

Contact

MAY 2022

BY CARLA WIESE, *Missouri PTA President*

Congratulations on a great 2021-22 school year! If you are an outgoing officer, know what you have done with PTA has made a difference in your school. If you are an incoming or returning officer we look forward to working with you.

If there is anything we can assist you with please reach out to us
office1@mopta.org.

If your local PTA journey is ending, Missouri PTA is looking for new Board of Managers members. We would love to have you join us!



Summer Break & Traveling Tips



[CLICK HERE](#)



Strategies for a Successful Summer Break

Tips for managing your kids' downtime to help make it relaxing for everyone. Here are some strategies for a successful summer break.

WHAT YOU'LL LEARN

- Why is structure important for kids during the summer break?
- What are some ways that families can provide structure for kids?
- How should families handle behavior issues over summer break?

WHAT YOU'LL LEARN

- How can you make traveling with an anxious or challenging child less stressful?
- What are the things to consider when planning your trip?
- What can you do when preparing for your trip to help make it successful?



[CLICK HERE](#)

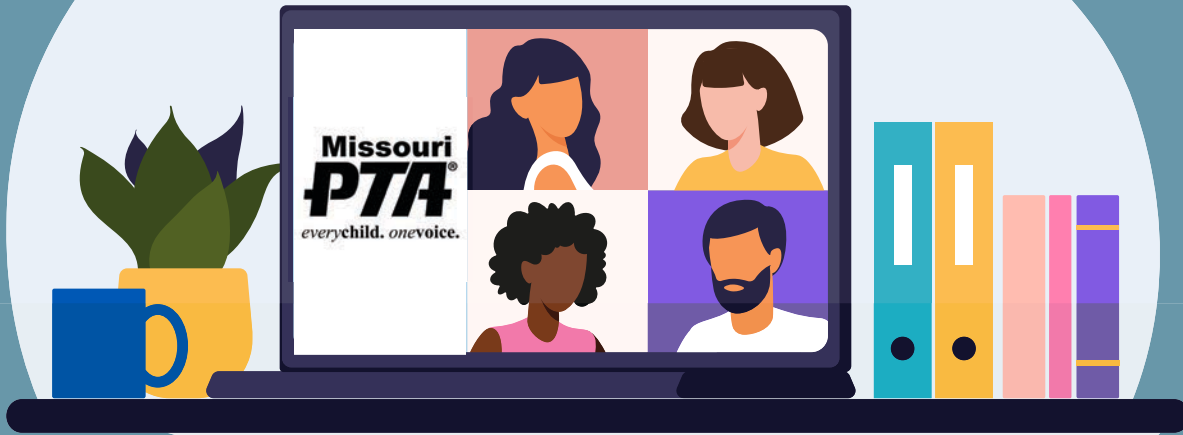
Tips for Traveling With Challenging Children

How to minimize stress and maximize fun for everyone. Tips for traveling with challenging children and ensuring an enjoyable vacation.

IT'S TIME

to submit 2022-23 officers!

CLICK HERE TO SUBMIT YOUR OFFICERS TO MOPTA



Awards

Check out Missouri PTA's website for newly updated awards forms. [Click here](#) for individual award forms. To access the unit/council award forms or unit membership award forms, login to the PTA Members Only portion of our website by clicking here. You will need your unit's username and password. If this is unknown to you, please contact our office to reset credentials.

Deadline to submit award forms is August 31 to be recognized at the upcoming Missouri PTA Convention in October.

DOS AND DON'TS OF PARTNERING WITH ADMINISTRATORS

Do:

- **Plan together.** Learn administration goals and discuss how your PTA can engage families in supporting those goals.
- **Connect to resources.** Talk with the principal about how state and National PTA programs and resources support and enhance student learning.
- **Be respectful.** You don't always have to agree. Find a way to communicate in a professional and respectful manner with your school's leadership.
- **Differentiate.** Help school administration understand that your local unit is a separate and independent child advocacy group, part of and supported by a large and experienced association.
- **Meet regularly.** Consider a regular monthly coffee or lunch with the principal, or arrange a regular phone call. Invite the superintendent to board meetings. Stay in touch.
- **Make the connection visible.** Ask your principal to provide a report at PTA meetings, or to write an article for your PTA's newsletter or post for the PTA blog. Plan an open-to-all "chat with the principal" or "coffee with the superintendent."
- **Engage families.** Share the National PTA Standards for Family-School Partnerships materials. Collaborate on building better family engagement and improving student success. Consider registering in the National PTA Schools of Excellence program.
- **Engage community.** Invite community groups or youth-serving organizations to the school for PTA events. With the principal, identify community service opportunities for families.
- **Encourage participation in the budget process.** Give parents the info they need to effectively advocate during budget time. Help parents support the education budget.
- **Stay on the same page.** Follow up all phone calls and meetings with a summary of what was discussed and confirmation of any action steps to be taken by the PTA or administration.
- **Ask to speak at teachers meetings.** Ask to be treated as a partner in education, a vital part of the connection between home and school.

Don't:

- **Be adversarial.** Developing a working relationship is well worth the effort. Find common ground. Model civil discourse, even if it is difficult to deal with administration.
- **Comingle funds.** Mixing private and public funds is forbidden. No PTA funds should ever be deposited in a school account and no school funds should find their way into a PTA account.
- **Give up control of the checkbook.** PTA is a separate entity from the school. PTA funds are controlled by PTA members and board. The checkbook resides with the treasurer.
- **Cede control of PTA meetings.** All members—even administrators—have the same rights at meetings. The PTA meeting is run by the PTA President or the president's delegate, in compliance with PTA bylaws and using Robert's Rules.
- **Get in trouble with the IRS.** Know the rules and file the proper forms with the IRS. PTA's funds are not school funds; do not use the school's EIN. Consult your state PTA if you have questions.
- **Open your PTA to theft.** No administrator wants to deal with the negative publicity surrounding a PTA's poor money management. Use good business judgment, ensure financial reports and audits happen, and follow your state PTA's rules about money-handling.
- **Entangle administration in personality issues.** Sometimes personal issues interfere with PTA function. To maintain a professional, credible relationship with administration, work through your personal problems without involving administration. Seek help, if necessary, from your state PTA.
- **Become an ATM.** PTA funds are raised to further PTA's mission and goals, not to supplement school budgets. Collaborate with administration, but do not allow your PTA to be viewed as a bottomless source of funding available for all administration requests. Raise awareness rather than raise funds.

[Click here for a printable version](#)

A Mindful Minute

BY JESSICA BROADWAY

Programs & Resource Development

a monthly reminder to take a minute

May is mental health awareness month, it's also one of the busiest months for PTA units. When we are in a season like this, it is even more important to remember to be aware of self care and when you and your team need a break.

BUT how can you take a break in a busy season?

Here are a few tips for reducing stress in busy seasons:

CLEAR COMMUNICATION

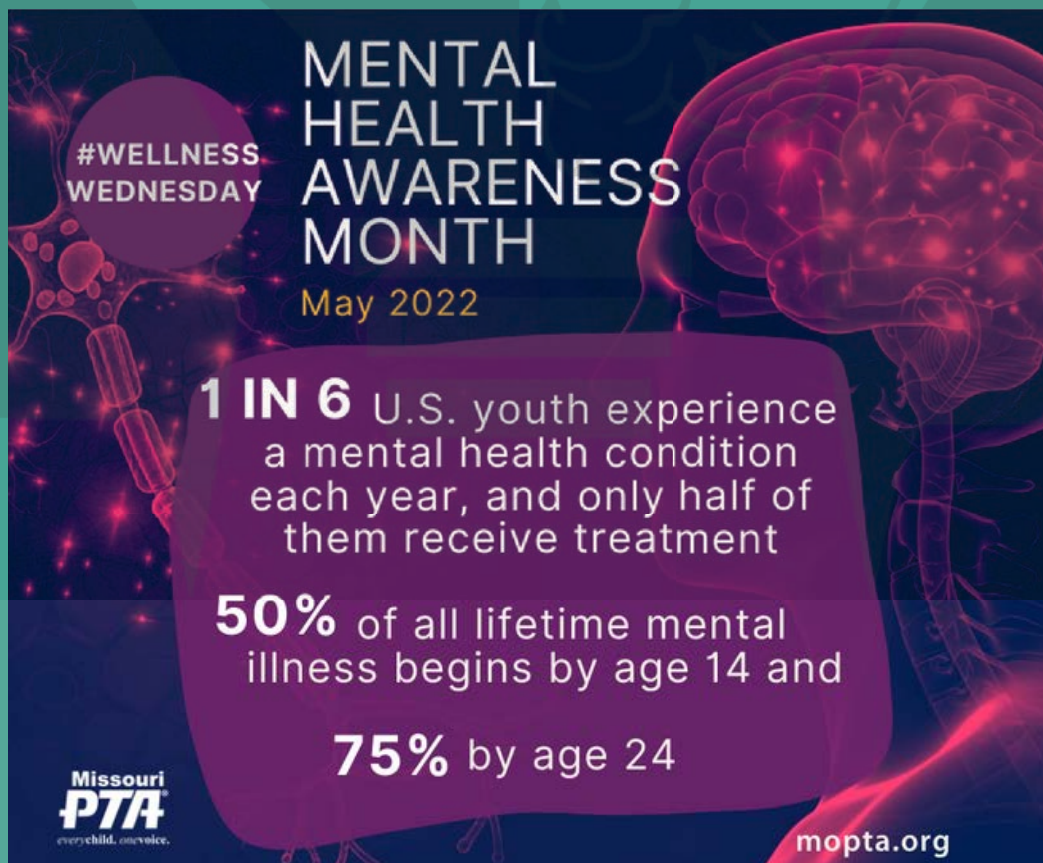
- Create a weekly task list with assignments and share with your board.

CONSISTENCY

- Make an action plan for the events and stick to it, last minute ideas are fun, but they also add extra stress and you need to be mindful of your board and volunteers.

CELEBRATE

- Plan time to reconnect and celebrate your year. Your board has accomplished a lot and most likely had challenges, they deserve to be celebrated and their efforts acknowledged.



#WELLNESS WEDNESDAY

MENTAL HEALTH AWARENESS MONTH

May 2022

1 IN 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment

50% of all lifetime mental illness begins by age 14 and

75% by age 24

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mopta.org

How Do You Prioritize Mental Health?

It's important to support the mental health of all children—before, during and after challenges arise — and to support parents' and caregivers' mental health too!

National PTA has developed the PTA Healthy Minds Program to empower families to **make mental health an everyday priority**. Check out the resources on this webpage, including informational and activity resources directly for families and resources to help PTAs run PTA Healthy Minds programming.

Family Toolkit

1. **Build a Framework for Strong Mental Health Support** - *These resources will help guide your family in building healthy minds.*
2. **Tools to Take Action: Positive Mental Health Practices** - *This discussion guide can help your family navigate having conversations about mental health, and the action plan gives you some tangible actions your family can take to start making building healthy minds a regular part of your lives.*
3. **Get Help Now: Support Resources** - *School counselors, nurses, psychologists and psychiatrists can connect your family to mental health services and providers in your community, and reaching out to them should be your first step.*

[HTTPS://WWW.PTA.ORG/HOME/PROGRAMS/HEALTHY-LIFESTYLES/MENTAL-HEALTH](https://www.pta.org/home/programs/healthy-lifestyles/mental-health)

Parenting Through Depression

How to take care of yourself and your family

Feeling sad, lacking energy and struggling to enjoy time with your kids can make parenting feel overwhelming. Some parents begin experiencing depression around the birth of a child, but some develop it later or find that parenting intensifies existing mental health challenges. And it's not just moms – parents of any gender can experience depression. If you're a parent dealing with depression, you're not alone, and treatment can help.



Parenting Through Depression

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Click the photo to read more from Child Mind Institute

MEMBERSHIP MATTERS



WRAPPING UP THE YEAR AND LOOKING FORWARD

As you wind down this school year now is the time to look ahead and plan for growing your PTA membership for next year. Here's a checklist to help you make that plan.

- 1) Gather data:** look at your total membership numbers for last year by month; look at individual numbers for adults/parents, staff, students (if PTSA), and businesses.
- 2) What worked and what didn't?:** evaluate your membership campaigns to see which were the most successful. Celebrate your successes! Look at launching/extending membership campaigns throughout the year, not just at the beginning.
- 3) Expand your resources:** look at making your membership easier to navigate - is your [form online and readily available?](#) Use membership resources available to you from [National PTA](#).
- 4) Set goals for next year:** create realistic and focused goals for next year. Try honing in on a segment you haven't before (i.e. business memberships, or student memberships).

**Good luck creating your game plan for next year!
Please reach out to us on the MOPTA Membership
team if you have questions or need help.**

[Email: gayler@mopta.org](mailto:gayler@mopta.org)



Check out photos from the Park Hill Regional Training in April 2022!



NOTES
FROM THE
BACKPACK
A PTA Podcast



Our Guest
Sofia Gonzalez

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CLICK HERE



TEACHER TALK MINISERIES
The Teacher Burnout Crisis

"Burnout is often a more temporary condition in which an educator has exhausted the personal and professional resources necessary to to the job. Demoralization occurs when an educator believes she is unable to perform the work in ways that uphold the high standards of the profession."
[Read more form NEA here](#)

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Congratulations

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NATIONAL REFLECTIONS
WINNERS!

Lillia Roberson

Voy Spears Jr. Elementary PTA (Blue Springs)

Award of Excellence in Primary Music Composition, "I Can Make a Difference - 3Rs"

Alyssa Hakan

Central High School PTSA (Springfield)

Award of Excellence in "Earth Dance" in High School Dance Choreography

[Click here to see the full list of National PTA Winners](#)



125
YEARS

ANNIVERSARY CONVENTION

JUNE 14-19, 2022 | NATIONAL HARBOR, MD

Come Celebrate 125 Years of PTA's Impact



*...as an **Advocate**
for every child's
education and
well-being*



*...as a **Leader** in
family, school and
community
partnerships*



*...as a **Champion**
for a more
equitable future
for all children*

REGISTRATION ENDS MAY 31, 2022

[Click here for more information about National PTA's 2022 Convention](#)

**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
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everychild. one voice.™

Missouri
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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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