



Massachusetts
PTA[®]
everychild. one voice.



Don't miss out! Register Today at www.masspta.org.

November 16, 2017
2017 Mass PTA Health Summit

Taking Action!
Keeping our Children, Schools, Families, and our Communities Healthy!

Conference Center at Waltham Woods, Waltham , MA

Massachusetts Parent Teacher Association
Health, Safety and Wellness Newsletter
Healthy Updates for You, your Children, Family and PTA
August, 2017

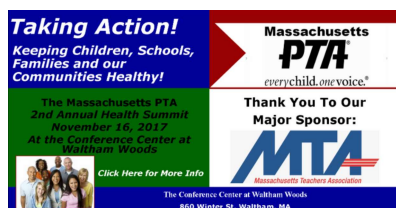
Count Me In!
I am going to the
Mass PTA Health Summit!!

Dear Maryalice,

The Massachusetts Parent Teacher Association (Mass PTA) welcomes you to join with us at the Mass PTA 2nd Annual Health Summit on Thursday, November 16, 2017 at the Conference Center at Waltham Woods, 860 Winter St., Waltham, MA. Our numbers are limited to 200.



Thanks to our
Major Sponsor
MTA!
Mass Teachers
Association



for our
Mass PTA
2nd Annual
Health Summit

Would you
like to participate in our Mass
PTA 2017 Health Summit.

We are still accepting
Sponsors!

For more information please
contact:

Jackie Coogan
healthsummit@masspta.org

or

Look for Sponsorship
applications NOW!
at

www.masspta.org

Sorry, our
Exhibitors' Tables
have all sold out.

Please do not miss this opportunity to learn, share and
network. **Register today!**

Our morning Keynote Speaker will be Dr Jessica
Minahan, MEd, BCBA. Since 2000 her goal has been to
help parents, clinicians, and teachers identify and
understand the variables that cause students to act
inappropriately.



She has worked continuously with
students who exhibited an infinite variety
of behavior challenges in both urban and
suburban public schools.

She provides parents and educators with
time-tested interventions that will lead
their students to more appropriate, constructive behavior
in and out of school. She will give parents tools to
continue the work at home. Working together we can help
every child achieve a positive and productive life.

Our Luncheon Key Note Speakers will be Dr. Katherine
Grimes, M.D. Dr. Grimes is a child psychiatrist and
children's health services researcher, and the Founder
and Director of the Children's Health Initiative, at
Cambridge Health Alliance. Previously the PI for the long-
running study of Massachusetts' "Mental Health Services
Program for Youth" or MHSPY, via a grant from the RWJ
Foundation, Dr. Grimes has an MPH from the Harvard
T.H. Chan School of Public Health and is a former
Faculty

Research Fellow at the Kennedy School
of Government. Her experience with
designing and delivering integrated care
in the public sector has led her to focus
her health policy efforts on improving
access and treatment quality for children
and adolescents, particularly those at
greatest risk for health disparities.



In addition to the two doctors, we will have so many
terrific , knowledgeable presenters, panels, forums and
roundtable discussions.

Again this year, we will be having participants and guests
from National PTA. James L. Accomando of Fairfield,
Conn. has been installed as the 55th president of



National PTA, the oldest and largest all
volunteer child advocacy association in
the United States. A father of two children,
the husband of a public school teacher
and holds a K-12 teaching credential of
his own, he has been engaged in
education and active in PTA for nearly 20
years. Jim firmly believes in the mission
of PTA and that everyone can make a

**A Huge Thanks
to
Additional Sponsors:**

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**New England Dairy
Council**

**and more to come on
November 16, 2017**

We hope you will join us at
the
Mass PTA 2nd Annual
Health Summit:

*Taking Action!
Keeping Children, Schools,
Families
and our Communities
Healthy!*

Your Mass PTA Health
Committee
is here
to Help you and
Advocate with you!

As your Mass PTA Health ,
Safety and Wellness Chair,

difference in the lives and futures of all children. As president, Jim Accomando is committed to ensuring that all children have equity and quality in learning and access to a first-class public education. He will also focus on making sure PTA is relevant to today's families.

A large attendance is expected to participate in this summit, including our colleagues from the greater New England PTA States. We know that you can enrich this opportunity as well as learn from it. Key Note Speakers, workshops, round table discussions, exhibitors, learning, networking and advocating for Them and You will all be available.

**Don't miss out.
Register Today ~Register Early!
at
www.masspta.org**



You can REGISTER Now!
Registration Brochures are in English and Spanish.
Go to for English:
http://www.massachusettspta.org/New_site/wp-content/uploads/2016/07/2017-Health-Summit-Brochure.pdf

Go to for Spanish:
http://www.massachusettspta.org/New_site/wp-content/uploads/2016/07/2017-Health-Summit-Spanish-Brochure.pdf

Spanish speaking translators will be available at the Mass PTA Health Summit on November 16, 2017.

Meet Shannon Ashcroft

you should know that your Mass PTA Health Committee is here to help you build Health Initiatives in your PTA units, understand the issues and advocate for our children, families, schools and communities' health, safety and well-being.

Let us know your concerns, what information you are in need of and how we can help and serve your PTA units. We look forward to hearing from you!

Stay well,
Jackie Coogan

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

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

Let's keep them
healthy, safe and
happy every day!

Action for Healthy Kids, Massachusetts

Shannon Ashcroft is the Massachusetts State Coordinator for Action for Healthy Kids.. She works with AFHK to fight childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives.



Shannon Ashcroft, the new Massachusetts State Coordinator for Action for Healthy Kids (AFHK), is excited to work with Mass PTA and offer all the resources you need for implementing successful school health programs. AFHK is a nationwide grassroots network mobilizing school professionals, families and communities to take actions that lead to improvements in school-based foods, nutrition education, physical activity and physical education, all of which have been shown to improve student health, learning and academic performance. With its funding partners, AFHK offers grants which provide funding and technical support to help schools start or expand school breakfast programs or physical activity and nutrition initiatives.

In addition to funding opportunities, AFHK provides schools all the information and resources they need to implement successful school health programs. Schools can benefit from resources such as monthly newsletters, webinars, AFHK's flagship program Game On, and school health team trainings. Trainings are a great way to get your school health team together and learn all the steps and tools you need to successfully launch or enhance your school health programs. Mass PTA will be working with AFHK to offer regional school health team trainings in March 2018. Be on the lookout for more information.

AFHK is also excited to partner with National PTA to bring you a new resource and online community, Parents for Healthy Kids. **ParentsforHealthyKids.org will launch in September 2017** and will provide free tools and tips to support parents in becoming champions for school health and enable them to connect with other parent champions, local parent trainings and grants to help their school. To learn more about AFHK's resources and grant opportunities, please visit ActionforHealthyKids.org or contact Shannon Ashcroft at sashcroft@actionforhealthykids.org for more information.



Concussion and Head Injuries:
Parent Educational Forum on Concussive
Injuries coming to your area!
 We welcome you and please bring a friend!
 Get all the latest medical information and help!



**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 and HEAD INJURIES IN SPORTS

**In this Parent Educational Forum on Concussive
 Injuries you'll learn about:**

Getting the facts!

Learn what to do!

Know how and where to get help!

Look for A Parent Educational Forum on Concussive Injuries across the state coming soon in your area(region). You can attend the one closest to your home or the date that is available for you!

See the Schedule:

- **Sept. 20, 6:30pm**-Rehoboth Palmer River Elementary School, Cafeteria
- **Sept. 21, 6:30pm**-Wachusett/Princeton Wachusett HS
- **Sept. 28, 5:30-7:30pm**- Somerville East Somerville Community School
- **Oct. 2, 6pm**- Brockton Brockton HS- George School, Brockton PTA
- **Oct. 11, 5:30-7:30pm**- Plymouth South HS, Plymouth

If you would like to attend and are a PTA member, parent, educator and/or community member of the host site, you may register through the School PTA.

If not please email:
Jackie Coogan at health@masspta.org.
Linda Brown at linda.brown@state.ma.us

**You may also attend this Forum
at the Mass PTA Health Summit
on November 16, 2017**

Register at www.masspta.org

Remember August is Immunization Month!
Be sure our children are safe going back to school



On Tuesday August 8, 2017 the Massachusetts PTA Health Committee in collaboration with the Massachusetts Chapter of the Academy of Pediatrics (MCAAP) to highlight August is National Immunization Awareness Month held a webinar for parents on the latest information regarding immunizations. If you were unable to attend the webinar we are providing a link to view the information.

**Click Here to see our Blog and to sign in to view the
webinar video.
www.masspta.org**

Webinar Description:

This webinar outlines ways that parents can build their vaccine confidence and become vaccine advocates in their community. The presentation includes information on the benefits of vaccination, common myths about vaccines, school immunization and exemption data, how to find your local school's immunization and exemption rates, the importance of adolescent immunization, and effective communication strategies to build vaccine confidence.

**Immunization Partnership:
Promoting Vaccine Confidence for the Health of
Massachusetts Children**

The Immunization Initiative of the Massachusetts Chapter of the Academy of Pediatrics (MCAAP) and the Immunization Program of the Massachusetts Department of Public Health (MDPH) are excited to partner with Massachusetts PTA to ensure that the children of Massachusetts are fully vaccinated. This partnership promotes the health of the children of Massachusetts by building vaccine confidence and achieving optimal immunization rates throughout the Commonwealth. Vaccinating children on the recommended immunization schedule offers the best protection against potentially serious vaccine-preventable diseases.



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

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