

Contact

APRIL 2022


Thank you

BY CARLA WIESE
Missouri PTA President

Take a deep breath, your PTA year is coming to a close. This is the perfect time to take a few moments and thank everyone around you that helped to make your PTA great. Send home a quick thank you note to all your volunteers and invite them to volunteer again next year. We all like to feel appreciated and valued.

On that note, all of us at Missouri PTA would like to thank each of you for your dedication and hard work. From all around the state we have seen the amazing things each of your PTAs have done. You have stepped up and stood up for the children of Missouri. Please know your efforts were not in vain. You have made the difference in the lives of countless children.

Thank you,



I've learned that
people will forget
what you said,
people will forget
what you did,
but people will never
forget how you
made them feel.

Maya Angelou



april is autism awareness month

Kids with autism often have trouble following directions, especially in stressful situations. But there are ways that parents can help kids cooperate and keep conflict to a minimum.

First, be sure to communicate in clear, simple terms. Be as specific as possible: “Please put these plates on the table” instead of “Can you finish setting the table?” Having a visual aid like a picture of how the table should look often helps too. And because kids with autism tends to take things literally, try not to be sarcastic or make jokes while you’re giving them directions.

When your child does cooperate, be sure to reward them. Just a high five or an enthusiastic “Great job!” will make them more likely to do what you ask the next time, too.

You can also set kids up for success by relying on routines. Knowing what’s coming often makes it much easier for kids to cooperate, so it helps to use a visual schedule and make sure your child has plenty of warning before changing tasks.

Scheduling plenty of breaks between tasks can also make cooperation easier. And be sure to set reasonable expectations. For example, if you know your child struggles with focus, don’t expect them to clean their room all at once. Instead, break the job up into smaller pieces that they can do separately.

Finally, wearing masks is a particular challenge for some kids with autism. To make it easier, start slow and connect the mask to

things your child enjoys. For example, get a mask with your child’s favorite animal on it and start by letting them hold it while they do something fun like watching TV. Gradually, they can practice holding it on their face and wearing it around the house. When they do go out with a mask, make a plan for what to do if they get overwhelmed by it, like letting you know that they need to go wait in the car.



Increasing Cooperation in Kids With Autism

Following instructions is especially important right now. Here's how to increase cooperation while keeping fights to a minimum.

[To read the full article from Child Mind Institute, click here.](#)

A Mindful Minute

BY JESSICA BROADWAY

Programs & Resource Development

a monthly reminder to take a minute

Did you know April is child abuse prevention month? Solving the problem of child abuse is a two fold challenge. First, we have to know how to present the resources for equipping people with the right tools to handle conflict while regulating emotional responses in an effective way. Second, we have to create opportunities for those who need these tools to receive the information. There are lots of resources out there for developing conflict resolution and emotional regulation tools. Know how to approach it we can all agree to continue to struggle with getting the people who need it to use the resources available.

Here are a few ways you and your unit can be an effective part in preventing child abuse:

1. **Get the training:** If you are struggling and lack support, you will become so focused on your own struggles it will be hard to notice when others are struggling. You have to be part of the solution by continuing to grow your own personal tool set for parenting and influencing children. When you do this, you feel empowered to encourage and share with other parents you come in contact with.
2. **Host a training workshop for your families on parenting skills:** I know you may be thinking, but the ones who need it- won't come. You may be right, BUT like I already mentioned, we all need to keep growing our skills and awareness. We only become available to help others when we feel emotionally free to do so. The first tip I gave you was to get training for yourself. This is the second part of that. Build it and they will come. Hosting your own workshops provides you the opportunity to grow AND creates an opportunity to invite others to grow with you. This parental accountability is like gold. If we speak the same language and know the same tools we can be better encouragers and support for the tough seasons. After all, it takes a village.
3. **Host a family engagement night:** Studies show that most abuse occurs when the adult is under high amounts of stress. This season we are all in has created unseen stressors and creating opportunities for stress relief through play and connection is a great opportunity for PTA units to connect while building relationships with families. Additionally, laughter and play are great ways to release stress

Capitol Chatter



Your Guide to the 2022 Legislative Session

BY PAULA MCKINNEY, *Missouri PTA VP of Legislation and Advocacy*

Missouri PTA Legislative Session

Right now the legislative session can not seem to find a shared vision of how to shape the congressional districts for the next ten years. Last week the Senate finally had enough votes to pass a map and then that plan was rejected by the house. With only six weeks of session remaining, the chaos rids the opportunity to pass meaningful education reforms to benefit students in Missouri. The House Budget Committee began the mark-up process for the FY2022 second supplemental budget, the thirteen budget bills for FY2023, and HB 3020, which contains most of the American Rescue Plan Act (ARPA) funds.

Missouri PTA is still watching [HB 1814 Public School Open Enrollment Act](#) which was barely approved by the House of Representatives. Please reach out to your Senator to ask them to oppose this bill.

The MOPTA legislative department has submitted testimony to show support for [SB1075](#). PTA supports legislation that requires that schools install high-quality filters to assure children aren't drinking water contaminated by lead, which can leak into the water from lead pipes.

Testimony was also submitted to show support for [SB1158](#). As a community we prioritize the health and safety of all children. Requiring no person shall sell, provide, or distribute tobacco products, alternative nicotine products, or vapor products in this state to an individual under the age of 21.

A complete list of bills currently being followed by Missouri PTA can be found on mopta.org under Advocacy - [Capitol Chatter](#).

STAY UP TO DATE

BY JOINING MOPTA'S JC/DC NETWORK
YOU WILL RECEIVE EMAIL ALERTS ABOUT IMPORTANT
PROPOSED MISSOURI LEGISLATION
WWW.MOPTA.ORG/CATEGORY/ADVOCACY

MEMBERSHIP MATTERS



THE IMPORTANCE OF APPRECIATION IN RETAINING PTA MEMBERS

As we near the end of the school year, now is the perfect time to thank our PTA members and volunteers - the driving force of our PTA units. Appreciation, in any form, goes a long way in retaining PTA members. [Membership statistics](#) show that it is much easier to ask an existing member to renew membership for the next year than it is to recruit a new one. Read on for a few tips:

- Make time at your meetings to welcome and thank new members. If your unit publishes a newsletter, create a section with the purpose of thanking your membership.
- Host a Member/Volunteer reception at the end of the year. Recognize your members and call out specific achievements.
- Create and send out a Membership renewal letter. Highlight the accomplishments of your unit in the past year and make sure to include a link or QR code to sign up for next year. PTA.org has templates that can be modified for your unit (PTA or PTSA)

Don't forget - Membership is all year long! Keep recruiting and report Membership to [MOPTA](#)!



Sign Up Now!

MOPTA AND PARK HILL
COUNCIL ARE HOSTING

Regional Training!

April 30, 2022

Congress Middle School, KCMO

Event starts at 9am

WE CAN'T WAIT TO SEE YOU THERE!



Missouri PTA and Park Hill Council are planning a great training opportunity in the Park Hill region. This is available to all units in the surrounding Pony Express or nearby Three Trails region. The event will take place on April 30th. There will be several mini workshops available to choose from.

And the best news of all it's all FREE!

Unit PTA officers should have already received an email with registration information so please sign up so we know how many to expect. If you or your fellow PTA officers don't see the registration form then please [click the link here](#). We'll save you a seat!

If your council is interest in hosting a Regional Training, reach out to our fieldservice@mopta.org.

Check out photos from the Blue Springs Regional Training and Reflections Showcase on the following pages!



Why is Membership important?

A growing and engaged membership is the foundation for achieving PTA's mission to make every child's potential a reality.



Welcome to Reflections!

Dayla Fullerton & Susan Rupert

BUILDING RELATIONSHIPS WITH ADMINISTRATION AND SCHOOL BOARD MEMBERS

Presented by
Lori Frusman
MOPTA Regional Director



Record Actions Taken:

- Maker of a motion
- The Second (name is not included)
- Each motion word for word
- Results of the vote
- Decisions made by general consent
- Minutes DO NOT include a transcript of all that





Check out CDC for information about Safe Drinking Water in Schools



**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**

Celebrating
125
YEARS

National
PTA

everychild. one voice.®

Missouri
PTA[®]
everychild. onevoice.



DAY OF
SERVICE

WE INVITE ALL PTAS TO HOST A DAY OF SERVICE EVENT ANYTIME BETWEEN FEB. 17 AND JUNE 30 IN CELEBRATION OF OUR 125TH ANNIVERSARY. PLUS—THE FIRST 125 PTAS WHO REGISTER THEIR DAY OF SERVICE WILL RECEIVE A \$300 STIPEND!

[REGISTER AT PTA.ORG/125](https://pta.org/125)

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