

Contact



DECEMBER 2021

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Cherish the Moment

BY CARLA WIESE, *Missouri PTA President*

It is December and I feel like this year has flown by. I am going to say, for me, it is because I have been so busy. I am one of those people that really prefer to be busy. I operate best with a long “to do” list... Not really, but if I tell myself that long enough it is sure to become true or so I hope! Sometimes I need a reminder to slow down and enjoy every moment.

I found myself with a rare evening with nothing planned. I prepared dinner and the majority of my family gathered around the table. Over the talk of the day, I looked around and was struck by how quickly my little people (admittedly not so little anymore) had changed. Then the mom’s guilt struck. Have I been so wrapped up in my PTA activities that I have missed out on them growing up?

The first reason I joined PTA is quickly growing up and (yikes!) graduating from college. My middle son is away at Mizzou, my youngest son is a junior and my “baby” is in 4th grade. I use the term “baby” loosely because she is almost as tall as I am. I blinked and the little faces I used to clean after meals have turned into young adults and a tween. I sat there blinking back tears. Then I listened, really listened, to the conversation and realized I have not missed anything. I love this stage of motherhood. I loved every stage, but this stage where conversations are about politics and laughs are shared over mutual experiences is really special. Perhaps it is because I know time is fleeting and soon there will not be daily shared meals as they will each be in their own homes. Family time is so important. What I do models behavior for them and they too will carry on with their children. I realized I am looking at future PTA leaders.

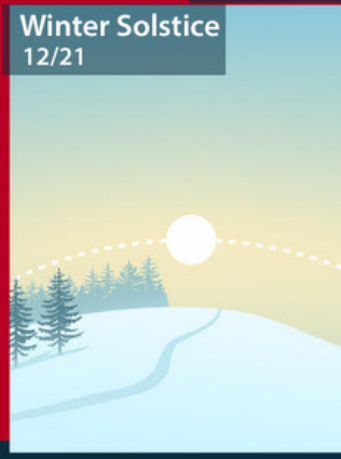
This Holiday season my challenge is to really be in the moment. Watch the Holiday movie with your phone in another room. Bake cookies, sing carols, light candles and celebrate family in whatever way your family celebrates. My friends, these are the days. These moments are everything, they grow up to quickly. Feeling guilty? Put it out of your mind. Your children are watching everything you do. You are raising children who will see the value in education, volunteering and most importantly advocating. That my friends is AMAZING!

So from my home to yours Happy Holidays and see you in 2022!

In case you missed it...
[Click here to see](#)
[November's](#)
[CONTACT](#)



Missouri PTA wishes you and your loved ones a happy and healthy holiday season!



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TECHNOLOGY & YOUR CHILD

Media Guidelines for All Ages

Parents used to just worry about kids watching too much TV, or playing too many video games. We still worry about those things, but now the screen time list has gotten much longer. Phones, tablets, apps, social media, texting — they all can captivate kids (and adults) starting at a very young age. What's a parent to do? Going back to bed isn't an option, but taking a deep breath and encouraging rational moderation is. Here are some tips, broken down by age group, to get you started.



Media Guidelines for Kids of All Ages

Tips for making sure your children's screen time is healthy

 Child Mind Institute

[CLICK TO READ MORE...](#)



Curiosity Applied

How YouTube Kids inspires exploration and learning.

*Anyone who knows one can tell you: Children are innately curious.
That curiosity actually plays a major role in how children learn ...*

[CLICK TO READ MORE...](#)

TECHNOLOGY & YOUR CHILD

Parenting in a Digital World

Award-winning tips and advice for your connected family.

Click this image to see articles geared towards each age group and great tips, tricks and considerations from Verizon.



CLICK HERE



Did you know?

60%

OF TEENS

actually worry that they spend too much time online.

80k

APPS

are labeled as educational but lack the proof to back it up.

56%

OF PARENTS

want more control over content on their child's device.



Child Mind Institute



What Age Should You Get Your Kid a Phone?

CLICK HERE



Can Toddler Screen Time be Educational?

CLICK HERE



TECHNOLOGY & YOUR CHILD

CLICK HERE



PTA[®]

CONNECTED

Take Charge of Your Digital Life

National PTA has been a partner to parents on digital parenting topics for over 5 years, exploring in-depth the issues that are on the minds of today's families, and connecting parents with tools, research and supports to make the best decisions for their children.

Be Internet Awesome.

Google

Smart
Alert
Strong
Kind
Brave

CLICK HERE



Family Guide



CLICK HERE



the smart talk



get:
digital



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.



MEMBERSHIP MATTERS



QUICK TIPS

- Membership is a year-long process. Prepare now to kick off a new drive for the new year.
- Highlight the value of PTA: remind your members that by joining your PTA they are joining their voice with millions state and nationwide to advocate for all children!
- Remember to report and send payment for your membership to MOPTA each month at [this link](#).

HOW TO MAKE MEMBERSHIP EASIER THAN EVER

One way to boost your PTA membership is to make the signing up process as easy as possible. With so much of our communication happening online, now is the time to take your membership online as well.

- Transition your membership form into an online version (such as Smartsheet or Google Forms). Online forms can be shared on social media or emailed out.
- Set up an online payment method such as PayPal or Square; include the payment link on your online form.
- Spread the word! Share your membership link (or QR code) via social media and email. Ask your school to post your link on their website or on their newsletters.
- Stay connected by using the information you collect. Email out meeting reminders and event info to your members.



QR codes are a great way to share your online membership form. Codes can be printed on flyers or shared on social media and by email. Scan this one for a link to PTA's Membership Campaign toolkit.

**RIDING THE WAVES
TO PTA SUCCESS**

Save the Date!

2022 MOPTA CONVENTION

**OCTOBER 21-23,
2022**

**CAMDEN ON THE LAKE
LAKE OF THE OZARKS, MO**

“ I learned so much. 2021 was my second convention and the first time I had to pick and choose which training I went to for board positions. Even though I don't serve as secretary, I attended the training and learned so much about how to empower our next Secretary. I also loved the sessions MSBA held. It was so affirming to hear that they take such an active role in educating parents, teachers and students on prevention. MSBA shared how highly they do in fact value the partnership with PTA. It's easy to get consumed by the daily grind and make assumptions because we don't see the whole picture. Convention is a great way to see the whole picture of how working together makes an impact. Everyone is doing their part and together it is incredibly inspiring. Everyone needs the experience of seeing it all come together.

-Jessica Broadway, Nixa Council President

**PLAN AHEAD BY ALLOCATING
FUNDS IN YOUR UNIT/COUNCIL
2022- 2023 BUDGET.**

“ I joined PTA because I wanted school to be a safe, inclusive, joyful, community instead of something to dread before you go to sleep and wake up in the morning. I also wanted my teachers to be valued, heard, respected, and appreciated for all that they do not just from their students-and their parents- but also by our government and local community.

**-Allana Wilmoth, High School Senior & MOPTA
Student Representative**

A Mindful Minute

BY JESSICA BROADWAY

Programs & Resource Development

a monthly reminder to take a minute

Mindless Perfection is multi-layered, it's a real struggle for many of us. It's a state of control where we are focused on results at any cost. When we are pursuing perfection it's likely because we are searching for some control. We usually search for control when we feel vulnerable. It comes on us as a creator of confusion when we are most vulnerable then it entraps us in a never ending cycle. *Have you been there?*

In my experience, it is so prevalent during the holidays because those are a series of events that are full of emotional triggers. When we feel triggered or reminded of things we wish were better, more or different, we reach for control. Our triggers don't always come in the form of traumas. Sometimes they are a longing to recreate special priceless memories: **perfection**. Feelings of longing that things were better, more or different can lead us down a path of trying to make everything perfect so we can feel that way again.

I'm not saying don't have traditions. I'm simply pointing out that we have to be mindful about why we are doing it. Focus less on the perfect moment and more about the mindful connections. To accomplish this we must become more **mindFULL** of the good things. Reject the mindless chaos of perfection.

4 tips to creating more mindful connections through the holiday

1. Acknowledge that "different" isn't bad. Suspend your pre planned expectations of how people will behave, and allow your moments to be unwrapped one at a time.
2. Embrace Purpose over Performance: When we know why we are doing something, it minimizes the need to perform- or to fake it. Spend some time journaling WHY you will do the things, activities and giving of gifts this season.
3. Spontaneous Hospitality: It's great to plan the party, but don't miss the moments happening right around you. The spontaneous text "thinking of you" to a friend. A drive around to look at lights instead of watching Netflix. Look for the moments of spontaneous connection.
4. It's OK: It will be OK, if the only thing under your tree are personalized letters to each family member. It might feel uncomfortable, but it will be OK. Keep perspective and reduce January stress by not over-spending this holiday.

Questions to Ask Your Child About a Book

Excerpt from Lexile.com Click the Lexile logo for the full list

Talking to your children about the books they read is one of the best ways to support your child's literacy development. Your child needs to engage in critical thinking to discuss a book — a key skill for success in school as well as life. Here are some tips on how to start and sustain a book discussion with your child:

BEFORE your child reads a book:

- Why did you select this book?
- What makes you think this book is going to be interesting?
- What do you think the book is going to be about?



21 Questions to Ask Your Child About a Book

Talking to your children about the...
lexile.com

WHILE your child is reading a book:

- Will you catch me up on the story? What's happened so far?
- What do you think will happen next?
- If you were that character, what would you have done differently in that situation?

AFTER your child has finished a book:

- What was your favorite part of the book? Why?
- Who was your favorite character? Why?
- What was the most interesting thing you learned from the book?



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TALK

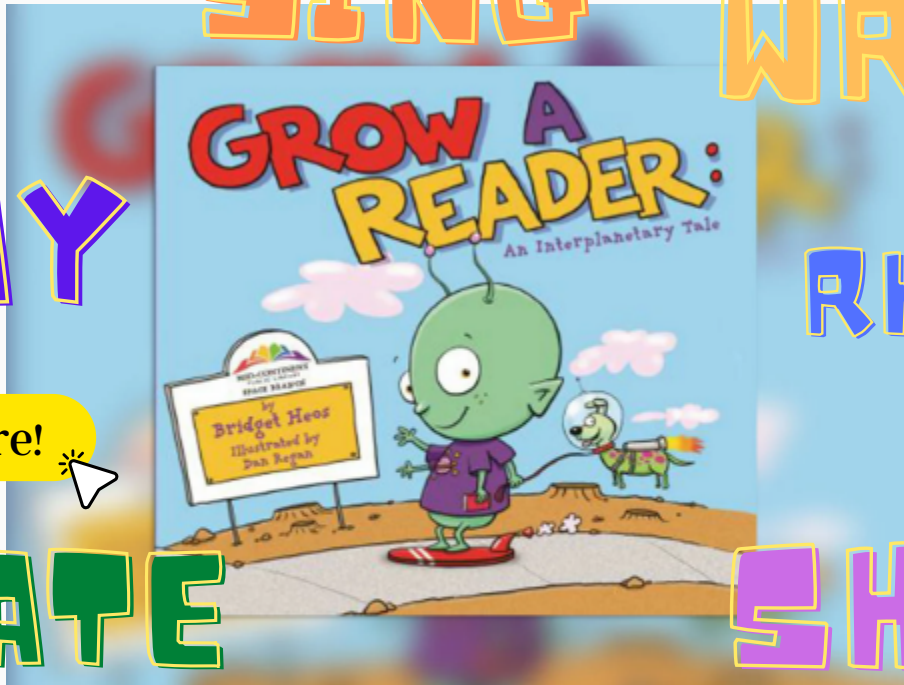
SING

WRITE

PLAY

RHYME

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Learn early literacy tips to help you grow a reader!

mcmpl.org

LISTEN

IMAGINE



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.

Check out the latest



Our Guest: Sheetal Sheth

NOTES FROM THE BACKPACK
A PTA Podcast

LISTEN NOW ON

THIS WEEK'S TOPIC:
Our Culture is More than a Holiday

National PTA
everychild.onevoice.®

From people who mispronounce your child's name to teachers who expect them to explain your family's holiday traditions to the class, your child may be struggling with the pressure to represent an entire culture. Actress and author Sheetal Sheth joins the show to discuss how families can help kids embrace their identities and explains how she shared her own identity and experience as a mother in her children's books *Always Anjali* and *Bravo Anjali*.

Resources

- Read [Always Anjali](#) and the sequel, [Bravo Anjali](#), with your kids
- Follow Sheetal on social media [@SheetalSheth](#)
- Listen to [Talking Race & KidLit with Kwame Alexander](#) to learn more about diversifying your children's library

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**MISSOURI PTA OFFICE
WILL BE CLOSED
DECEMBER 22-JANUARY 3**

**HAPPY
HOLIDAYS!**

Wishing you a holiday season
surrounded by your loved ones.



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