

# Contact

JULY 2020

Missouri  
**PTA**<sup>®</sup>  
everychild. onevoice.



## FROM MOPTA PRESIDENT

**SUSAN RUPERT**

If you see my posts on Facebook, you now they are usually about flowers, my kids, or PTA. My son, John Michael is a senior at NWMSU. He is a member of the Bearcat Marching Band (BMB) and I am a proud band mom.

Last week, the band held a Zoom and he asked me to sit in with him. It really warmed my heart to hear his instructor be so excited to see the faces of her band kids. She shared information about the upcoming marching band season but prefaced it with "according to what we know now". Dr. Strickland is highly respected in her field and has over 30 years of band instruction experience but she was obviously very frustrated to have to answer so many questions with "I don't know". She did make it clear that the community that band creates is essential and each member's safety was a priority. In some way, shape or form we will "band". As a parent, I could not ask for more from this teacher. I know without a doubt she cares about each student and is doing everything she can, but there is so much that is out of her control.

The world right now is very hard on those of us that like to be in control, are creatures of habit and rely on past experience to help guide our decisions. In this time of so much uncertainty, not knowing what to do or having a set plan is very stressful, frustrating and disheartening. It is really important that we as PTA leaders remain positive, flexible and remember our mission. PTA's mission is to make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

Let's try not to focus so heavily on what we don't know but rather what we do know. Best practices, Bylaws and Roberts Rule of Order Newly Revised should be our guide. Remember our strong history and the value and success that PTA brings to our school and community. We have always said let's share ideas so we don't have to recreate the wheel. Realistically looking to the future, we are not going to be able to do some things the same old way. How can we adapt to continue on our mission? Some school districts have already announced limited or no volunteer access to buildings. While this is going to present challenges to "our normal" it is not a question of if PTA will continue but rather how will PTA continue. Time to get your creativity on! I am so proud of our Board of Managers for developing virtual opportunities for training and networking. The Membership and Programs Departments did fabulous with their recent Zooms. There are plans for more events and different topics in the near future including our 2020 Missouri PTA Convention in September. I promise information is coming. The fluid nature of social distancing guidance and meeting criteria makes it very difficult to give firm details. Your patience and PTA flexibility is greatly appreciated. Just like the BMB, the community that PTA creates is essential. The children we advocate together for are our priority. In some way, shape or form we will "PTA".

# MANAGING ANXIETY DURING REOPENING

CHILD MIND INSTITUTE  
GIA MILLER

With so many difficult decisions to make, some strategies to help you stay calm. As the country reopens and summer begins, each family faces new and difficult decisions about how to stay safe. Is day camp too risky? Can we visit the grandparents? Should our teenagers be trusted to socialize safely? Plus, there are still huge uncertainties about the future. What will school look like in the fall? Will jobs come back? With no clear road map and so many difficult and confusing choices to make, even parents who've been able to manage anxiety in the past may be struggling now. "There's a myth that because everybody is having a hard time, your stress doesn't count," says Rachel Busman, PsyD, head of the Anxiety Disorders Center at the Child Mind Institute. "But that's not true." Figuring out how to manage anxiety and tolerate uncertainty are important skills for everyone, but for parents, they're even more essential. Among other things, anxiety typically causes us to lose our cool more frequently. And with our kids close by 24/7, they're watching, and often copying, our every move. There's no one-size-fits-all solution for anxiety, but there are some general strategies you can customize to manage your specific challenges.

Read the full article [HERE](#)



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**CONSIDER JOINING US.**

**I CAN SEE YOU ON OUR TEAM!**



I love being on the Board of Managers and seeing how our mission makes a difference every day for the youth of Missouri. Whether it is in Jefferson City, Washington DC or on a ZOOM call with PTA leaders from around the state, I take pride in knowing who we are and the difference we are making daily in schools across Missouri. I love helping units and their leaders encouraging them to dream bigger.

We work hard as a PTA family to shape our youth leaders by teaching them the power of their voice. We are always looking for dedicated individuals, consider joining us. I can see you on our team!

**WRITTEN BY CARLA WIESE**

# MOVING TO DIGITAL MEMBERSHIP CARD

Historically, Missouri PTA has ordered preprinted membership cards to fulfill requests from units each fall. Thousands of dollars were spent annually for printing and postage. Each year, we have found that fewer and fewer units utilize the actual card.

Recently, we made a [card template available](#) that allowed local units to customize it with their specific unit and member information and then print as needed. As we enter the 2020-2021 membership year, your state board of managers are working to develop a Missouri PTA Mobile App. Among its many benefits will be a digital PTA membership card. This will eliminate the need to distribute actual cards and preprinted membership cards will no longer be available from the Missouri PTA Office. Digital Membership Cards will provide a huge savings to both local units and to Missouri PTA.

For units that would like to continue passing out membership cards, the customizable template will still be available and can be requested through our website (link to form).

While our mission and values remain the same, the way we do PTA is always evolving. In this time of uncertainty, we must continue to be a reliable and relevant resource to our members. And always, every child | one voice!

## ShopPTA.com

### TABLECLOTH SUMMER SALE



Available in 6 colors / 2 sizes

Our most popular product is **ON SALE THIS SUMMER!** Made with durable stain and wrinkle-resistant 100% polyester fabric, our tablecloths are available in 6 different fabric colors. Your own PTA or PTSA logo imprint included.

<b>6 ft. Tablecloth</b> 60" by 102" Now <b>\$45.00</b>	<b>8 ft. Tablecloth</b> 60" by 126" Now <b>\$50.00</b>
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[Buy Now](#)

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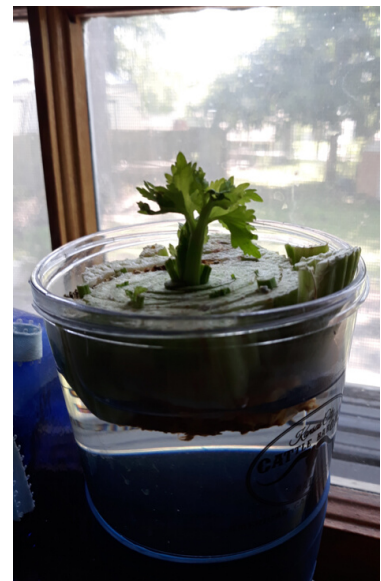
## NOTES FROM A BOARD MEMBER

### SUSTAINABLE FOOD

**CHRISTINE KENT, VP FIELD SERVICES**

Our family has been exploring new ways of sustainable food options. One of which is the regrowing of produce and using typically thrown away items.

This project can be done by anyone really. It is a slow and steady doable activity to do with children of all ages and a great family activity in reducing our carbon footprint. (See photo attached of green onions, cabbage, celery and lettuce.) By cutting off the ends of vegetables and placing them in water you can offset your monthly budget, too, with "Free" food. And a bit of fun and educational lessons thrown into the mix.



# COURAGE2REPORT BRINGS PEACE OF MIND TO PARENTS AND COMMUNITIES

**ABOUT US:** Courage2Report is a tool available to anyone in Missouri who has information that poses a threat to a student or school. It is available statewide to all K-12 schools. The call center is available 24/7/365 – we never close. It is of no cost, and provides students, parents, school staff and the public a way to report concerns. School officials are immediately notified to assess the situation for the best possible outcome for all students. It also provides resources to assist schools during their assessment.

**EDUCATION:** We provide education to all audiences on how to make a report, why it's important and why it's everyone's responsibility. To students, we say, "We need your help. You see, hear and know things adults don't." Some students are still hesitant. We'd love the opportunity to speak to your group about Courage2Report!

Ideally, students will confide in a trusted adult if they feel their safety or the safety of others is being threatened. But sometimes kids feel too uncomfortable speaking face to face with an adult about things that concern them.

That's why Courage2Report provides three ways to report concerns to school safety, and you don't have to give your name to make a report. In fact, we won't ask. It's CONFIDENTIAL reporting.

**REPORT:** You can submit a tip in just five minutes, by calling, using the mobile app, or using the online form.

[Use P3 to submit C2R Tips](#)

**TELL SOMEONE:** According to the U.S. Secret Service, in 81% of the instances where a violent act occurs on school property, at least one student had prior knowledge of the event, but failed to report it. Students must learn the importance of taking every threat seriously and reporting it. C2R Missouri helps students do this in a way that keeps them safe



**Download the Mobile App:**  
COURAGE2REPORTMO



**Online:**  
[WWW.COURAGE2REPORTMO.COM](http://WWW.COURAGE2REPORTMO.COM)



**Call: 866-748-7047**

**WHAT TO REPORT:** Any violent act or threat to harm someone. Things like assault, school shooting, and bringing weapons to school or on the bus are very serious issues and should be reported immediately. But what about other things, like suicidal thoughts, bullying, harassment, cyber-bullying, hazing, self-harm? You can submit a tip to Courage2Report on anything that threatens the safety of student or school employee. If it isn't listed, simply choose, "Other."

For more information, visit [Courage2ReportMO.com](http://Courage2ReportMO.com).

## Some common concerns expressed by students:

### ***"I don't want to be seen as a tattletale."***

There's a big difference between snitching and telling: MOTIVE. If you make a report because you're trying to help someone, it's not snitching. Reporting school safety concerns is not to punish – it is to help.

### ***"I don't know if it's that big of a deal."***

Let school officials decide. The information will carefully be looked at – and if it's not a big deal, it will stay that way.

***"I can handle it myself."*** Maybe, but maybe not. Schools have a team of experts available who can assess the situation and create a plan that helps all involved.

***"I'm concerned about an adult."*** Adults sometimes display concerning behavior, too. No matter who is behaving inappropriately, we want to protect students.



**Take Action: Schools Need Resources Now to Reopen this Fall!**

## **SEND YOUR LETTER TODAY!**

[HTTPS://WWW.PTA.ORG/HOME/ADVOCACY/TAKE-ACTION](https://www.pta.org/home/advocacy/take-action)

There are numerous critical needs children, families, educators and schools are facing during the coronavirus pandemic. While Congress has provided some relief to our nation's children, families and the educational system in previous legislative packages, there are additional needs that must be met before the school year starts. National PTA is asking Congress to address five key areas in the next COVID-19 relief package – 1) funding to reopen schools safely this fall, 2) increased support for Title I and IDEA, 3) dedicated funding for remote learning, 4) more resources for family engagement in education, and 5) increased funding for child nutrition programs. Schools need resources now to plan and prepare for the fall! Please contact your Members of Congress today and ask them to provide the critical funding needed to reopen schools.



## **Missouri PTA Membership Survey 2020-2021**

Please complete the Membership Survey questions to help MOPTA assist in your membership needs. Click [HERE](#)

WATCH ME  
MULTIPLY  
BY 5!

WOW!  
NEXT, TRY  
MULTIPLYING  
BY 7!

AND THEN WE CAN TAKE  
THE READINESS CHECK.  
IT GIVES US FUN  
ACTIVITIES AND GAMES!



## Summer learning matters, especially this year!

It isn't always easy, but there's so much you can do to help your child learn and grow!

Go to [belearninghero.org](https://belearninghero.org) for the Readiness Check and more tools to support math, reading and life skills!

## Here's a Plan to Help Your Child this Summer

### ★ Find resources to match their needs

Take a few minutes to do the Readiness Check with your child and get (free) fun activities to support math and reading! It also shows how your child is doing with key skills needed for the next grade.

### ★ Show off what they know!

After they read or finish an activity, ask your child to teach you or a family member what they learned. This helps review important skills and build confidence. Try it, even on video!

### ★ Discover the fun in your community

There are more (free) online resources than ever before to connect you to the bigger world – whether your child wants to watch a live webcam at the local zoo, learn how to do science experiments in the kitchen or practice a new dance routine.

### ★ Strengthen life skills

Support real-world skills that help your child in and out of school. Show your child how to problem solve, learn from mistakes, and communicate well with others, especially during hard moments.

### ★ Follow their passions!

Explore your child's interests by reading and turning everyday routines/materials into learning moments – practice fractions and measurement while cooking, make bubbles with dish soap, write songs together and more!

### Set your child up for success!

It's estimated\* that students could start the school year as much as a full grade behind in math and months behind in reading due to school closures. The good news is the majority of parents nationally say they plan to share what they noticed about their child's learning during school closures and over the summer\*\*. This will help teachers best support your child in the new year.

Share your summer learning ideas using the hashtag

#BeALearningHero



\*NWEA, The Covid-19 Slide, April 2020

\*\* Parents 2020: COVID-19 Closures-A Redefining Moment for Students, Parents, and Schools