Dear Maryalice,

Save The Date
Join Us on November 16, 2017
2nd Annual Health Summit
Taking Action!

Keeping Children, Schools, Families and our Communities Healthy!

Last year, Mass PTA and its Health, Safety and Wellness Committee held its first Health Summit. By all accounts it was a huge success! Thanks to the Committee and the many Presenters, Partners, Sponsors, Exhibitors and most of all the Participants.
This year, we are hoping you will join us!

Read a few of all the positive comments and evaluations written about our first summit.

"This was an excellent event; so informative, inspiring, meaningful.....thank you for all your efforts and for your dedication to children and youth."

"This was a well organized event! Please repeat it again next year!"

"I want to applaud this summit and all who made it possible. It was so well done! I'm sure that next year's summit will be even better. I will be there!"

Coming May 23rd- What about Vaccines??

Do you have questions about vaccines? Do you want to know more about why children should be vaccinated on the recommended immunization schedule?

Join the Falmouth Health Department as they engage in a discussion on the benefits of getting vaccinated, as well as common myths and misconceptions concerning immunizations. Our guest speakers this month are Rebecca Vanucci, MA, Immunization Outreach Coordinator from the MA Department of Public Health, and Lisa Bushy BS RN, manager of the Children and Adult Immunization program with the VNA.
Spring is in the air! Take a ride to Falmouth!!
All are welcome to attend!

Hermann Foundation Room at the Falmouth Public Library
300 Main St., Falmouth
7:00 pm

Head Injuries and Concussions: Keep your child Safe!

Keeping your Children and Teens Safe from Concussions?
Did you know.... Concussions in youth can lead to long-term health consequences if not properly managed?

The Massachusetts Parent Teachers Association in partnership with Mass. Dept. of Public Health and Concussion Legacy Foundation is offering Informative Discussion Groups for parents, educators, families and community members across the state on the

PREVENTION AND MANAGEMENT OF CONCUSSIONS IN SCHOOL SPORTS.

In this workshop you'll learn about:

- What are the signs and symptoms of a concussion?
- When is it time to take a concussed child to the hospital?
- What are the short and long term consequences of concussion?
- What should I do if my child or teen has a concussion?
- How can I help my child return to school and sports safely after a concussion?
- The training is approximately 1-1.5 hrs and would be beneficial for your parents, school athletic department, nursing staff, educators, after school coaches, and community.

Get the facts!
Learn what to do!
Know how and where to get help!

If you are interested in bringing this training to your Jackie Coogan at health@masspta.org.
Linda Brown at linda.brown@state.ma.us
Look for Workshops and Discussion Groups across the state coming soon in your area. The first one will be in Somerville!

PTA President Advocates and Takes Action! Congratulations!

PTA President
Stefanie Frischknecht
Advocates and Takes Action!!

In the summer of 2016, a Patrick Lyndon Pilot School PTA member/parent and employee of Beth Israel Deaconess Medical Center found a community health grant posted on their internal work portal. She applied, which resulted in our PTA being awarded a $1,500 grant by BIDMC. We decided to open it up to the floor at a PTA meeting to collect ideas on ways to spend this money; a variety of ideas were collected, including options for students as well as teachers and parents/caregivers. We ended up deciding on the following:

- **For our students:** Nutrition Assembly for Grades 3-8. This was held on May 11th. Engaging Nutrition from the North Shore of Boston (whose motto is "Eat well. Grow well. Be well.") came to speak to our children about how much sugar is in drinks, how carbohydrates give you energy and what nutrients help make you become strong and healthy. We also heard about the importance of eating breakfast & lunch to help maintain focus and energy throughout the day, as well as before & after sports. The older kids also learned about some healthy snack options that can be found at corner stores. This was very well received and we're now excited about looking into some follow-up options.

- **For parents, caregivers & teachers:** 1 hour "Learn to Meditate" class, which focuses on learning how to stress less. The course is geared towards those with no time to de-stress, but who need it most.

- **For staff & students:** Mindfulness in classrooms; introducing Mindfulness techniques in a few short classroom sessions, looking to help cultivate deepened awareness, concentration and "being present".

Everyday, having won this grant is also a reminder that grants are an excellent source of funding. Additionally, it was also a reminder for us to become more visible within the community and the general importance of networking. Many of these contacts we make can result in additional support and funding for our PTA and schools.
As a mother of 2, wife, homeowner, full time employee, "soccer and gymnastics mom", and this year's PTA president, I hugely appreciate the place I/we have in our local community. Especially now, where times are politically turbulent, I recognize that the importance of focusing on our community and managing the benefits is more important than ever.

*I often feel powerless when it comes to political discussions and topics, but strongly feel that together we can make changes within our local community and in the lives of our children by focusing on what's happening directly around us.*

*Giving and receiving, and the importance of being involved in our local community is Paramount and Powerful!*

Stefanie Frischknecht,
PTA President,
Patrick Lyndon Pilot School
Boston Public Schools

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Our Major Sponsor of the 2017 Health Summit
Mass Teachers Association
Thank You!

Thanks To the Massachusetts Teachers Association (MTA) our
Major Sponsor and Partner!!
The MTA has granted Mass PTA Health, Safety and Wellness Committee for our 2nd Annual Health Summit and our work with children, parents, educators and community in keeping them safe, well and healthy!
Together we Learn, Advocate and Take Action

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[Image of Taking Action!]

The Massachusetts PTA
2nd Annual Health Summit
November 16, 2017
At the Conference Center at Waltham Woods
Thank You To Our Major Sponsor:

[Image of MTA]

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Thank you for all that you do for children, families, schools and PTA

Stay well,
Jackie Coogan

Massachusetts PTA Health, Safety and Wellness Committee
Chairperson
Massachusetts PTA Board of Directors
health@masspta.org
jmincoogan@comcast.net

Massachusetts Parent Teacher Association,
405 Waltham Street, #147, Lexington, MA 02421

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