

This month, every single CONTACT contribution is from a PTA member throughout Missouri. When we all work together, great things happen!

It Takes Everyone

When we work together, we can accomplish more



I am the incoming president of the Springfield Council of PTAs. Obviously, I believe being a member of your child's PTA unit is very important and something every parent should do. However, parent involvement is not enough. In my ideal world, every significant person in said child's life would join our mission.

What is our mission? "The overall purpose of PTA is to make every child's potential a reality by engaging and empowering families and communities to advocate for all children." Your PTA unit might host a Family Fun Night, fundraise for new playground equipment, cubby holes for backpacks, hold a Book Fair to earn books for your school's library, and a host of other goals. All these efforts are to benefit your child and your child's education.

How do we accomplish our mission? To make sure every child has the resources to reach his/her full potential, we must work together. By we, I mean parents, teachers, students (themselves and others), grandparents, siblings, aunts, uncles, and the community. It takes everyone!

I have two daughters. One is a junior at SBU in Bolivar. My baby is a senior this year at Glendale. When I think of all the people who have had a part in shaping the lives of my girls, helping them become the young women they are today; I am overwhelmed with emotion and gratitude. The teachers, principals, counselors, nurses, librarians, secretaries, all have contributed in some way. They have filled my daughters' heads with knowledge, common sense (for the most part—smile), ability to cope with life's successes and disappointments, dealing with others, peer pressure, independence...The list goes on and on. It took each individual's input to instruct and impact my children's education.

PTA takes everyone to make a successful, well-rounded team. It takes leaders, workers, speakers, encouragers. People who are passionate and committed to providing for our children's education. Members have different strengths, talents and abilities that ensure the team's success. Some are great speakers and motivators. Others are behind-the-scenes workers making things happen. Some are number crunchers. Some are creative and artistic. Others are technology savvy. Everyone can contribute something to the team. Some people have lots of time to invest. Others have time constraints. Whatever time you give to PTA, it is spent to accomplish the team's mission: ensuring every child can succeed.

As we start this new school year, I'd like to encourage everyone reading this article to remember why PTA exists and to be excited to be part of our child's team. If you aren't a PTA member, please join our team today!

Carrie Windes
Springfield
Council of PTAs
President,
Ozarks Region



Continuing the Journey to the Top 10

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)



Kids are settling into their classes and getting to know their teachers. They're seeing old friends and making new ones. The start of the school year continues the rhythm of life and keeps kids on the path of learning and discovery. The new year also keeps Missouri on its path to the Top 10 by 20.

The Top 10 by 20 initiative began five years ago as an ambitious effort to raise Missouri's student achievement to rank among the top 10 states by 2020. Since then, the state's graduation rate has grown to rank in the top 10 – in the top five for improvement. Students' scores are rising on the National Assessment of Educational Progress (NAEP) exams. A recent NAEP analysis of state learning standards ranks Missouri among the top 10 states in reading and math standards for grades 4 and 8, the grades that participate in NAEP testing. Our students, teachers and districts have worked hard, and we're proud of them.

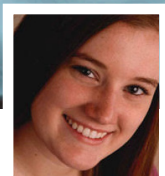
But the Top 10 by 20 initiative is about more than a ranking—it's about helping each child realize his or her own dreams. We can ensure that each child enters kindergarten ready to succeed in school by expanding access to high quality early childhood education. We are working diligently to develop, prepare and support effective educators because our children deserve great teachers. Through these efforts, we can reach our ultimate goal that ALL Missouri children graduate ready for college and career.

That doesn't mean college for all, but it does mean we want kids to have the knowledge and skills they need to succeed, whether they choose to enroll in college or enter job training. The Department invites you to join us as we continue our journey to the top 10. Working together, we can help children reach their full potential.



The Impact of PTA

Fostering Love For School & Learning



by **Shannon Carroll, Three Trails Region**

2015 MoPTA Phoebe Apperson Hearst Scholarship Award Recipient

PTA has had a large impact on my decision to become a teacher. PTA provides students with so many learning experiences and opportunities that coincide with what is being taught in the classroom and that make teaching worthwhile. All throughout elementary school, PTA funded and sponsored many things that contributed to my growth as a learner.

PTA helped foster my love for school and learning, and that love is one of the reasons I decided to become a teacher. They also provided resources that made it easier for teachers to connect what we were learning to real world situations and to make learning more interesting and engaging. I looked up to all of my elementary school teachers because they were able to make learning exciting, and another reason I decided to become a teacher was so I could provide some of these same exciting experiences to another generation of students. I know my teachers would not have been able to do all this without help from PTA.

PTA funded all of our field trips, which made what we were learning in the classroom come to life. Places like Missouri Town, Fort Osage, and the Truman Library really enhanced our Missouri history unit in 4th grade. We got to actually see what life was like in the past and experience some of those things for ourselves. PTA also sponsored Family Connections in Reading nights each year. It encouraged families to read together and I always left with a new excitement for reading. One of the hardest jobs teachers have is getting students excited about reading, so PTA helped by getting families involved, bringing in special guests to read, and coming up with fun activities to do along with the book. Finally, PTA put on fun activities such as the Fall Festival and Easter Egg Hunt. These were not educational, but allowed me to hang out with my friends and teachers in a non-classroom setting. These events definitely contributed to our social-emotional development, which is very important at that age.

All of these things that PTA either sponsored or funded definitely contributed to my love of learning. I understand now how much PTA helps teachers bring the curriculum to life for students. Because of that, PTA has definitely impacted my decision to become a teacher.

The Wisdom of PTA Membership for Teachers

Chris Holmes

Hazelwood West High School
Missouri Teacher of the Year 2015



I would like to believe that everyone in education has finally realized that building meaningful relationships with parents and families involves a lot more than e-mailing progress reports, holding classroom conferences, and inviting parents to attend open houses. We should do these things, of course – they are critical steps in communicating with our students' primary caregivers – but alone they only scratch the surface of what relationships with parents can do for teachers.

Every teacher seems to understand the value of quality parent-teacher relationships, the insights that families can share about their children, such as what they struggle with most and how they learn best; what makes them anxious and what brings them joy. This knowledge affords us opportunities to better know our students, which greatly enhances our ability to teach them.

However, we also recognize the immense amount of time, sometimes years, required to build these connections. The unfortunate reality is that there simply isn't enough time to know all of our families the way we'd like to. The encouraging truth is that there are resources at our fingertips that provide numerous opportunities for insight into our students' families and circumstances, needs and wants. While we strive to develop individual relationships with students' families, our Parent-Teacher Associations give us an endless supply of information, expertise and opinions, allowing us to develop a closer relationship with our community.

As an experienced teacher, I believe I possess a certain amount of expertise when it comes to the business of education, but I would be arrogant and foolish to believe that I could not benefit from a couple hours a month with parents. One of the greatest skills we can teach our students is the art of listening; we would be wise to practice what we preach. We would be wise to join our school's PTA.

WHEN PARENTS
PITCH IN TO HELP
TEACHERS, WHO WINS?
OUR KIDS!



WE'RE IN THIS TOGETHER



Both parents and teachers BELIEVE in classroom volunteers.



99% of parents and **97%** of educators feel that volunteers are necessary or nice in the classroom.

85% of parents and **87%** of educators feel that volunteering gives parents the opportunity to support and encourage their children.

81% of parents and **77%** of teachers say volunteering shows a student's family values education

WHILE PARENTS LOVE THESE TRIED AND TRUE ACTIVITIES...

- Donating items to the classroom (70%)
- Chaperoning field trips (58%)

58%

HELPING WITH CLASS PARTIES



EDUCATORS WOULD ALSO LIKE HELP WITH...

- Tutoring and home work help (61%)
- Preparing learning centers (44%)

61%

LISTENING TO STUDENTS READ



Karen Bantuveris, founder and CEO of VolunteerSpot, presents the top hurdles and success strategies for engaging parent volunteers in the classroom.



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



PTA matters and makes a difference

By Melissa Randol, Executive Director of Missouri School Boards' Association

Tucked in with my driver's license and credit card, you'll find in my wallet a tattered membership card. It's out of date...in fact, it expired about 14 years ago. I refuse to throw it away because it's a reminder of the significance of my involvement in my child's education. This special card is my first PTA membership card that I purchased during my son's Kindergarten year. Now I've had new cards each year of his K-12 career, however it was that first year where I came to appreciate the value and significance of membership in PTA and understand, through PTA's extraordinary training, how to be effectively engaged in my child's education.

Parental engagement is essential to student success and to the success of a school district. There is little disagreement on that point. The National School Boards Association's Center for Public Education examined the research on the issue and found that a strong partnership between parents and schools focused on academics does indeed have a significant impact on student achievement.

Certainly parental engagement takes the form of parents supporting their own children at home. Schools that share ideas to promote learning at home and encourage parents to set high expectations see results from building those relationships. PTA provides the mechanism for parents to broaden their involvement to include volunteering at school and playing a critical role in maintaining consistent two-way communication with the schools. **Schools with strong PTAs are better schools.**

But genuine parental engagement goes beyond supporting one's own children to include supporting all children in a school building, a school district, and beyond. That's where the PTA shines. PTA provides a way for parents to advocate, not only for their own children, but for all children at the school district, the state, and even the federal level. It is critical that the voice of parents be heard when policy-makers consider issues that have a direct impact on the education of our children. I have personally witnessed on more than one occasion how Missouri PTA influences education policy in our state. When parents speak through PTA, legislators listen.

The Missouri School Boards' Association is proud to have a long-standing and strong relationship with the Missouri PTA. We have a lot in common. Both organizations represent volunteers who give of their time to improve the lives of children. Both put children first when considering issues that have an impact on our schools. Many of our current and past school board members in Missouri developed their leadership skills through involvement in their local PTA.

Thank you for your commitment to the students in your community, in our state and, in our nation through your involvement in Missouri PTA. **Please know that your efforts make a difference on each of those levels and that the quality of education being provided to the 900,000 public school students in Missouri is better because of the work of Missouri PTA.**



Feeling Overwhelmed? Time Management Tips that Actually Work

By Grace March, PTA Member, Three Trails Region

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

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

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

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

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

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

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

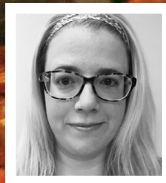
More than three is a crowd: Try focusing on only the three most important things on your to-do list, be clear on how you'll know you have achieved them and the resources that you'll need to ensure their completion, "The key is to be productive, not busy, as being busy is often used as an excuse for avoiding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

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

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

We
LOVE
this!

Krissy Wilmoth
PTA Member
Ozarks Region



Restaurant-Style Salsa

Ingredients

- 2 15 oz. cans of stewed tomatoes, diced tomatoes
- 1 can of Rotel
- Garlic cloves (or powder) to taste – start at about 1/2 tsp.
- 1 tsp cumin, 1/2 tsp salt
- 2 tbsp honey (this is the magic ingredient)
- 2 tbsp jalapenos and juice (more or less depending on the heat you want)
- Cilantro, stems removed (quickly chop off the bottom – don't waste time!)
- 1 onion, diced

Directions

Put the tomatoes, Rotel, garlic, cumin, salt, honey, jalapenos in the blender and pulse until chunky and blended. Put the cilantro in the blender and pulse until chopped into bits. Dice the onion and pour into serving bowl. Pour the blender mixture on top of the serving bowl of onions and mix well. Enjoy!

A film for the whole family!

Movie! Marshall's Miracle



The film, based on Marshall's true story, shares the adventure of Finn, a 13-year-old boy, and the target of bullies at his new school. Finn is feeling hopeless until he finds Marshall caged up by a dog-hoarder. The bond of friendship is immediate. Finn knows he must rescue Marshall, but Marshall has been abused by the other dogs and needs to see the vet right away. The race is on against the bullies and against time. In the end, Marshall leads everyone to a place of change, forgiveness, and friendship. Marshall's Miracle won the "Best Film" at the St. Louis International Film Festival. The Dove Foundation approved it for "all ages".

To view film trailer: <https://www.youtube.com/watch?v=cyPcmB8y2D4>

Or visit the website at: www.marshallthemiracledog.com

Marshall's story is nothing short of miraculous. After being rescued, Marshall was rushed into surgery, where he actually died three times on the operating table before successfully surviving. Now, as a three-legged, scar-faced, but loveable dog, Marshall is on a mission. Marshall carries his life-changing story and messages and has visited over 370 schools (120,000 students) since the launch of his award winning children's book, "Marshall The Miracle Dog". Marshall's message is sustained through the Marshall Mentor Program, an anti-bullying program based on Marshall's cornerstone messages.

Marshall's Miracle will be released on August 28, 2015, in theaters across America--in Missouri they are St. Louis, Kansas City. But, the film will be released nationally on October 6, 2015, in time for National Bullying Prevention Month on DVD. What is so special about this film is Bullying Prevention Experts and Humane Educators developed Discussion Questions that can be downloaded for free for families and schools to use to sustain the important messages of the film: Empathy, Forgiveness, Perseverance and Kindness.



A big thank you to the Columbia United States Post Office Branches for helping us mail our membership cards during this busy season. We would not have been able to do it without you!



Today I will stop and listen to their laughter. I will breathe in their joy. I will play and be a part of their memories not just the memory maker.



Natasha Brown · 1 year ago
Love this idea: Santa Sacks! (Kids leave out old toys for Santa to take to other kids. Perfect way to teach giving.)

How to make a smoothie

super skinny me.com

Behold, the smoothie. A meal in a glass. And not just any meal. A fast one too. And done right, packed with vitamins, minerals, antioxidants, protein, healthy fats and so much more. Not only nutritious, but super delicious. Replace a meal such as breakfast or use it as a supplement or snack. Stay healthy, lose weight, gain weight. Adapt it anyway you can. There's so much more to smoothies than fruit, yogurt and ice. Here's how to make a smoothie - awesome!

.....

awesome

1 ADD FRUIT

Choose at least 2 types of fruit - fresh or frozen. And for a super healthy smoothie - make it green, adding vegetables such as kale, spinach & arugula.

Banana	Berries	Pear/ apple	Watermelon	Peach	Kiwi	Pineapple
Cherries	Mango	Avocado	Spinach	Kale/ Arugula	Beet greens	Dandelion greens

2 CHOOSE A BASE

Add 1 - 2 cups of liquid. The more juice your chosen fruits/vegetables have, the less liquid you need to add.

Milk/ rice/ almond/ soy milk	Fruit juice	Iced coffee	Iced green tea	Coconut water/ milk	Water
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3 THICKEN UP

Thicken your smoothie to get the right consistency/ creaminess, whilst making it more nutritious.

Nut butter (e.g. peanut)	Yogurt/ kefir/ cottage cheese	Ice cream/ frozen yogurt	Ice cubes	Coconut meat	Chia seeds/ psyllium husks	Oats/ beans
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4 FLAVOR IT

Boost flavor with sweeteners, spices, fruits and herbs. Spices such as cinnamon add a layer of sweetness, without adding extra calories.

Sugar/ stevia/ xylitol	Honey	Maple syrup	Figs	Dates
Vanilla/ almond extract	Cinnamon	Nutmeg	Herbs (e.g. mint/ basil)	

5 POWER BOOST

Take your smoothie to the next level with highly nutritive superfoods.

Protein powder	Fish oil	Goji berries	Sprouts	Ground flaxseeds
Bee pollen	Vitamin powder	Spirulina/ wheatgrass/ green powder	Maca/ acai/ cocoa powder	Probiotic

super skinny me



My favorite pins this month

Natasha Brown
PTA Member, Ozarks Region

ONE THOUSAND IN AN EMERGENCY FUND
PAY OFF ALL DEBT
THREE TO SIX MONTHS EXPENSES IN SAVINGS
INVEST 15% OF INCOME
INTO ROTH IRAS OR PRE-TAX RETIREMENT
COLLEGE FUNDING
PAY OFF YOUR HOME EARLY
BUILD WEALTH AND GIVE



Beauty is not in the face; beauty is a light in the heart.

Kahlil Gibran

Want to be a MoPTA pinner? Send 15 favorite pins to MoPTA





Missouri PTA Board of Managers

Opportunities to join the state board now available

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

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

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



Please participate in the ACT Missouri Parent Survey!

Parents – if you have students in grades 6-12, please complete a survey to measure parents' attitudes, opinions, and concerns regarding substance use and other important issues affecting teens in your community.

The results of this survey will be used to influence public policy in regard to drug and alcohol use among Missouri's youth as well as to guide programs and inform interventions.

<http://surveys.missouri.edu/parents>

It is confidential and anonymous. Your answers will help prevention programming in Missouri.

It's that easy to make a difference.

If you have any questions, please contact the Office of Social and Economic Data Analysis at 573-882-7396.

With the help of Ross Stores, the American Heart Association was able to train 333,634 students in the lifesaving skill of CPR and AED use last year! We have received additional funding and would like the opportunity to train YOUR students.

We are pleased to announce a new grant opportunity for 250 high schools in the US to receive two FREE CPR in Schools Training Kits™ in the 2015- 2016 school year. By participating in the CPR in Schools program, schools will join our mission to increase bystander CPR training and create the next generation of lifesavers. Visit the Ross CPR School Grant website to see if your schools meet the grant guidelines and parameters.

Visit the website to learn more about this opportunity. Submit your application today - Due by September 30, 2015!

Apply for a CPR in Schools Training Kit





PTA e-learning allows you to enhance your leadership skills and reach your potential. Online courses include:

- Board Basics (New!)
- Local Unit Secretary (New!)
- Local Unit President (New!)
- Effective Advocacy for Your Child
- Planning Your PTA Year
- Preventing Theft in Your PTA
- Running a Successful Program and much more...

Be A Better Leader!

Learn best practices to fire up your PTA!

- ✦ Interactive and Engaging Content
 - ✦ Downloadable Tools and Resources
 - ✦ Guided Activities and Assessments
 - ✦ Course Completion Certificates

PTA Essentials

- PTA Basics
- Effective Advocacy for Your Child
- National Standards for Family School Partnerships

Leadership Enhancement

- Creating and Delivering a Speech
 - Cultural Competency
 - Ethical Leadership
- Parliamentary Procedure
 - Planning Your PTA Year
- Preventing Theft in Your PTA
 - Reflections Leader Training
- Running a Successful Program
- Writing and Proposing PTA Resolution

PTA Nuts & Bolts Series

- Board Basics (Eng & Sp)
- Local Unit President (Eng & Sp)
- Local Unit Secretary (Eng & Sp)
- Local Unit Treasurer
- Membership Basics

Learn something new! Train your board! Prepare new leaders!

To learn more about National PTA e-learning, visit www.pta.org/elearning

CPR

in Schools

INITIATIVE



ROSS | CPR in Schools National Sponsor

http://www.heart.org/HEARTORG/CPRandECC/CommunityCPRandFirstAid/CPRinSchools/CPRinS-Grant-Program_UCM_473716_SubHomePage.jsp