



Massachusetts Parent Teacher Health, Safety and Wellness Committee's Newsletter

January 2017

Health, Safety and Wellness

Learn, Advocate and Speak Up!

Join Our List

www.masspta.org



**For Them,
We need YOU!**

They deserve to be healthy and happy!

Mass PTA Health Committee Mission:

Our mission is that our children and families should be safe and live in an environment that promotes health, well-being, confidence and security



Dear Jennifer,

Happy and Healthy New Year!!!

Thank you for being involved with PTA. All of you contribute so much to our children, families, schools and communities. Without you, we could not do all that we do! We look forward to your continued support, commitment and dedication to the health, safety and wellness of our children and students.

Getting involved and staying knowledgeable keeps our children **healthy!** Being alert keeps our children **safe!** Advocating and speaking on behalf of our children keeps them **well!**

Every Child, One Voice

That's why you are joining, becoming and staying involved with PTA!

Thank You!

Jackie Coogan

Mass PTA Health, Safety and Wellness Chairperson

Together the Mass PTA Health Committee and you need to be sure that our children and families have:

*Promote and advocate for quality and affordable Health Care Access and Knowledge

*Involved in the development and implementation of healthy, safe and violence free environments through education, family/children oriented programs, collaborations and partnerships

*Support, advocate and promote programs that keep them free of all harm, dangers and ill-treatment

*Encourage and support all efforts to ensure that all our children and families have the healthiest nutrition and healthy eating education for our children, families and communities especially those which address Food Insecurities and Childhood Obesity.

Learn, Advocate and Speak up !

We want to know your successes! We want to know what you need.

Our children and families need to have strong voices advocating for them. Many of you are already doing it. In Brockton at the George School, PTA President Mike is bringing in sports and the Harlem Wizzards.

Then there is President Chrissy in Princeton, who has invited Doctors and Health Nurse Practitioners to sit on their local PTA Health Committee. Great Success with their efforts

So many of you have Speakers Series bringing in speakers on keeping children Safe and Healthy. President Jennifer from Salisbury Elementary School PTA has a very successful series happening Check it out! See the next Event:

January 31: Charlie Appelstein, M.S.W.

No Such Thing as a Bad Kid

6:30PM - 8PM

All are invited. The Series is brought to you by:

Institute of Savings

Salisbury Elementary School PTA-since 1910

for more info:

www.SalisburyPTA.Weebly.com

So many more do some real quality and informational programs, activities and events. Many put out newsletters, always covering some aspects for our healthy children. Many of you, and the numbers are growing, are being successful grant writers. They share and participate with Mass PTA, they search the National PTA website www.pta.org to find ideas, funding, programs and so much more. There are so many community leaders and members who partner with you making efforts, advocating and speaking up for your children's health. Tell your story, share it with your colleagues and Mass PTA.

Learn from each other and take advantage of sharing with each other. Stand tall and Speak up for the health and well-being of all children. Let your voices and needs be heard. Certainly get your school nurses, school counselors, your school educational support staff and most definitely your educators involved. Don't forget your community leaders



* Assist, encourage and promote Healthy Exercise and Fitness Programs within our homes,our schools and our communities.

This is why you need to be involved, advocating and speaking up for them.

**For Them,
We need You!**



Massachusetts

PTA

everychild.onevoice.®



**Save the Date
March 18, 2017
Mass PTA
Convention
www.masspta.org**

and elected officials as well as your business people and organizations.

E-mail me and call me with your needs as well as your ideas and concerns. We want to hear from you.

Together with you, Mass PTA had a very successful first state -wide Health Summit in October, 2016. Everyone learned, brought home to their members and colleagues a lot of materials. So many of you wrote excellent evaluations and you wanted more of this. Thank You for those who could attend. We look forward to you attending our program coming in 2017/2018. We hope those of you who could not go last fall will come to our next Health Conference. Please enjoy our Mass PTA 2016 Health Summit Gallery at www.masspta.org.

We want to hear what you would like to have regarding Mass PTA Health, Safety and Wellness Programs and events during this 2017 new year. Please look for the Mass PTA Health Survey coming in the next Mass PTA Healthy Update Newsletter.

MA PTA 2016 HEALTH SUMMIT



The Health Summit gave us information, partners, time to meet and talk to each other, a place to share and take action for our children, families and communities!

Thank you for joining us! Looking forward to seeing all of you and so many more next year!

Go to
www.masspta.org
for viewing the Slide Show of your state wide
Mass PTA Health Summit!
Thank You to all who made this possible!

Contact Jackie Coogan at
jmincoogan@comcast.net or **health@masspta.org**
with questions, ideas, requests and needs about your
PTA's Health, Safety and Wellness Mission and Programs.

