have you! To apply for a Missouri PTA Board of Managers position**

**Complete the MoPTA Talent Bank Interest Form found ON THE NEXT PAGE** or at <http://mopta.org/wp-content/uploads/2007/07/Talent-Bank-Interest-Finder.pdf> and email it to [office@mopta.org](mailto: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.

# We Need You!

**Consider joining  
MoPTA as a Board of  
Managers member!**



## Talent Bank Interest Finder

The Missouri PTA Talent Bank is a file of members who are interested in serving Missouri PTA in various ways. As opportunities arise, Missouri PTA makes appointments to the Board of Managers. Names entered in the Talent Bank are not guaranteed an appointment; however, this listing does afford an opportunity for consideration for appointment. Therefore, members throughout the state with interest in serving are encouraged to complete this form and submit it to Missouri PTA. Interested members may be asked to submit letters of recommendations.

Missouri PTA bylaws charge the executive committee with appointing all chairmen and members of the regional teams. Prospective members of the State of Board of Managers should support National and Missouri PTA positions and programs. It is helpful to have held an elected office in a council or local unit.

DATE: \_\_\_\_\_ REGION: \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

City \_\_\_\_\_ School District \_\_\_\_\_ Council \_\_\_\_\_

PTA Unit Membership \_\_\_\_\_ Years Involved in PTA \_\_\_\_\_

List PTA offices/positions held at local and council levels:

\_\_\_\_\_

(If you have served in PTA positions in other states please list those also.)

Have you completed the Missouri PTA Leaders Project? No \_\_\_ Yes \_\_\_ (date) \_\_\_\_\_

Why are you interested in becoming a member of the BOM? \_\_\_\_\_

\_\_\_\_\_

Check areas of Interest: (see next page for description of positions)

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Information Technology (Website) | <input type="checkbox"/> Membership Outreach Chairman       | <input type="checkbox"/> Health/Wellness & Safety Chairman |
| <input type="checkbox"/> Public Relations Chairman        | <input type="checkbox"/> Resource Development Chairman      | <input type="checkbox"/> Student Representative            |
| <input type="checkbox"/> CONTACT Editor                   | <input type="checkbox"/> Membership Emphasis Chairman       | <input type="checkbox"/> Parent Engagement Chairman        |
| <input type="checkbox"/> State Legislative Chairman       | <input type="checkbox"/> State Procedures & Bylaws Chairman | <input type="checkbox"/> Student Involvement Chairman      |
| <input type="checkbox"/> Male Engagement Chairman         | <input type="checkbox"/> Scholarship Chairman               | <input type="checkbox"/> Resolutions Chairman              |
| <input type="checkbox"/> Regional Director                | <input type="checkbox"/> Reflections Chairman               |  |

Return to: Missouri PTA 2101 Burlington Street, Columbia, MO 65202 or fax to (573) 445-4163 or email office@mopta.org.



# Missouri PTA Convention Bringing It Home

Friday, April 22 to  
Sunday, April 24, 2016

2016 Convention includes the  
**MoPTA Bootcamp**  
The Tools You Need To Succeed

**Stoney Creek Hotel and  
Conference Center**  
2601 S. Providence Rd.,  
Columbia, MO 65203

Missouri PTA is proud to host first-ever interactive coaching sessions to help PTA leaders of all levels, new and seasoned, build an effective PTA from the ground up. Sessions include hands-on training of PTA resources including website & communication resources and awards, programs and membership, bylaws and budgets. This is a training session you and your PTA officers don't want to miss.

**\$180 adult registration**  
**\$180 student registration**  
Student deal: buy one registration, get one free

2016 Convention includes the  
**MoPTA State  
Officer Elections**

visit [www.MoPTA.org](http://www.MoPTA.org)  
for more information

Missouri PTA will hold State Office elections during Convention this year. Meet the officers running for leadership positions, share your ideas with the upcoming state leaders and use your voice and vote to impact the future of MoPTA.

