

# Massachusetts **PTA**<sup>®</sup> *everychild. one voice.*

**Be sure to Register for Annual MA PTA Convention with Concussion Health Workshop and Focus Groups!**

**WORKSHOP: What Parents of Student Athletes Need to Know: Proper Response and Management of Concussions**

**April 9, 2016**

**REGISTER NOW!!!**



We're going to MA PTA Annual Meeting! We are athletes and love to play! We want to learn about Concussions! Please Join Us -Register Today! go to [www.masspta.org](http://www.masspta.org)

**Health and Wellness Newsletter**

**March, 2016**

Dear Jacqueline

The winter is almost over and time to get our children, families and ourselves thinking, doing "healthy" activities and eating right!! The Massachusetts Parent Teachers Association is here to help you with just that!

We have many programs coming this Spring, Summer and Fall of 2016. We hope that you will get involved, active and lead with us in these efforts.



**Success in School starts with a Healthy Child!**

**A Healthy Community Starts with**

# Healthy Families!!

## **A Health and Wellness Workshop Offering at Massachusetts PTA Annual Meeting**

Come learn what every parent needs to know to help keep their child safe while engaged in school sports. Many involved in the school

community still do not understand the seriousness of concussions, how they affect our athletes on the field and that they may present an even bigger challenge in the academic setting. This session will be conducted by Linda Brown MBA, the Mass. Department of Public Health (MDPH) Program Coordinator of Sports Concussion Activities and Kathleen P. Thornton, MS, LAT, CSCS a Team Leader and Athletic Trainer with South Coast Hospitals.

In addition, immediately after the Workshop, The Massachusetts Department of Public Health is recruiting parents to participate in a confidential focus group following this presentation. Focus groups will last for 75 min. Participants will receive a \$5 Gift Card for their participation. Participants for the Focus Groups are limited, so register early.

For more information on focus group, contact:

Linda brown at 617-624-5432 or [linda.browna@state.ma.us](mailto:linda.browna@state.ma.us)

For complete convention and registration information, Go to [www.masspta.org](http://www.masspta.org)

Contact [convention@masspta.org](mailto:convention@masspta.org) with questions.

Massachusetts Parent Teacher Association's  
106th Annual Convention  
Saturday, April 9, 2016  
HOTEL 1620, PLYMOUTH, MA 02360



MASSACHUSETTS PARENT TEACHER ASSOCIATION'S 106TH ANNUAL CONVENTION SATURDAY, APRIL 9, 2016 HOTEL 1620, PLYMOUTH, MA 02360

**Massachusetts PTA**  
everychild.onevoice.

**WHAT PARENTS OF STUDENT ATHLETES NEED TO KNOW: PROPER RESPONSE AND MANAGEMENT OF CONCUSSIONS**

LINDA BROWN MBA, MDPH PROGRAM COORDINATOR OF SPORTS CONCUSSION ACTIVITIES AND KATHLEEN P. THORNTON, MS, LAT, CSCS, A TEAM LEADER AND ATHLETIC TRAINER WITH SOUTH COAST HOSPITALS, WILL DISCUSS:

- THE MDPH REGULATIONS AND CLINICAL AND POLICY GUIDANCE TO SCHOOLS REGARDING SPORTS-RELATED HEAD INJURIES.
- RECOGNITION AND TREATMENT OF CONCUSSIONS AND HOW TO PREVENT MORE SERIOUS INJURY.
- GRADUAL RETURN TO SPORT/CLASSROOM FOR THE CONCUSSIONED STUDENT.
- WHAT EVERY PARENT NEEDS TO KNOW TO HELP KEEP THEIR CHILD SAFE WHILE ENGAGED IN SCHOOL SPORTS.
- HOW CONCUSSIONS AFFECT OUR ATHLETES ON THE FIELD.
- THE BIGGER CHALLENGE THEY MAY PRESENT IN THE ACADEMIC SETTING.

THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH IS RECRUITING PARENTS TO PARTICIPATE IN A CONFIDENTIAL FOCUS GROUP FOLLOWING THIS PRESENTATION. FOCUS GROUP WILL LAST FOR 75 MIN.

FOR COMPLETE CONVENTION AND REGISTRATION INFORMATION, GO TO [WWW.MASSPTA.ORG](http://WWW.MASSPTA.ORG)

CONTACT CONVENTION@MASSPTA.ORG WITH QUESTIONS.

FOR MORE INFORMATION ON FOCUS GROUP, CONTACT LINDA BROWN AT 617-624-5432 OR LINDA.BROWNA@STATE.MA.US

## Read all About!!

[Healthy Workshop Offerings](#)

[Healthy School Meals Grant!](#)

[Take Action-MA PTA Health Summit Oct. 21, 2016](#)

[What's new in Immunizations!](#)

[Your Massachusetts PTA Health and Wellness Committee working for you!!](#)

## It is up to all of us!



We need to keep our children healthy, safe, educated!

This is our responsibility and our promise as parents, as educators, as a family, as a community and as global people.

Let's do it Together!

Let's Take Action!



## Registration and Quick Links

Register for MA PTA Annual Meeting and Workshops and Focus Groups at [www.masspta.org](http://www.masspta.org)

For more information on Focus Groups, Contact, Linda Brown



## Healthy School Meals Grant

Enhance School Meals in your School

National PTA's Healthy School Meals Grant provides local PTAs with tools to use in partnering with schools to improve the quality of school meals. School meals are an opportunity for students to receive one third of their daily nutrient needs. Grants of up to \$2,000 will be awarded to PTAs who can most clearly demonstrate their capacity to partner with school administrators and food services providers to implement the requirements of the healthy school meals grant program. Eligible applicants must be a PTA in good standing, as determined by the State PTA. This opportunity is made possible through funding from Pew Charitable Trusts.

### Apply Now!

**Grant Deadline: April 4, 2016 at 12 PM ET**

### **Grant Application Resources**

- [Healthy School Meals Grant Overview](#)
- [Application Recommended Action Steps](#)
- [Foodservice Conversation Starter](#)
- [School Leaders Agreement Form](#)
- [PDF of application \(for reference only\)](#)

### **Webinars**

Webinars will provide an overview of the Healthy Lifestyles: Healthy School Meals Grant and cover the grant application process.

- Thursday, February 25, 2016 at 1:00 PM ET - [Register Now!](#)
- Monday, February 29, 2016 at 7:00 PM ET- [Register Now!](#)

### **Additional Resources**

Learn more about the National School Meals Program and the Smart Snack Guidelines.

- [Pew Charitable Trusts: Kids' Safe and Healthful Foods Project](#)
- [National School Lunch Program](#)
- [National School Breakfast Program](#)
- [Smart Snack Guidelines](#)

617-624-5432  
or [LINDA.BROWNA@STATE.MA.US](mailto:LINDA.BROWNA@STATE.MA.US)

For More information on MA PTA Health and Wellness, Contact

Jackie M Coogan  
Chairperson:  
Health and  
Wellness  
Board Member  
617-851-5382

[health@masspta.org](mailto:health@masspta.org)

[jmincoogan@comcast.net](mailto:jmincoogan@comcast.net)

Mass PTA  
617-861-7910

Massachusetts  
**PTA**  
everychild.onevoice.

For questions, please contact [programs@pta.org](mailto:programs@pta.org) or (703) 518-1229.

**For More information on all of this information, Contact:**

Jackie M Coogan  
Chairperson - Health and Wellness  
Board Member  
617-851-5382  
[health@masspta.org](mailto:health@masspta.org)  
[jmincoogan@comcast.net](mailto:jmincoogan@comcast.net)  
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**Look what's Coming Up!!!! Healthy Spring, Summer and Fall!**



**Save the Date! October 21, 2016**  
Massachusetts PTA Health Summit

***"Healthy Kids,  
Healthy Community"  
A Call to Action!***

**Friday, October 21, 2016  
Colonial Inn , Gardner , MA**

This summit will be informative, action packed and engaging! There will be networking, round table discussions, panels, workshops, and speakers who are expert in their fields of keeping our children, families and communities "healthy"!

Parents, educators, MA PTA Partners, community members, state leaders, free prizes, exhibitors, vendors, businesses and other health related non-profits will all gather October 21st to put into action and assuring our children, families and communities are healthy!

**Mark Your Calendars! Join Us! Look for Registration soon!**



**We need to keep our  
world  
Healthy and Happy  
for them!**

**Join us in this Effort Take Action!**

**2016 Childhood Immunization Schedule from our partners at Department of Public Health**



The 2016 immunization schedules for children and adolescents from birth through 18 years of age include several changes from last year, including updated recommendations for the human papillomavirus (HPV) and meningococcal B vaccines.

#### **Changes to vaccine schedule include:**

- The order of vaccines has been changed to group vaccines by recommended age of administration. The order of footnotes also has been changed.
- A purple bar was added for *Haemophilus influenzae* type b vaccine for children ages 5 through 18 years to denote the recommendation to vaccinate certain unimmunized high-risk children in this age group.
- A purple bar has been added for HPV vaccine for children starting at 9 years of age with a history of sexual abuse.
- A new row has been added for meningococcal B vaccine. A purple bar has been added to indicate the recommendation to vaccinate certain high-risk people ages 10 years and older. A blue bar has been added to indicate the recommendation for permissive administration to non-high risk groups subject to individual decision-making for those 16 through 18 years. (This blue color is a brand new category on the schedule to reflect the new permissive type of recommendation.)
- In Figure 2 the catch-up schedule, Tdap/Td was added to the list of possible previous vaccines in the Tdap line for children ages 7 years and older, dose 2 to dose 3 column.

#### **Changes to the 2016 footnotes include:**

- The order of the footnote has been changed to follow change in order in the schedule.
- The hepatitis B vaccine footnote was revised to present the timing for post vaccination serologic testing for infants born to hepatitis B surface antigen positive mothers.
- The DTaP footnote was clarified to present recommendations following an inadvertent early fourth dose of DTaP vaccine.
- The inactivated polio vaccine footnote was updated to provide guidance for vaccination of people who received only oral polio vaccine and received all doses before 4 years of age.
- The meningococcal vaccines footnote was updated to include recommendations for the administration of the meningococcal B vaccine. A "clinical discretion" category was added for the recommendation for vaccination of persons not at high risk aged 16 through 23 years, subject to individual clinical decision making. Meningococcal B vaccines have been added to the section recommending vaccination of persons with high-risk conditions and other persons at increased risk for disease. A definition of persistent

complement deficiency has been added.

- The HPV footnote has been updated to reflect the 9-valent nomenclature (9vHPV). Guidance has been added for vaccination beginning at 9 years of age for children with a history of sexual abuse, recognizing their increased risk of HPV infection.

The AAP policy statement *Recommended Childhood and Adolescent Immunization Schedule - United States, 2016* is available at <http://pediatrics.aappublications.org/content/pediatrics/early/2016/01/28/peds.2015-4531.full.pdf> and will be published in the March issue of *Pediatrics*.

### Upcoming Events at MA PTA Health and Wellness Committee

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Massachusetts PTA Health Summit

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A Call to Action!***

**Friday, October 21, 2016  
Colonial Inn , Gardner , MA**

**In addition, look for Webinars planned for May and July! More Information Coming Soon!**

**Rebecca Vanucci,  
Immunization Outreach Coordinator, Immunization Program  
Massachusetts Department of Public Health  
Email: [Rebecca.Vanucci@state.ma.us](mailto:Rebecca.Vanucci@state.ma.us)**

**Your Massachusetts PTA Health and Wellness Committee working for you!!**

**For More information on all of this information, Contact:**

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