

# CONTACT

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# Consumption Tax Petition Talking Points

The Consumption Tax petitions, sometimes referred to as the Everything Tax, Mega-Tax or Fair Tax, have begun to circulate across the state of Missouri. The current petitions are intended to constitutionally change the way state revenue is generated. The current income tax structure would be phased out and replaced with a sales tax on both goods and services. There are currently issues with these petitions that Missouri PTA believes would cause harm to the welfare of children.

- Missouri's state constitution (article IV section 24) requires the executive branch to create an annual budget where the expenditures meet the projected revenue. If expenditures exceed revenue, the executive branch is charged with the task of recommending any laws necessary to meet expenditures. This is sometimes referred to as a balanced budget. If revenue decreases, budget expenditures – services – will be decreased.
- The petitions do not propose that this tax will raise equivalent money for the state. If the tax generates less revenue than the state currently collects under the income tax structure there is no mechanism or plan to allow for adjustments. Remember this would be a change to our state constitution. Amendments to the constitution are not easy to make.
- Income tax revenue generating structures are based on a progressive model. This type of model is intended to protect the middle and low-income individuals. A consumption tax that taxes basic needs, would disproportionately and adversely affect middle and low-income families.
- Missouri ranks 27<sup>th</sup> lowest in individual income tax at \$822 per capita compared to the national average of \$1,003.
- These petitions would cap the total amount taxed on goods and services at 7%. Local municipalities would be capped at 3%; the remaining 5% would replace the current state income tax. Any local municipality that currently brings in more than 3% in sales tax would be required to decrease that rate to the 3%. This would, in turn, result in a decrease of revenue to pay for services at the local level.
- Taking into account current sales rates and projected income from goods and services not currently taxed, the projected budget shortfall is estimated at over \$2 billion dollars.
- Over the past 5 years Missouri has seen a decrease in sales tax revenue. In 2007, Missouri ranked 40<sup>th</sup> lowest for general sales revenue. Missouri averages \$557 per capita compared to the national average of \$891.
- Local Property taxes are not restricted under the current petitions. Local municipalities and school districts would be forced to ask voters to increase property taxes in order to fill in the gaps caused by state budget cuts.
- It is the position of Missouri PTA that the state should fund at least 50% of public education. Currently the state only funds roughly 25% in most school districts. Missouri ranks 37<sup>th</sup> lowest in the nation on per capita state and local spending on Education. A decrease in state revenue would further diminish the state contribution. This puts a greater burden on local communities to provide funding and will create an even wider disparity between school districts. School districts in predominately lower and middle-income communities will suffer the greatest.
- Some goods and services would be exempt from the tax. Among these items are tobacco and alcohol. The cost for food will increase under these petitions but not tobacco and alcohol. Missouri taxes on tobacco and alcohol are already some of the lowest in the nation. What sort of message does this send to our children?
- Missouri PTA has long been opposed to tax credits for non-public education. *EveryChild OneVoice* has long been our motto. All children should have access to quality education. When tax credits are given for non-public education essentially money that would be added to the pool of educating all children is diverted from that fund. Under these petitions tuition and fees for non-public education would be exempt.
- All tax credits for individuals with the exception of the Senior Circuit Breaker tax credit, as it exists in 2012, will be eliminated. No rebate or prebate plan has been included to assist low income families who, previously paid less in income tax, will suddenly face budget shortfalls in their own households due to higher sales taxes.
- Food, a basic necessity for all, is not exempt under the petitions plans. However, it is being proposed that the tax on food not exceed 5.5%. Currently the only hot meals many children receive are the breakfast and lunch they receive through the reduced meal programs in our public schools. If the cost of food increases, due to higher taxes, these might be the only meals some children receive each day.
- A number of families already experience difficulty in providing food for their families. Many schools currently work with various volunteer organizations to anonymously send home backpacks filled with food items to needy families to sustain them over the week-ends. Food banks across the state have seen fewer donations and a greater demand over the past couple of years. Increasing the cost of food via a consumption tax would be detrimental for a large part of our population.
- There are nine states without an income tax structure – Alaska, Florida, New Hampshire, Nevada, South Dakota, Tennessee, Texas, Washington and Wyoming. Currently Missouri lacks subsidies that the majority of these states receive from gaming, tourism, oil or minerals. The states without subsidies have instituted various other taxes in addition to sales taxes to generate the revenue required by the state. Under the petitions being circulated in Missouri there are no other plans to institute any other taxes at the state level to shore up any revenue shortfall.

**Cover photo:**

Annual Convention in Columbia.

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**President's Message** *By Donna Petiford, Missouri PTA President*

New Year, New Opportunities!

January is one of my favorite months for many reasons. With January comes the opportunity to catch up after a busy holiday season and to look forward to all the

possibilities the New Year brings. Why not make this January a time to renew your commitment to helping all children reach their full potential. January is a great month to volunteer in our schools because need does not have a season.

With January also comes our Reflections event and each year we look forward seeing the student talent reflected in various art forms.

By now your PTA/PTSA should have a nominating committee in place to begin making preparations for next school year. January is also a great time for PTA officers to update their procedure books so that they will be ready to pass those along when the time comes.

January is a great time to catch up on reading and to encourage all students to read. Visit [RIF.org](http://RIF.org) for literacy tips for children of all ages or check out the resources at your local library. Consider organizing a book drive or book exchange for your school. This would be a no-cost way to get books to students who may not have their own books at home.

January is not too late to encourage PTA memberships. Just search "January" on the

National PTA website ([pta.org](http://pta.org)) for tips on launching a January membership campaign. Also, have your PTA membership chair give a copy of the membership roster to the PTA treasurer to make sure that every member has been counted and all dues have been remitted to the state PTA. Our membership numbers are important at every level of advocacy for our students.

With PTA Founder's day just a few weeks away, has your PTA made plans to celebrate this historic event? National PTA has created a short video to honor our founding on February 17, 1897, by Alice Birney and others. Plan to share **PTA Advocacy: A Legacy in Leadership** at your next PTA event. (see [PTA.org/4782.asp](http://PTA.org/4782.asp))

We recently hosted our annual convention in Columbia and this edition pays tribute to our many award winners, exhibits, workshops and speakers. We look forward to our next convention when we will celebrate 100 years as a state PTA. Make plans now to join us for this event. Take some time to look though the awards and awards deadlines in your Winter Packet and help your PTA get recognized for the great things you are doing every day for your students, your school and your community. We look forward to celebrating with you next October in Kansas City!

Enjoy your January!

Sincerely,  
Donna Petiford, President  
Missouri PTA

**Who We Are**

PTA Vision  
Making every child's potential a reality

PTA Mission - PTA is:

- A powerful voice for all children,
- A relevant resource for families and communities, and
- A strong advocate for the education and well-being of every child.

PTA Purposes

- To promote the welfare of children and youth in home, school, community, and place of worship
- To raise the standards of home life
- To secure adequate laws for the care and protection of children and youth
- To bring into closer relation the home and the school, that parents and teacher may cooperate intelligently in the education of children and youth
- To develop between educators and general public such united efforts as will secure for all children and youth the highest advantages in physical, mental, social, and spiritual education

# Missouri PTA Convention Keynote Speaker

By Linda Klender

Missouri PTA was proud to present Scott Huse as this year's State Convention keynote speaker. Mr. Huse presented the topic of Schools and Families Engaged (SAFE) to support and achieve common goals. Mr. Huse is the chief inspiration officer for the SAFE Team. He implements programs across the country to help families get started.

Mr. Huse has been very involved in the lives of his own children through Church, community involvement and as a Boy Scout Leader. He understands and teaches others that the commitment from the home is important in the academic success of our children.

It is known that from birth to the age of two years we need to keep our children safe. From three years to age fifteen we focus on discipline. (Mr. Huse pointed out that most dreams are lost before the child reaches third grade.) From age sixteen to twenty-three we teach leadership and mentorship.

During the presentation everyone present had the opportunity to engage in an activity to see which one of the four personality style groups we belonged to. This exercise taught us how that effects how we communicate.

In this time we are trying to understand the challenges we face to educate

our children and to do it with excellence. Family and community involvement must play a vital role. "What's your role?"

"Who are the people in your life? And are you the person in lives of others?"

For more information the web site is [TheSAFETEAM.com](http://TheSAFETEAM.com)



## Connect for Respect . . . Stop the bullying

By Lori Prussman, Pony Express Regional Director



Did you know that 32% of students reported being bullied at school? Did you know that 79% of those students reported being bullied inside the school building, 23% reported being bullied on school grounds, and 4% reported being Cyber-bullied? That is 1 out of every 3 students grades K-12 are being bullied. A staggering 77% of students in middle and high school reports being bullied. That is 3 out of every 4 students is bullied in some form.

What is bullying? Bullying is an aggressive behavior that intends to cause harm, distress, or humiliation. It usually is repeated over time. Bullying occurs in a relationship where there is an imbalance of power or strength. This imbalance of power allows the bully to spread fear and frustration to their peers.

There are two forms of bullying. Direct bullying is hitting, kicking, shoving, spitting, and physical contact. Non-physical bullying comes in the form of taunting, teasing, racial slurs, verbal harassment, threatening and obscene gestures.

There is also indirect bullying. This may present in ways such as; getting another person to bully someone for you, spreading rumors about someone, deliberately excluding someone from a group or activity. And then there's cyber-bullying. Cyber-bullying is on the rise with the use of online social media. This is an easy way of bullying and the victim may not even know that it's happening. Texting is another way bullies use to spread rumors. Emotional abuse is just as harmful as physical abuse when it comes to bullying.

What are the most common traits of a bully? Bullies typically demonstrate a strong sense of self-esteem. They like to feel powerful and in control. They are frequently defiant towards authority figures. They are apt to be rule breakers.

What are the traits of a victim? A victim is often insecure, socially isolated, anxious, and has low self-esteem. They are unlikely to defend themselves or retaliate. They have a higher rate of depression and they are unlikely to report the problem.

As a parent, it is our responsibility to monitor our children's computers and cell phone activity. You should stay active in your child's activities and stay alert to any changes in their behavior. Signs can be subtle, so watch for the small changes in attitude. Are you having trouble getting them to participate in activities or just getting them to go to school? This might be a sign that they are being bullied.

What can we do to make a change in this ever widening problem? National PTA has put together the Connect for Respect program in response to this growing problem. You can find details on the program at [www.pta.org/bullying](http://www.pta.org/bullying) or Debra Walsh, National Service Manager for National PTA at [dwalsh@pta.org](mailto:dwalsh@pta.org).

We all need to join together and make this a thing of the past. Only we can stop bullying. Join together with your school district, local churches, doctors, law enforcement, and other community groups and hold a forum. Get the ball rolling and make a difference in the lives of these kids before it's too late.

# Convention General Meeting

By Kim Weber, Missouri PTA President Elect

The General Meetings of the convention are the one time a year when the state membership meets to conduct its business. General meeting A began with the posting of the Colors and Pledge of Allegiance by Boy Scout Troop 702 from Broadway Christian Church, Columbia, and the National Anthem performed by Laura Rowe, a student from Hickman High School in Columbia. Letters were read from past presidents who could not attend but eloquently expressed their regrets and best wishes for a great convention. Convention committees were established and reports were made at which time President Wendy Jackson declared us organized and ready to do business. After the election of officers for the 2011-2013 term, Deborah Walsh, National PTA Representative, made the keynote address Saturday morning. A proposed resolution "Distracted Driving" was passed as printed. The 100<sup>th</sup> Anniversary Chair, Kathy Nevans, spoke to the delegation about the fundraising efforts and plans for the anniversary celebration in 2012. General Meeting B began with the presentation to Rainbow House for the convention service project. Members brought items to be used in the home for foster children. Sheryl Kaullen, Scholarship Committee Chair introduced the Phoebe Apperson Hearst Award, Taylor Sparks who thanked Missouri PTA for his award and brought remarks. The delegates adopted the resolution "Class Size" and "Improved Infrastructure Around Schools" Adoption of

these resolutions has given Missouri PTA a stance on these important issues. President Wendy Jackson gave her closing address to the delegates as her term as President ends while Donna Petiford gave her opening remarks to her new 2011-2013 term as president. An invitation was made to all present to attend the 2012 convention in Kansas City where Missouri PTA will celebrate its "100 years" of advocating for children and parental involvement. The meetings concluded with a fun slide show of the many happy faces of the convention weekend.

## Have you visited the PTA Great Idea Bank?

This social network and idea-sharing resource will enable parents to interact and learn from each other how to overcome the challenges of parenting today. The best advice comes from peers, so use the discussion forum to share money-saving tips, ideas on how to be a more involved parent, fun activities to share with your kids, ways to communicate with your child's school and more. The advice and discussion on these pages is directed by users. If you are also a PTA leader or active in your local unit, this idea bank is filled with ways to run PTAs more effectively.

Featured topic: High School PTSA ideas  
Don't forget to add your great ideas, too!

<http://www.ptagreatideabank.org/>



# AtLaw Awards Presented at the MOPTA 2011 State Convention

Denise McCarter, Health and Safety Chairman

In the more than one hundred years since its founding, the heart of PTA has been advocacy for children and youth, and the heart of that advocacy has been legislation. Historically, much of the legislation protecting the health, education and well-being of children and youth owes its existence to PTA as an initiating force or a driving force.

The need for advocacy through legislation continues as our young people are more at risk than ever before. The many issues that Missouri children face today can be overwhelming and limiting. Many live in poverty or broken homes, many have inadequate healthcare, many live in an environment that does not value learning and a culture that does not understand that educational achievement is a key factor to success in life. They need advocates, people who care about them, and people who will speak for them.

The **Advocacy through Legislation Award (AtLaw)** is offered by Missouri PTA to give Missouri PTA members who champion the issues of children some of the recognition they deserve, and to encourage other members to step forward as caring voices for children. This year's recipients of the 2011 Missouri PTA AtLaw Award are:

Dorothy Gardner – South Valley Middle School PTSA and Liberty Council PTA

Meagan Gardner – South Valley Middle School PTSA and Liberty Council PTA

Wendy Jackson – Inman PTA and Nixa Council PTA

Denise McCarter – Lee's Summit West High School PTSA and Lee's Summit Council PTA

Donna Petiford – Kickapoo High School PTSA and Springfield Council PTA

The recipients of the Individual Advocacy through Legislation Award were presented with their pin and certificate at the Awards Dinner at the 2011 State Convention in Columbia, Missouri on October 15, 2011.

## Exhibitor highlights

The exhibit hall at Stoney Creek Inn was nearly completely filled to capacity for convention this year. Representatives from fundraising companies, non-profit organizations as well as technology related businesses were eager to meet and greet delegates from across Missouri. Convention attendees were divided up into two groups and visited the hall in sessions. This allowed for more face-to-face time as well as discouraging gridlock.

Many exhibitors offered free samples and lots of informational literature about their company. Several also donated door prizes to be used at the general meetings. PTA leaders came away with a vast array of ideas that they could take back to their schools.

Fee's paid by vendors to exhibit go to offset Missouri PTA's expenses incurred at convention. Thanks go out to all of our sponsors and vendors for supporting PTA.



The groups receiving the 2011 Unit/Council Advocacy through Legislation Award were Lee's Summit PTA Council, Liberty Council PTA, and Springfield Council PTA. Congratulations to both the individuals and the Councils. They are making a difference in the lives of Missouri's children, and you and your unit or council can join this prestigious group.

The applications for the AtLaw Awards are included in the "GRANTS AND AWARDS" section of the yearly Toolkit. We encourage all MOPTA members to be advocates and a voice for our children. Look over the requirements for the AtLaw Awards as this legislative year begins. The checklist on the applications will help set your legislative agenda and be an active participant in 2012. If you have any questions, contact Dorothy Gardner at [dorothyg@mopta.org](mailto:dorothyg@mopta.org) or Lou Hibdon at [louh@mopta.org](mailto:louh@mopta.org).

## New Robert's Rules Released

The 11<sup>th</sup> Edition of *Robert's Rules of Order Newly Revised (RONR)* was released on September 23, 2011 at the National Convention of the National Association of Parliamentarians (NAP). Dr. Leonard M. Young, Missouri PTA parliamentarian and the current Executive Director of NAP said, "Many organizations that specify their parliamentary authority as the current edition of *Robert's Rules of Order*, *Robert's Rules of Order Revised* or *Robert's Rules of Order Newly Revised*. In any of these cases, the current edition is now RONR 11<sup>th</sup>."

Dr. Young also indicated, "There is a smaller companion to *RONR* entitled *Robert's Rules of Order In Brief*. This book is a shorter and easier-to-understand version of *RONR* by the same authors and the manual." Both of these books are available through the National Association of Parliamentarian through their toll-free number 888-627-2929 or through their website at [www.parliamentarians.org](http://www.parliamentarians.org). *RONR* is available in hardbound, paperback, leather bound and spiral bound.

All PTA leaders as well as all units and councils should obtain a copy of the new 11<sup>th</sup> edition of *RONR* as soon as possible.

# Missouri PTA Scholarship Program and Phoebe Apperson Hearst Memorial Award Activities

By Sheryl Kaullen, Past Missouri PTA Scholarship Committee Chairperson

The PTA Scholarship Committee selected five (5) outstanding students to receive Missouri PTA Teacher Education Scholarships for the fall 2011 school term. The awardees were:

## Michelle Evans

William Chrisman High School  
Caroline B. Ullmann Scholarship  
Attending Westminster College

## Philip Robert Dougherty

Glendale High School  
Irma G. Detjen Scholarship  
Attending Drury University

## Renee E. Cisar

School of the Osage High School  
Dillard A. Mallory Scholarship  
Attending the University of Missouri,  
St Louis

## Alexandra Potter

North Kansas City High School  
Helen Maupin Scholarship  
Attending Truman State University

## Kaylee Kohne

Grain Valley High School  
Caroline B. Ullmann Scholarship  
Attending Truman State University

Currently, fifteen (15) students received an annual scholarship disbursement of \$500.00; totaling \$7,500.00 of scholarship awards, fall of 2010. Historically, scholarships are funded by income earned on the scholarship endowment funds, individual donations and local PTA Council and Unit gifts.

As a result of non-performance in the economy, scholarship gifts have lessened and investments have yielded poor and negative returns, all of which have reduced scholarship funding. Last year, the Missouri State PTA Scholarship Committee initiated fundraising activities to augment scholarship funding and increase awards. As a result of last year's success with scholarship t-shirt sales, the Scholarship Committee designed a second set of Missouri State PTA t-shirts to fundraise exclusively for scholarships, which were sold at the 2011 Leadership Conference and at other functions throughout the state, by committee members. Contributions to scholarship funds from t-shirt sales yielded \$1,274.79, donations from the 2010 Convention Scholarship raffle

yielded \$882.00, personal donations yielded \$1,136.12, donations from unit and council gifts yielded \$1,508.75 and donations from Distinguished Service Awards yielded \$1,898.75.

It is imperative that PTA officers and members promote and encourage donations to the scholarship program, as nothing is more important than educating Missouri's future teachers. Unit and council gifts are the means by which the State Scholarship Program grows, enabling student endowments to perpetuate. Our children are relying on PTA members to continue support of the Missouri PTA Scholarship Program.

Your PTA Scholarship recipients have accomplished a plethora of successes and participated in a vast array of experiences:

- Missouri State Teacher's Association Treasurer, UCM Chapter
- Catholic Campus Ministries Music Coordinator at UCM
- Child Care Student Teaching
- NWMSU Student Ambassador
- Student Vice President for the *Missouri Council for Exceptional Children*
- Missouri Youth Activation Council President for *Special Olympics*
- Executive Director for *St. Jude's Up Till Dawn*
- *Missouri Special Olympics* Volunteer
- Mission Trip to W. Virginia participant
- Percussion Ensemble member
- *Tiger Town* worker
- Active in *Try-it-Out Instrument Nights* with the Columbia Public Schools system
- "Dean's List" placement
- Missouri State Music Festival
- Entry into the *MSU Graduate Program for Accelerated Literacy* for undergraduates
- *MSU Math Competition* for elementary and middle school children, volunteer
- *MSU Alumni events* coordinator
- *Missouri State R.E.A.L Bears Volunteer Club* new member
- *VBS volunteers at multiple churches*
- *Intramural Soccer* participant
- *Intramural Basketball* participants
- Mission Trip to Baja, Mexico participant
- Wednesday night church kids group volunteer
- *Degree with Honors Program* member



- *Operation Breakthrough* volunteer
- *Bridging the Gap* recycling volunteer
- *Parkville Nature Sanctuary* volunteer
- *Park University Speaking Cub* member
- *Phi Eta Sigma* memberships
- *Honors Council* members
- *National Honor Society* members
- *School District* paint crew volunteer
- Part and full time job employees during school year and in the summer

## Scholarship Fund Donation

- Bingham Middle School PTSA
- North Kansas City Council PTA
- Espy PTA of Nixa
- Summit Pointe Elementary PTA
- Inman PTA of Nixa
- Mathews PTA
- Bridger Middle School PTSA
- Mason Elementary PTA
- Raytown Middle School PTSA
- Greenwood Elementary PTA
- Blue Springs R-IV School District Council PTA
- Delta Woods Middle School PTSA
- Meadowbrook Elementary PTA
- Raytown High School PTSA
- Voy Spears Jr. Elementary PTA
- Christian Ott Elementary PTA
- Glendale PTSA
- Hickman High School PTSA
- Pleasant Lea Middle School PTA
- Ruth Oliver Walker Elementary PTA
- Summit Lakes Middle School PTA
- Liberty Oaks Elementary PTA
- Nixa Jr. High PTSA
- Hawthorn Hill Elementary PTA
- Richardson Elementary PTA
- Longview Farm Elementary PTA
- Franklin Smith Elementary PTA
- Lee's Summit Council PTA
- Sunset Valley Elementary PTA
- Trailridge Elementary PTA
- Pleasant Lea Elementary PTA
- Hawthorn Elementary PTA
- Portland Elementary PTA
- Blue Springs Early Childhood Preschool PTA
- Springfield Council PTA
- Central High School PTSA

# Scholarship *(Cont.)*

Each fall, the Phoebe Apperson Hearst Memorial Award (PAH Award) is bestowed upon a scholarship senior, with a record of exceptional academics, outstanding character, community service and a commitment to teaching. Income from the PAH Fund is used to finance these awards.

Mr. Taylor Starks received this award at the 2011 PTA State Convention in Columbia. Taylor graduated from Blue Springs High School and attends the University of Missouri at Columbia.

Mr. Starks expressed his gratitude to the Missouri State PTA and for their support in his education at the University of Missouri. He stated that receiving the Phoebe Apperson Hearst Award was very humbling and a great honor for him, as he had worked extremely hard throughout his years at the University and pushed himself to his utmost potential. Taylor stated that earning the rank of Eagle Scout at the age of fifteen taught him the value of what hard work could produce. Throughout his years at the University of Missouri, he has maintained a cumulative GPA of 3.64 while having four semesters of over 21 credit hours. He has been a member of the Marching Mizzou Drum-line and the University of Missouri Symphonic Wind Ensemble for three years. As an active member in his church, he participated in thirteen mission trips, in nine different states, accumulating over 300 hours of community service.

Growing up as the son of a Blue Springs elementary teacher, Taylor soon realized that he wanted to spend his life in the classroom.

“My love of music and my amazing experiences in the Blue Springs High School Golden Regiment provided a catalyst into my education at the University of Missouri. My field experiences throughout the Columbia Public School system have only heightened my love for teaching.”

Taylor stated that he cannot wait to be a music teacher, to share his love of music and teaching with his students.



As is evident from the student triumphs and accomplishments, your gifts to the PTA scholarship program, are dollars well spent. Together, we **ARE** making a difference in the lives of our children.

## Networking Sessions ~

During the Networking Sessions we had some great discussions with everyone that attended. The first session I sat in on was Volunteers with Cathy Sweeny. We discussed the need of getting volunteers and keeping them, this seems to be a problem with a lot of PTAs, one main thing we discussed was to “empower the people” and allow them to be in control, all too many times we find ourselves as PTA presidents micromanaging our volunteers. Another idea was to have “Buddy Groups” within councils to support each other as another resource. My favorite idea that came out of the session was to hand write Thank You notes to all of your volunteers, in this day and age with computers and all the technology we have, we sometimes forget that a hand written Thank You goes a long way.

PTA vs. PTO with Kathy Nevans – this networking session was well attended, and almost everyone that attended was saying the same thing, people are not well informed on the difference

between the two so how do we inform them. The first thing we discussed was the difference between the two. PTA is for all the children while a PTO is just for the children at their school. The point we discussed that I feel is very important is the fact that the PTA members can engage in advocacy on the national level while PTOs have no voice in Washington.

Programs with Michele Reed – the biggest concern seemed to be with the difficulty with Middle School Programs. We had several different Middle School PTAs discussing what worked best for their school, some of them stated that they had evening programs for parents on internet bullying, as well as a support program for grandparents who are helping to raise their grandchildren. Almost everyone who attended this network session spoke of the importance of having a New Parent Packet available with information about the school, PTA and the community.

## It's Time to Nominate!

It's the time of the year to form your nominating committee for officers. For more information on forming this committee, please check your tool kit and the winter packet. Resources are also available in the “Members Only” section of [mopta.org](http://mopta.org).



# Concussions: Do You Know the Signs and Risks?

By Barb Gilmore

A workshop on concussion brain injury, during convention in October, was lead by Dr. Thomas Martin, Psy.D. ABPP, Clinical Assoc., Professor in the School of Health Professions at Univ. of Missouri-Columbia.

It is conservatively estimated that there are 140,000 high school related concussions each year in the U.S. These cover sports and more (football, soccer, band, cheerleading, etc.), and include both males and females. Females may be more susceptible to concussion. There are 75% "mild" concussions, 9% requiring hospitalization, and 900 deaths from sports and recreation related brain injuries per year. Helmets and mouth guards *do not prevent* a concussion.

"Concussions DO have symptoms quickly. A neuro image may not be helpful because it can't be seen," says Dr. Martin. Symptoms may or may not involve loss of consciousness. Basic symptoms include: headache, nausea, balance problems, vision changes, sensitivity to noise and light, irritability, poor attention/concentration, sluggish/fatigue, foggy feeling, and sleep disturbance. Others may notice a behavior change, confusion, clumsiness, looking stunned/dazed, and slowness in answering questions. If there is a loss of consciousness, headache that worsens, weakness/numbness on one side of the body, deterioration in mental status/function, can't speak or understand, vomiting and seizures, emergency care should immediately be sought. Symptoms may "disappear" but reemerge upon physical exertion. If symptoms linger, the brain has not fully recovered.

A Second Impact Syndrome (SIS), especially in younger people may result from incurring a concussion while still recovering from

a prior traumatic brain injury (TBI). Compared to the general population, if you have one TBI you are 2.8 to 3.0 times more likely to incur a second. If you have 2 TBI's you are 7.8 to 9.3 times more likely to experience a third. The risk increases with age.

Long term risk of mismanaging a concussion includes prolonged post concussion syndrome and loss of academic and social opportunities, as well as the onset of depression and diverse and enduring cognitive dysfunction.

To manage a concussion properly one needs to rest until they are asymptomatic. This includes physical as well as cognitive (mental) rest. Gradual resolution of symptoms takes about 7 to 10 days (younger athletes may require longer) or being symptom free with graded exertion/exercise. To promote healing, along with physical and mental rest, one needs to get enough sleep, avoid further head injuries or contact sports, and talk with your health care provider about specific treatment.

Missouri Legislation has the *Interscholastic Youth Sports Brain Injury Prevention Act*. Dr. Thomas is part of this committee. Provisions under this act include: Concussion related education/training to be provided to sports staff, student athletes, and their parents; coaches/athletes/parents trained to recognize signs and symptoms of concussion and student athlete *must* be removed from play if concussed; and no return to play within 24 hours **and** until released by health care provider trained in the assessment and management of concussion.

## Service Project



Rainbow House in Columbia, Missouri, began in November, 1986, in an old farmhouse with room for up to twelve children. Kathy Hughes, founder, had been a foster parent for many years. She had the vision to provide a safe, home-like environment where sibling groups would be kept together

and children would continue in their home school. In the ensuing years, it has grown to include much more: The Children's Emergency Shelter which temporarily houses children who are in foster care, and assists parents who request placement for their children during a family crisis. The Regional Child Advocacy Center (CAC) provides forensic interviewing, advocacy and therapy for children who have been sexually abused and/or severely physically abused. The Homeless Youth Program provides housing and services

for homeless youth in an off-site facility called "Sol House," who are interested in making a meaningful and productive transition into adulthood. All are part of Rainbow House's mission to keep children safe and support families in crisis through prevention, assessment and intervention in child abuse and neglect. "THANKS" for supporting our 2011 service project by bring donations to help the children of Rainbow House.

# Parenting with Love & Logic

Joanne Schwartz, Missouri PTA

With enthusiasm and humor Joy Miller presented the Friday night All-Conference Workshop, Parenting with Love & Logic. Believing that it is important to raise kids in a way that provides loving support from parents while, at the same time, expecting kids to be respectful and responsible, Jim Fay and Foster W. Cline, M.D. founded the Love and Logic Program

You may ask what is love and logic? It is effective parenting (teaching) that centers around love, not permissiveness, it doesn't tolerate disrespect but, is powerful enough to allow kids to make mistakes and permits them to live with the consequences of those mistakes.

There are so many parents that want to be friends with their kids but, they have friends. Our job as parents is to help them to grow into productive adults that contribute to our society. Ms Miller reminded us it is very important to children to have positive relationships with adults. She stated that 75% of students are more apt to graduate if they have a positive relationship with 1 adult and that rate increases to 90% when there is a positive role of parents in the child's life.

She gave us two rules of Love and Logic. Rule # 1. Adults set firm limits in loving ways without anger, lecture or threats. Rule # 2. When a child causes a problem the adult hands it back in loving ways. The adult needs to hold the child accountable for solving his/her problems in a way that does not make a problem for others. Children need to be offered choices with limits and that as parents we need to use enforceable statements. Kids know

if we are throwing out statements in anger or frustration and won't follow through. How do you plan to ground your child for life? Is that working out for you? May be the better statement would be something like "that's a bummer", or "Oh no, That is so sad. I'm going to have to do something about this! But not now...later. Try not to worry about it." The adult is the one that provides the delayed or extended consequences and the adult's empathy needs to be "locked in" before the consequences are delivered.

Ms Miller told us that Jim Fay advises that sometimes parents just need to go brain dead. This means that parents don't try and argue or match wits with the child. Instead you should just repeat as many times as necessary, "I love you too much to argue." No matter what the child says back repeat this phrase. In learning this technique you will take control of your home in a loving way and change your relationship with your kids for the better.

One humorous way Ms Miller told us to deal with our kids until we have a chance to think through the situation is to use the "energy drain" method. Simple hold your hand over your head and moan. When your child asks you what's wrong you talk about how your energy has been drained by their behavior and ask how they intend to get your energy back for you.

So the next time your child makes a decision that will make your blood pressure rise remember to say, "that's so sad, what a bummer, I love you too much to argue, we'll talk about this later... but not now" and then go and get a mani-pedi.



# Miss Missouri Speaks at MO PTA Convention

When you think of Miss Missouri the first thing that pops in your head might not be strengthening the family unit. But this is exactly the message the current reigning Miss Missouri is on a mission to spread throughout the state. Sydney Friar didn't want to look back on her life in 75 years and wonder if she had made a difference or if her life had a purpose. The Miss Missouri Organization may hold an annual beauty pageant, but it is also an organization devoted to service. A belief in community and investing in community is a large part of the organization. Therefore, all contestants engage in service projects. Sydney Friar's service project revolved around teaching families how to spend time together. Families function most effectively, Sydney believes, when they communicate and have fun together.

It has been quite a whirlwind for Sydney these last six months. She graduated from college, won the title in June and has since

then traveled approximately 1000 miles a week speaking to different groups across the state. For the most part she finds herself traveling to different schools to speak. At first she didn't think students, especially teens, would be very interested in her platform, but she was wrong. Over and over she found that teens really desire a more connective relationship with their parents and family in general. How to go about achieving a closer relationship remains a mystery for many teens. In addition to her main Miss Missouri platform, Sydney has found herself drawing from her own personal experiences to reach out to students. For instance, while still in high school, her boyfriend was killed in an accident. This topic alone has generated a huge amount of interest when she visits schools.

Student representatives Amanda W. and Amanda R. were quick to not pass up the opportunity to inform Sydney about the student's Resolution on Distracted Driving

and asked her to sign a pledge to refrain from distracted driving. She was very impressed with the student's effort and wore her 'texting kills' thumb ring, given to her upon signing the pledge, proudly.

We would like to wish Sydney the best of luck with the Miss USA pageant! If you are interested in having Sydney speak at your school or PTA meeting you can find her contact information at [www.missmissouri.org](http://www.missmissouri.org). She charges a \$25 booking fee and mileage for guest events.



## Oklahoma PTA members attend MO State Convention

Missouri PTA was honored to have two guests attend our State Convention from neighboring state Oklahoma! Anna King, OK State PTA President, along with Wendy Hardwick, Oklahoma Convention Chair, attend our convention in October.

As a new President, Anna had previously met and worked with our new State President, Donna Petiford. Anna has had the opportunity to form a working relationship with many State President-elects and she decided it would be fun to follow her co-president elects into their own State Conventions and watch them be installed as their State President.

Wendy Hardwick, Oklahoma State Convention Chair, attended with Anna as a way to meet new people, accomplish networking and view other state's convention traditions.

Wendy and Anna were both impressed with MO PTA Conventions All Conference Workshop which was held on Friday night, as well as the Panel Networking Workshops which were held Saturday afternoon.

PTA is a voice for all children, and the networking that is done between states proves to be a benefit for All Children.'

## Evaluation Drawing Winner

Congratulations to Carli Noffke of Columbia. Her name was drawn from the evaluations turned in at convention. She'll receive a certificate good for "one free registration" to the 2012 Missouri State PTA Convention in Kansas City!

## Early Bird Awards

AND THE WINNERS

ARE.....

*Early Childhood / Elementary /  
Special Education Level*  
**Shoal Creek Elementary PTA  
Liberty School District  
Pony Express Region**

*Middle School / Jr. High /  
Combined Level*  
**Bernard C. Campbell Middle  
School PTSA  
Lee's Summit School District  
Three Trails Region**

*High School Level*  
**William Chrisman High School  
PTSA  
Independence School District  
Three Trails Region**

CONGRATULATIONS to all our Early Bird Award Winners! These winning units were presented with their award at the State Convention in October.

# Student Leaders Present Resolution

Mark Kempf, MOPTA Information Technology Chair (formerly Student Involvement Chair)

Through the efforts of MOPTA's Student Representatives Amanda Rupert and Amanda Weber, along with the help of the student delegation at events such as Convention 2010, Leadership Conference 2011, and Convention 2011, Missouri PTA passed a new resolution, Distracted Driving.

The effort began during a Student's Legislative Update workshop at the 2010 MOPTA Annual Convention where the idea was conceived. The inspiration came from a previous MOPTA resolution dealing with restrictions on young drivers while using cell phones. The students soon realized that adults also can be distracted by electronic devices, not just young drivers. They also recognized that the increasing prevalence of handheld electronic devices in our culture made this issue even more relevant.

During the following year the team of students met, strategized, planned, researched and eventually submitted the resolution that would ultimately be presented to the delegation at MOPTA's Convention. They also developed a plan to promote their resolution by designing a campaign to get people at convention to sign a pledge to not text while driving. All those who signed the pledge got a thumb band to wear reminding them of

their commitment to not text while driving.

The resolution was presented to the delegation at the 2011 MOPTA Convention. The student team gathered at the microphone during one of the convention's general sessions to speak in support of their carefully crafted resolution. Finally, following time for consideration and debate a vote was taken and the resolution was adopted.

The students of MOPTA deserve a tremendous "Well Done", and a thank you from all of us for showing that we can all make a difference. The students, all of them, demonstrated that we really can impact the legislative direction of our organization. Not only was the student resolution the first in a long while to come from members and not a committee of the Board of Managers, it was also one of very few ever to come from a delegation of students. These students have a lot to be proud of.

Hopefully, this resolution will serve as inspiration to all of us to look at the issues around us and consider bringing forth their own resolution. We can all be a part of the process, and now our student leaders have shown us the way.

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## Resolutions

By Angel Davis, Resolutions Chair

Three resolutions were brought forth before the 2011 Annual MOPTA Convention body in Columbia. Resolutions on class size recommendations, improving the infrastructure around schools, and distracted driving were recommended by the MOPTA Board of Managers for adoption.

Originating from South Valley Middle School PTSA, the Improved Infrastructure Around Schools Resolution was passed by the Convention delegation. This resolution urges Missouri PTAs to work directly with school administrations and local officials to bring attention to unsafe areas around schools. It also urges PTAs to seek out and apply for state and federal grants to build and improve infrastructure around their schools. These infrastructure improvements could include such things as adding sidewalks, crosswalks, bike lanes, crossing signals, traffic signals and street lighting. Improving the infrastructure around schools creates a safer environment for the students. Plus improving the walking and bike routes to schools also help promote healthier lifestyles when students and their parents feel confident those routes are safe routes.

In response to concern about growing class sizes in our schools, the MOPTA Resolutions Committee submitted the Class Size Resolution. This resolution calls for local units to work with the school districts to maintain smaller class sizes as well as encourages the Missouri Department of Elementary and Secondary Education to not increase its' class size recommendations. The MOPTA will also encourage the Missouri Department of Elementary and Secondary Education to develop a written plan within the next five years to reduce class size recommendations

by 15%. To ensure class size reductions are possible the MOPTA will be strongly encouraging the Missouri State Legislature to increase funding for public schools without decreasing funding from existing education programs.

The Missouri PTA also considered a resolution originating from the MOPTA Student Delegation. The Distracted Driving Resolution urges the Missouri State Legislature to create and promote the enforcement of laws that restrict the use of hand-held and portable communication devices while driving. It encourages the distribution of educational materials on and for units to collaborate with school districts to promote awareness and education of the dangers of distracted driving. This resolution also calls for students and adults alike to serve as positive examples by refraining from driving distracted.

These three resolutions were debated, discussed, amended and adopted by the delegation of the 96<sup>th</sup> Annual Missouri PTA Convention. It was an inspiring sight to see delegates - parents, teachers, school administrators and students - lined up to speak on the resolutions. Thank you to everyone who worked on the resolutions, made motions to improve the resolutions and voiced their opinions during the general sessions. Our adopted resolutions form the Legislative Platform of the Missouri PTA. Without a resolution we do not have the power to speak or act on an issue. Copies of the resolutions can be found on the MOPTA website at [www.mopta.org](http://www.mopta.org). You may also contact Angel Davis, MOPTA Resolutions Chair at [angeld@mopat.org](mailto:angeld@mopat.org) with any questions regarding these or any of the MOPTA resolutions.

# Fit + Active = Better Brain Power?

By Lou Hibdon

What does being healthy and keeping active have to do with student's academic success? Well apparently it has a lot to do with it. At our State PTA Convention this year, Donna Mehrle from the University of Missouri Extension Services discussed with us the impact of our food consumption and our physical activity, and how it can greatly impact our student's success in school.

We send them off to conquer the world.

Well, what happens when they get to school and are working hard to learn? What they began their day with will influence how they are able to function in the classroom. It will help them to focus and pay attention to the material that is being presented to them. The more physically and nutritionally fit our students are, the more they excel in school. Success is the brain's Miracle Grow.

To begin with, when we have a good meal to start our day, we always feel better. The same applies to our students as we send them off to class. It is important to always try to make sure your children start out their day with a healthy breakfast to get their brain juices flowing. If we serve them up a healthy breakfast, the more likely they will focus and pay attention to the material that is being presented to them. Don't we want them to be "nutritionally fit"? Good food choices can go a long way.

But what happens when they get to the lunchroom? Is the food being offered encouraging them to be fit? How many of our cafeterias have encouraged students to make good food choices? Are Salad Bars readily available for students to choose from? At many of our schools, they are working to help students make those good food choices. One of the ways is through the "Farm to School" Program that brings local farmers food to our lunchrooms. Another way is schools offering fruits and vegetables before the usual French fries. Also, presenting second helpings on healthy food, and discouraging the higher in fat foods. We can help out by checking

what is being offered in our lunchrooms, and encourage our students to make the healthy choices. There are not good and bad food choices, but more frequently and less frequently food choices. We can help our students learn that there can be moderation in what they eat. They are still children and should have opportunity to make those "less frequent" food choices too.

Many of our districts have Student Wellness Policies in place that are being incorporated in our students eating habits as well as their physical fitness.

By encouraging our students to be more active we are encouraging them to be more successful too. Students who are more physically active have better school attendance, and that has a direct correlation with student success. They have more opportunities to learn and develop as individuals. Math Achievement has been linked to the fitness level of students involved.

Simple things can be suggested that can help our students to be more physically fit. Some ideas were to have the students dropped off near their schools, and the students walk the rest of the way to school. We encourage walking to school. Why not try ride and walk to school?

If we are more active our minds are more active too. Remember when our kids were smaller, how we always said, "If we could

just have their energy". Well, their minds were going all the time as they were active. Our students may not need to be as active as a small child, but their bodies need that feeling of well being to keep their minds active too.

It has been suggested that "Recess before Lunch" is a great opportunity for our minds and bodies to work well together. The "Recess before Lunch" website states "Recess after lunch often finds the student focused on the playground, not his or her lunch. Enhanced nutrition and better behavior go hand-in-hand; recess before lunch offers an opportunity for students to benefit from both."

This is just one of the ways that has been suggested that might help bolster academic success by helping students become more nutritionally and physically fit.

So, yes, being fit and active can lead to better brain power by helping students to succeed. The Missouri Action for Healthy Kids states "Healthy eating and activity can improve attendance, energy levels, participation, school behavior, test scores and academic success".

We are all interested in having not only our own students but all students succeed. Let's be aware and encourage all students to be fit both nutritionally and physically, and in so doing, they can increase their academic success and increase their brain power.

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**WORKSHOP-MYTH BUSTERS: SCHOOLS AND FAMILIES**

**ENGAGED PRESENTED BY SCOTT HUSE.**

This workshop was well attended and Scott told his story about how he became to be involved in his kids' school. He said he followed in his father's foot steps at first and was dragged to school for teacher orientations and parent teacher conference by his wife. But it took a killing in his school district to get him involved and to realize that he should be more involved in his kids' school. He said we all think something tragic will never happen at "OUR School" but the odds are that it will or could. He had our attendees divide up into groups of rural, suburban and urban schools and discuss family engagement, and how family engagement looks at every grade level. He used the same example with academic success in the different groups.

Like PTA, Scott believes that students do better in school when families are involved. More information about Scott's program can be found on his website: [www.thesafeteam.com](http://www.thesafeteam.com).

**STUDENT PERSONAL PLAN OF STUDY...HOW DOES THIS WORK? PRESENTED BY LAURA MANN**

**BY: NORVEL A. JOHNSON**

*"As a high school student, choosing a Career Cluster is about selecting an area for deeper exploration, not locking in a life-long career plan"*

This workshop was full of information regarding the need for every student to set educational goals and create a college and career roadmap for success in high school and beyond. All Missouri students, working with their counselors and parents/guardians, can develop and achieve this roadmap with school, community, and state supports.

Missouri has identified six Career Paths as a way to help you become aware of and explore careers in a logical and meaningful way. Career Paths are a good starting point for your career exploration. Within the six Career Paths are 16 Career Clusters to further help with career planning. As a high school student, choosing a Career Cluster is about selecting an area for deeper exploration, not locking in a life-long career plan.

This roadmap, or personal plan of study, includes development of an education plan that is clearly-defined, rigorous, and relevant to assure a successful and efficient transition to postsecondary education and/or the world of work. It is recommended that you select a Career Cluster of interest before or during high school to shape your plans for coursework.

A personal plan of study (PPS) is a student's scope and sequence of coursework and related activities based upon their chosen Career Path or Career Cluster. The foundation of the personal plan of study is the school-approved program of study for the student's Career Cluster. It is a roadmap that includes graduation requirements, approved coursework for the student's educational and career goals, and developmentally-appropriate, work-based learning experiences.

A PPS is developed cooperatively with the student and the student's counselor, teachers, and family members. Laura Mann explained to the workshop participants that the plan is reviewed at least annually and is revised as needed and this is mandated by Missouri Department of Elementary and Secondary Education.

Parents can learn more about the Personal Plan of Study by visiting the guidance and counseling department at their school and by visiting the various websites listed below.

- [www.missouriconnections.org](http://www.missouriconnections.org)
- [www.careerclusters.org](http://www.careerclusters.org)
- [www.missourieconomy.org](http://www.missourieconomy.org)
- [www.thefutureschannel.com](http://www.thefutureschannel.com)
- [www.going2college.org](http://www.going2college.org)
- [www.dreamit-doit.com](http://www.dreamit-doit.com)
- [www.dhe.mo.gov](http://www.dhe.mo.gov)

**Mark Your Calendar**

**January**

*PTA mid-year membership drive*

- 1 Membership dues to state office
- 1 New Year's Day
- 17 Martin Luther King, Jr. Birthday
- XX Reflections entries due to state office by 4:30pm

**February**

*Black History Month*

- 1 Membership dues to state office
- 12-18 Take your family to school week
- 14 Valentine's Day
- 17 PTA Founder's Day
- 20 President's Day

**March**

*Women's History Month*

*Music in Our School Month*

*National Nutrition Month*

- 1 Membership dues to state office
- 2 Read Across America Day
- Principal's Day
- 7-8 National PTA Legislative Conference
- Arlington, VA
- 17 St. Patrick's Day
- XX Missouri Child Advocacy Day – Jefferson City
- 31 New Officers Form due to State Office

**Building Fund Donations**

- Bingham Middle School PTSA
- North Kansas City Council PTA
- Truman Patriots Club PTSA
- Espy PTA of Nixa
- Inman PTA of Nixa
- Mathews PTA
- Bridger Middle School PTSA
- Mason Elementary PTA
- Raytown Middle School PTSA
- Greenwood Elementary PTA
- Blue Springs R-IV School District Council PTA
- Delta Woods Middle School PTSA
- Raytown High School PTSA
- Christian Ott Elementary PTA
- Summit Lakes Middle School PTA
- Liberty Oaks Elementary PTA
- James A. Jeffries Elementary PTA
- Nixa Jr. High PTSA
- Hawthorn Hill Elementary PTA
- Richardson Elementary PTA
- Longview Farm Elementary PTA
- Franklin Smith Elementary PTA
- Lee's Summit Council PTA
- Sunset Valley Elementary PTA
- Trailridge Elementary PTA
- Pleasant Lea Elementary PTA
- Blue Springs Early Childhood Preschool PTA

**Founder's Day Donations**

- Raytown Council PTA
- Bingham Middle School PTSA
- Ozark Council PTA
- Summit Pointe Elementary PTA
- Inman PTA of Nixa
- Mathews PTA
- Mason Elementary PTA
- Raytown Middle School PTSA
- Greenwood Elementary PTA
- Blue Springs R-IV School District Council PTA
- Delta Woods Middle School PTSA
- Meadowbrook Elementary PTA
- Raytown High School PTSA
- Christian Ott Elementary PTA
- Century PTA of Nixa
- Pleasant Lea Middle School PTA
- Pleasant Lea Middle School PTA
- Summit Lakes Middle School PTA
- Liberty Oaks Elementary PTA
- Independence Council PTA
- Nixa Jr. High PTSA
- Hawthorn Hill Elementary PTA
- Richardson Elementary PTA
- Longview Farm Elementary PTA
- Lee's Summit Council PTA
- Sunset Valley Elementary PTA
- Trailridge Elementary PTA
- Pleasant Lea Elementary PTA
- Hawthorn Elementary PTA
- Blue Springs Early Childhood Preschool PTA
- Lakewood Elementary PTA
- Timber Creek Elementary PTA

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**May 4—5th, 2012**

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  - Networking opportunities
- Leadership skills development
  - PTA advocacy focus

**Resource opportunities for adults and  
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**Don't miss this training opportunity -  
make plans now to attend.**

**Registration packets will be mailed to all unit  
and council presidents in March.**

Watch the Missouri PTA website for more details.

[www.mopta.org](http://www.mopta.org)