

Contact



NOVEMBER 2021

An Attitude of Gratitude

BY CARLA WIESE, *Missouri PTA President*

November, can you believe it? Falling leaves, bonfires, football, crisp air, and turning back our clocks all remind us we are entering a season when we pause to think about all we have to be grateful for. One of my goals this year was to be more mindful of the things people around me do and to express my gratitude for both them and their actions. At first, it was a challenge, but now it is becoming more of a habit. This November, I want to thank each of you.

To our PTA unit and council leaders THANK YOU for all that you are doing for your PTA. I know PTA often takes you away from your families. There have been school activities that you did not get to participate in with your own children because you were volunteering. I know that is hard, but your children see you and will remember how you helped everyone. You have been the smile and brave face that has led meetings and navigated through school openings and closings. Perhaps you have even had to deal with an upset parent or two -- which I know you did with grace and kindness. I see you and thank you for being the leader your school and PTA needs now.

I am surrounded by my amazing team at Missouri PTA. I am grateful for the dedication they have for the mission of PTA. I am inspired and pushed to be better by each of them. Their fire and passion shines through everything they do. What we have accomplished at Missouri PTA is because of each of them. Missouri PTA is a family and that is everything!

Each month, starting now, I am going to issue you a challenge. I hope that you will share with me if you participated and the results. These challenges will hopefully grow us into better leaders. So my challenge this month is for you to personally thank 5 PTA volunteers. Not only will it brighten their day but will make you happy too. It is always a good time to scatter kindness. Happy Thanksgiving, I hope you are all surrounded by those you love!

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and so much more!



Gratitude paints little
smiley faces on everything
it touches.

- Richelle E. Goodrich

2 FREE WEBINARS ON VAPING!

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Vaping WEBINARS

Missouri PTA EST. 1912

MSBA

REGISTER TODAY!

November 18th 10am-12pm
What parents need to know

November 18th 2-3pm
What schools need to know

November 18th, 2021
10am -12pm Navigating the Tobacco & E-Cigarette Epidemic: What Parents Need to Know Webinar

[LINK](#)

2-3pm Navigating the Tobacco & E-Cigarette Epidemic: What Schools Need to Know Webinar

[LINK](#)

AIM Insurance specializes in providing insurance to PTAs. With a focus on helping PTAs for over 30 years, AIM understands the risks involved in running your organization and can help you choose the right coverage for your PTA. We have an excellent customer service team providing everyday support and guidance on best practices and clear answers to all the questions that come up around protecting your PTA.



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WAYS TO KEEP ACTIVE THIS WINTER

BY CARLA PURKEY

Physical Education Teacher, Matthews Elementary (Grain Valley)

It's getting darker earlier and starting to cool off. Here are some tips for families to stay active and healthy in the cold winter months ahead:

- Set a goal for how many days you will exercise each week - write your goal down and have a family meeting each week to check-in and hold each other accountable.
- Try some family outings to indoor facilities: bowling, roller skating, indoor ice skating, or indoor pool.
- You don't need a ton of room to work on your muscular strength - push-ups, sit-ups, and lunges are just a few ways to improve your strength in small spaces.
- Take a class - yoga, dance, gymnastics, martial arts... You can usually try a class before you join.
- If your child is already in an activity during the winter months, make sure to take time to get things done while they are at practice. You can always get steps in at the grocery store, wholesale club, or the mall.

- Attend sporting events to support your favorite local sports team - high school, college, or professional. You can get steps in by parking farther away plus cheering keeps you up and moving.
- If you can't get out - have a dance party at home!
- Snow day - when you do play in the snow, remember to dress in layers and stay hydrated by drinking lots of water.
- Make healthy snacks with your kids - research recipes with your family.

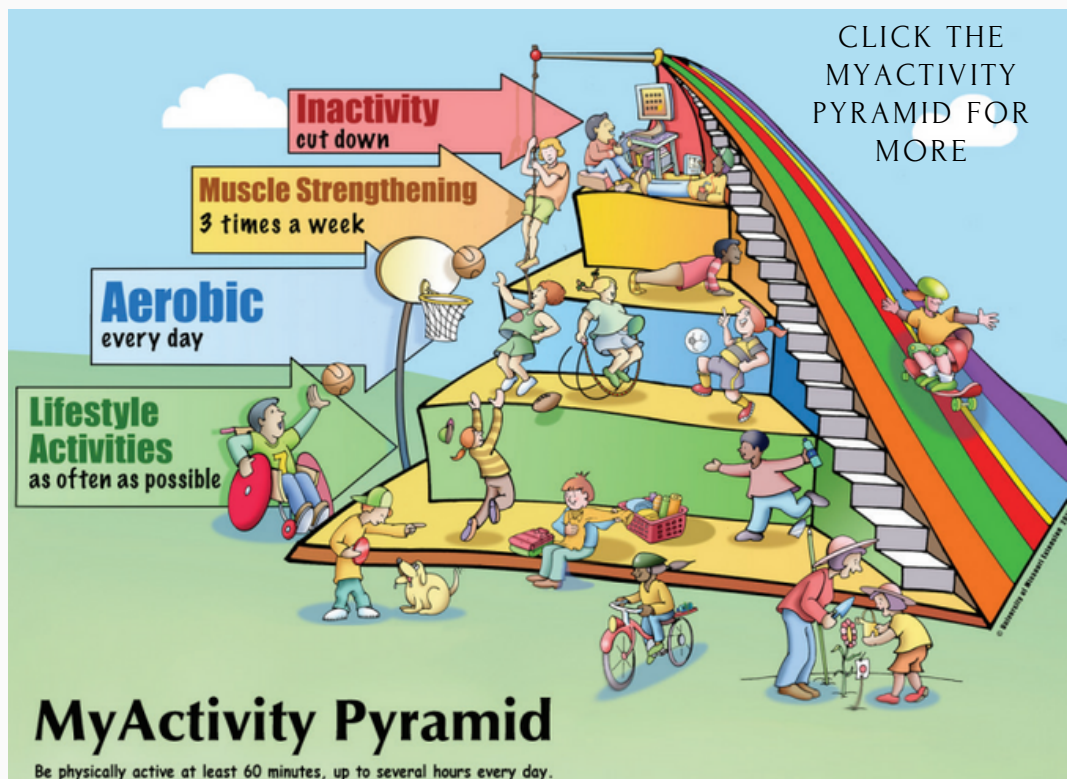
[Click here for a cute printable Activity Log from the University of Missouri Extension.](#)

PTA
HEALTHY LIFESTYLES

November is Healthy Lifestyles Month

National PTA wants to empower you to make better-informed health decisions.

Visit PTA.org/HealthyLifestyles



25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds

2

Dance party for 1 minute



3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava!
Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

6

Jumping jacks for 30 seconds

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

10

Wall sits while reading



11

One-minute yoga

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate



24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities

5 REASONS TO MEET THE UNIT FINANCIAL REPORTING DEADLINE

Reminder: December 1st is the due date for financial reporting for all units. A copy of the IRS 990, the financial review, and a copy of the unit's year-end report are due to the Missouri PTA office.

REASON #1 IRS Requirement

It is very important that PTAs maintain and protect their tax-exempt status. They must not violate certain restrictions that apply to their 501(c)(3) classifications. Per the IRS, a PTA must file the appropriate Form 990 every year. There are no exceptions to this requirement. Not filing Form 990 will place the PTA's tax-exempt status in jeopardy and may result in the PTA having to pay significant fines and penalties. Believe it or not, this is the easiest of the three reports to complete. Follow the directions on <https://www.file990.org/> and forward a copy to office1@mopta.org. Failure to file this form is the primary reason units lose their non-profit status.

REASON #2 Missouri Requirement

It is a requirement for the State of Missouri for non-profit organizations. Missouri PTA must account to the State of Missouri the 'Good Standing' status of each PTA annually.

Bylaws

REASON #3

It is a requirement established in your unit bylaws. The following requirements can be found under the Treasurer responsibilities section:

- #c. submit a copy of the unit's fiscal year-end report to the state PTA by December 1st of each year;*
- #d. submit a copy of the unit's annual financial review to the state PTA by December 1st of each year;*
- #e. submit a copy of the required IRS tax form to the state PTA by December 1st of each year;*

Unit banking changes REASON #4

If your unit decides to change banks or even just change signatories on your account, most banks require a Letter of Determination from Missouri PTA certifying that this unit is in "Good Standing".

REASON #5

Recordkeeping and Transparency

These documents will be held on file at the Missouri PTA office. If your unit/council should, at any time, need a copy of these forms they are available upon request. This will also assure your membership that the association's resources/funds are being managed in a businesslike manner within the regulations established for their use.

[End Of Year Procedures can be found on the Missouri PTA website.](#)

Annual Financial Review Form (Fillable)

Sample Fiscal Year End Report (Annual Report)

File 990 Instructions

Visit [File990.org](https://www.file990.org) (for units with deposits less than \$50k)

Questions should be directed to Missouri PTA Treasurer, Sarah Day, sarahd@mopta.org

FUNDRAISER SPOTLIGHT

Turning from Products to People

Matthews Elementary PTA (Grain Valley), like most other PTAs, has used product sales as our fundraiser for many years. When President Cody Smith took over in the midst of the COVID-19 pandemic, he knew he wanted to try fundraisers that would be different than what our unit was used to. *"I would rather encourage good deeds than selling stuff that a lot of the time, people don't need"* and his Board wholeheartedly agreed. *"We decided that if we could promote kindness and community, and believed that donors would want to support this more than purchasing the usual fundraising items, that we should try moving in that direction."*

Many families and Units are struggling financially so we wanted to raise funds without being a burden to our families. We found the [RaiseCraze](#) fundraising idea and knew it was exactly what we had been looking for.

SUPPORTED BY ADMINISTRATION

Matthews is a PBIS school with silver recognition so this kind of fundraiser was very much in line with our school values. Administrators were excited when they heard about the fundraising plan. *"At Matthews we are always working to promote positive behaviors and overall prosocial behaviors. The RaiseCraze fundraiser provided an opportunity for students to raise money for our PTA to further support Matthews. Encouraging students to carry out acts of kindness tied directly to our work as a PBIS school,"* said Assistant Principal Brandi Gump.



80
ONLINE PARTICIPANTS
(IN A SCHOOL OF 390)

Check out the next page for more details...

— “ —

One of our favorite things about RaiseCraze is that it aligns so closely with the PTA Values. Being a Title I school with a very diverse socioeconomic population, fundraisers that include everyone can be really hard to find. This can include every single student in our school, even if their parents don't set up a page and log the AOKs.

--Felicia Bergan, Treasurer

— ” —

SHOW ME THE MONEY

This fundraiser sounds super cool, but what about the funds raised? The fear for many units is that new fundraising approaches won't raise as much as other kinds of fundraisers since there is no historical data. In the 3 pre-COVID years, Matthews PTA profited an average of \$4,270 from their fall fundraiser of product sales. In 2021 they profited over \$5,350 from RaiseCraze! Because the percentage we kept with RaiseCraze is a lot higher than more traditional fundraisers, less money was required from our participants to reach (and exceed!) our goal.

We used our funds raised for online classroom periodicals, staff appreciation, curriculum enrichment, and free family events like a pool party and skate night.



FUNDRAISER SPOTLIGHT

RAISE CRAZE

FUNDRAISING THROUGH KINDNESS

Unique Fundraising That Gives Back

FAR FROM YOUR TRADITIONAL FUNDRAISER

cont.

AOK EXAMPLES FROM OUR SCHOOL

RaiseCraze suggests you set up some group Act of Kindness (AOK) events to help build community excitement, plus we are able to accomplish bigger things when we work together! Here's some samples of the AOK completed by our school:

FAMILY SERVICE EVENTS

1. An art night to make cards for local first responders, meals on wheels recipients, teachers, and friends
2. Trash clean-up at a local park

CLASS AOKS

1. One class wrote postcards to a younger class to encourage them in their daily learning goals
2. A Kindergarten class wrote a class letter thanking fifth graders for being such good role models.
3. Several staff members shared encouraging thoughts with their co-workers

HOW IT WORKS

Parents create online donation pages to share with social media, friends, and family members. Students focus on completing AOKs instead of selling products to their neighbors. Signing up and hosting the fundraiser was super simple! RaiseCraze's team will create promotional flyers for you and manages all online payments through their platform. They also guarantee that your organization will keep at least 90% of the donations, but it is sometimes higher depending on how many of your donors opt to cover the online processing fees directly.

Signing up with RaiseCraze was super easy and hosting the fundraiser was even more simple! RaiseCraze's team will create promotional flyers for you and manages all online payments through their platform. They also guarantee that your organization will keep at least 90% of the donations, but it is sometimes higher depending on how many of your donors opt to cover the online processing fees directly.



359
AOKS LOGGED ONLINE
(SO MANY MORE OFFLINE)



**FOLLOW MATTHEWS PTA ON
FACEBOOK BY CLICKING HERE**

QUESTIONS TO CONSIDER WHEN DEVELOPING FUNDRAISING STRATEGIES

When most units began to develop a plan or budget for the new term, many just do what they have always done. But are you asking the really important questions like:

- Do we need to fundraise?
- What are we fundraising for?
- Does this fundraiser align with the purposes and mission of the PTA organization?
- Are our fundraising strategies based on values?

To take a deeper dive into the principles and strategies of fundraising, check out the following National PTA link at <https://www.pta.org/home/run-your-pta/marketplace/PTA-Fundraising-Marketplace/Fundraising/Questions-to-Consider-When-Developing-Fundraising-Strategies>



Ovation Fundraising Group combines over 75 years of school/group fundraising experience with cutting edge innovation to create high-impact, efficient, and exciting opportunities to encourage schools, communities, and stakeholders to be the change they want to see. We are committed to helping you make a difference.

A Mindful Minute

BY JESSICA BROADWAY

Programs & Resource Development

a monthly reminder to take a minute

The average human thinks between 50-70,000 thoughts per day.

80% of those thoughts are generally negative.

As we get ready to close out the year, let's look for BALANCE.

With all the adversity we have faced, it's easy to focus on the negative pain points. However, if we are going to think about it, **let's learn from it.** A helpful balancing tool is to draw a line horizontally in the center of a piece of paper. You'll start at the beginning of the line 1/1/21. Then flow through the year, marking the good above the line and the negative below. When you are finished you'll have your year in review.

Consider these things as you reflect:

What would I do differently?

What do I want more of?

What do I wish was better?

Your answers are your action plan for 2022 and you can get started immediately making small changes to increase positivity in your life.

Finally, pick one thing, or more, that you'd like to say goodbye to this year. Write it on a piece of paper and burn it. It feels great.

We have only the moments in front of us, those moments build a life. I hope you will build one of intention.



SignUpGenius makes it easy to coordinate events and people in minutes with online sign ups. The site replaces the need for reply-all emails and spreadsheets and helps save valuable time with features such as automatic email reminders and multiple administrators. Small groups can create sign ups for free and larger groups can access advanced planning tools at a great value with a premium subscription. SignUpGenius simplifies the process of organizing events from class parties to PTA fundraisers, so parents and teachers have more time to spend with students.

Learn more at www.signupgenius.com/schools

INCREASING MEMBERSHIP

Tips

1) Invite Reflections program participants and their families to join your PTA/PTSA.

2) Let all seniors know about PTA scholarship opportunities—from your local, council, district, region and/or MOPTA.

3) Package membership flyers with school or PTA/PTSA spiritwear.



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Grants are now open in the areas of STEM, digital safety, and healthy lifestyle. Your PTA should apply today at [PTA.org/Grants](https://pta.org/grants)



Click the Top Grant Writing Tips to Enlarge and/or print

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Top Grant Writing Tips



Know What Grants Exist and When to Apply.
Sign up for National PTA's newsletters at [PTA.org/SignUp](https://pta.org/signup) and bookmark our grants page at [PTA.org/Grants](https://pta.org/grants).



Tell a Compelling Story.
Make sure all your answers work together to highlight your PTA's strengths.



Share How the Grant Would Impact Your School Community.
Identify an existing need in your school community and explain how the grant will address that need.



Show Your Enthusiasm.
Say how the grant will provide an exciting opportunity for your school and PTA.



Answer All Parts of the Question.
Include concrete, detailed examples and explanations that expressly answer the questions asked.



Promote Family Engagement.
Demonstrate how this grant will help you build stronger families in your community and encourage all families to attend your event.



Get a Second Set of Eyes.
Ask someone to proofread your work for spelling, grammar and clarity before submitting the application.

We offer **Over 500 Grant Opportunities Throughout the Year.** If you don't receive a grant the first time, apply again! Visit [PTA.org/Grants](https://pta.org/grants).

**CONGRATS TO
JOHN W. LUFF ELEMENTARY PTA
(INDEPENDENCE)
AWARDEE OF "2021-2022 STEM+FAMILIES
PROPELLING OUR WORLD GRANT"**



**RECIPIENTS SPONSORED BY
HUNTINGTON INGALLS INDUSTRIES!**

The logo for Cunningham Recreation, featuring a large stylized "CR" in grey and white, with "est. 1966" above the "R". A green silhouette of a person jumping is positioned in front of the "R".

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Playground solutions from design to installation since 1966. Playground, Sports and Fitness Equipment, Safety Surfacing, Bleachers, Scoreboards, Shade, Shelters, and Site Furnishings.

EXPECTATIONS OF CIVILITY

National PTA recognizes that we can only achieve our mission through ongoing conversation, collaboration and partnership with other interested parties within the education system, including educators, students, school staff and administrators, parents, guardians, school boards, community organizations, and policymakers. Such partnerships are critical to ensuring that our association's mission and priorities are meaningfully advanced at the local, state, and national level.

In the course of discussion and decision making, disagreements will inevitably arise between parents and other individuals and groups who are invested in our education system. It is essential that every person is treated with common courtesy and civility and that all parties conduct themselves in a polite, appropriate and respectful manner, including tolerating differences of opinion and disagreeing respectfully. National PTA strongly condemns any and all acts of incivility, hostility and harassment, and encourages our constituent associations to take an active stand opposing any attempts within their community to threaten, intimidate, and/or commit violence against educators, students, school staff and administrators, parents, guardians, school boards, community organizations, and policymakers with whom they disagree. It is critical that constituent associations actively work to maintain a culture of cooperation and partnership in their community that fully reflects PTA's core values of collaboration, diversity, commitment, respect and accountability.

National PTA recognizes that community collaboration and family engagement are key to achieving our mission to make every child's potential a reality. Strategic partnerships that are grounded in our values will enhance our ability to serve and advocate for all children and families and will create the strongest future and direction for PTA. When we respect our differences and work together to identify shared commonalities, PTAs can unite their communities, speak with one powerful voice, and secure meaningful and lasting change.

Adopted: by the 2021 Board of Directors

Are you looking for a tier 1, proactive approach to SEL, mental wellness, and belonging. I AM Noticed may be just what you are looking for. Our mission is to create sustainable positive cultures while building confident students, staff, and families K-12. I AM Noticed programming and products are built on the foundation of teaching intra and interpersonal communication and relationship building skills. The practice of the I AM Noticed cycle leads to the outcome of more confident students, staff and family members. Programming consists of professional development, peer model development, assemblies, family events, curriculum and more. Thank you and we would love to learn more about you and your school.



Register for the 3rd Annual School Wellness Symposium

Registration and hotel info are available by clicking on the photo. Conference strands include the following:

- Proactive Services
- Reactive Services
- Communication Services
- Community Health Support Services
- Links between mental health services and educational services



School Wellness Symposium
BUILDING BRIDGES TOGETHER
December 6 & 7 - Stoney Creek Hotel

MoASSP, MO CASE, Missouri PTA, School Counselor, Missouri Healthy Schools, MSA, MSHSAA, MSTA, rootEd, Missouri DHSS, Missouri Association of Secondary School Principals, MCCTA, Missouri CPAP, Missouri NEA, Missouri Alliance for Arts Education, Missouri Association of Rural Education



"Building Bridges Together"

Stoney Creek
Hotel & Conference Center
Columbia, MO

Featured Presenters



Registration \$225
\$189 per person for
Teams of 3 or More

How Can We Help Kids With Transitions?

Many children whine, stall or throw tantrums when it's time for a transition. But there are ways parents can help kids make transitions without acting out. These strategies are particularly helpful for kids with ADHD, anxiety, autism or sensory processing issues. One basic strategy is creating routines for daily transitions. Routines for things like getting ready for school, starting homework, and bedtime can be helpful for kids of all ages.

[Click here to continue reading this article from Child Mind Institute](#)