



**CELEBRATING THE PAST,
SHAPING THE FUTURE**

2018 Massachusetts PTA Convention

Keeping Your PTA Healthy and Successful

February, 2018

Massachusetts
PTA[®]
everychild. one voice.

Massachusetts
PTA[®]

everychild. one voice.

405 Waltham Street, #147

Lexington, MA 02421

info@masspta.org

**For information and
questions regarding Hotel
Reservations for Mass PTA**

Convention:

[email:](mailto:info@masspta.org)

info@masspta.org

2018 Massachusetts PTA Convention
Registration is Now Open...Register Today!

REGISTER

Saturday, April 7, 2018

DoubleTree Westborough Hotel
5400 Computer Dr, Westborough, MA

We are thrilled to announce and bring to Conventio

Marques Ivey,
National PTA
Vice President of Advocacy

Sheila Gillin, LCSW
Minding Your Mind
Just Talk about It
Suicide Prevention Toolkit

Anthony Marullo,



Regional Admissions Director, Universal Technical Institute
 "21st Century Education: Opening Doors to Career Readiness"
 workshop

There will be many more workshops, the Reflections Awards Luncheon, the Mass PTA business meeting, Awards Ceremony then Dinner!

Please Join us for a full day of exciting events.

To Register, click below:



Convention is open to all!

Please share this date with your members, staff administration and community!



Things to Remember To Do:

- Smile and say thank you to all my PTA local/state member/leader Volunteers!
- I want to submit my PTA VP and Treasurer for Mass PTA Awards. **OH! OH! Due no later than March 18, 2018. Do it Now!!**
- Submit my PTA Dues by sending them to the address on the [the Massachusetts PTA remittance form](#). *OOPS Sorry, I forgot!!*
- Find out about [TheSmartTalk!](#) Now! My son wants a twitter account!?
- Get my Reflections materials and forms all in soon, like tomorrow.
- Submit my PTA Current [Officer/Committee form](#) and email the form to baileyppta@aol.com. The state PTA won't know who we are. **Do that TODAY!**

The SmartTalk - Put your internet rules in writing



With so many kids now having new smartphones and tablets, important for us to set some smart ground rules for technology. Let's be sure they are safe and understanding the pluses and minuses correctly by having

The Smart Talk Today.

Visit TheSmartTalk.org to get started.

Boston's Patrick Lyndon Pilot School PTA booked a wonderful speaker and hosted an evening parent event on February 6, 2018. Dr. Jill Walsh, Boston University Professor and Social Media/Educational Consultant came and spoke about the current digital media landscape and strategies for engaging children in positive & productive digital use to help develop healthy boundaries around technology use. The event was well attended with over 50 parents and educators and two Massachusetts State Leaders. They have received lots of great feedback. They had talks with Dr. Walsh regarding a presentation/assembly for the middle school students, as this event was geared towards parent only. The

- Register PTA members, leaders and myself for the **Mass PTA Convention!**
- **Do this Today....Time is running out!**
- Go to info@masspta.org
- Register everyone!!!!!!!
- Sit back, take pride in what you are doing...
- **THANK YOU!**



Team PTA



Local Leader PTA Kit
(formally the Back to School Kit) -
Welcome to the 2017-2018
Local PTA Leader kit.

These easy-to-use guides will help PTA leaders implement all the important strategies and functions of your PTA.

The kit contains valuable resources and leadership tools and is designed to assist your executive team in meeting critical benchmarks and goals to ensure each child's success this school year.

We at Mass PTA encourage you and members, especially those who are transitioning to a leadership role, to access the kit.

To access the kit go to www.ptakit.org

If not Us,

also able to provide free childcare and had a beautiful food sp available to all attendees.

The National PTA and LifeLock/Symantec assisted and helped br program to Boston's Patrick Lyndon School, educators, families ar

Stephanie Frischknecht is President of the
Patrick Lyndon PTA
Congratulations Stephanie and your Team!!!!

The Smart Talk is an online contract that gets parents and kids tc for a conversation about being responsible with new technology. I internet rules in writing today! Visit TheSmartTalk.org to get sta



Thank You Dr. Jill Walsh for speaking at Boston's Patrick Ly School PTA SmartTalk Meeting

SmartTalk will also be at
2018 Mass PTA Convention
Don't Miss Out! [Register Today!](#)

Massachusetts PTA Joins National PTA
in sending our soothing thoughts,
words of strength and advocating for
action to Stoneman Douglas High
School students, staff and their whole
community.

National PTA Advocates for Gun Safety and Mental Health Services to Protect Children ALEXANDRIA, Va., (Feb. 21, 2018)

National PTA joins students, families, educators, administrators, community leaders and the nation over the shooting at Marjory Stoneman Douglas I



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**then who?
If not Now,
then when??**

They are depending on us!



**Stand Strong and
Advocate
for health,safety and
wellness for
All children, families,
schools and
communities!**



**We need all of you to
stand with us!**

Contact

Jackie Coogan

health@masspta.org

jmincoogan@comcast.net

**Thank You from all
of us
and our families,
our schools,
our communities
and our PTAs
for helping and
supporting us!**



National PTA
President:
Jim Accomando

**School and all acts of gun violence involving child
youth.**

This kind of loss is unimaginable, and our country experienced far too many gun-related tragedies. It is urgent that we work together to find solutions and meaningful changes to keep our children safe. "Every child deserves to learn in an environment that is safe and to have the opportunity to grow into a happy and healthy adult," said Jim Accomando, president of National PTA.

"Our top priorities as a nation should be to protect our children, meet the needs of the whole child and ensure every child reaches their full potential. It is critical that solutions are enacted to eliminate gun violence from our schools and communities."

National PTA urges Congress to adopt legislation that would help prevent future tragedies from occurring while preserving the lawful use of firearms for sport and personal protection. National PTA has a strong history of advocating for laws and regulations in the areas of gun safety and violence prevention and supports the following policy recommendations:

- * Require universal background checks and a license to purchase a firearm (Position Statement on Gun Safety and Violence Prevention, 2016).

- * Re-enact a federal ban on the sale and possession of military assault weapons (Position Statement on Firearms, 1990).

- * Lift any ban on research that studies the causes and effects of gun violence (Resolution on the Sale, Resale and Destruction of Firearms, 1995).

National PTA also advocates for preventative measures to educate students, educators and community members on firearm safety and violence prevention, such as:

- * Inclusion of violence prevention and intervention strategies in school curricula, schools and community programs and services (Resolution on Violence Prevention, 1995).

- * Promotion of public education campaigns to alert parents and community members to the devastating effects of firearm-related violence (Resolution on Firearm Safety and Awareness, 1996).

At the same time, National PTA urges federal, state and local policymakers to prioritize mental health education, early intervention and prevention and access to school and community-based mental health personnel and services, so that all children can reach their fullest potential. (Position Statement on Early Identification and Intervention for Children with Mental Health Needs, 2017).

National PTA has long been committed to providing improved mental health programs and services to children, youth and their families. National PTA believes that all children and youth have the right to mental health treatment.



**We could not do it
with out all of you!!!!**



National PTA recommends:

Federal, state and local policies prioritize outreach and education—including professional development for all school-based employee schools and communities regarding childhood mental health. Med Contact Heidi May Wilson, National PTA hmay@PTA.org, (703) 5

Resources are specifically provided to build mental and behaviora system capacity within schools and communities to ensure studen receive a proactive continuum of behavioral and mental health ser States and school districts provide the necessary resources to ens adequate ratios of school counselors, school psychologists, schoo workers and school nurses, who are the most qualified professiona provide school-based mental health services.

"Resolutions and position statements inform PTA's advocacy effor behalf of kids and schools," added Nathan R. Monell, CAE, Nation executive director.

"National PTA urges our members and all child advocates to reach their members of Congress and state and local policymakers to er schools and communities have the resources and capacity to prov safer and healthier environment for all students."

National PTA® comprises millions of families, students, teachers, administrators, and business and community leaders devoted to th educational success of children and the promotion of family engag in schools.

PTA is a registered 501(c)(3) nonprofit association that prides itself being a powerful voice for all children, a relevant resource for fami communities, and a strong advocate for public education.

Membership in PTA is open to anyone who wants to be involved a make a difference for the education, health, and welfare of childre youth. **For more information, [visit PTA.org](http://PTA.org).**



**Help Your Local School E
Grant for the 2018-2019 S
Year!**

Schools need resources to imple health and wellness practices th students eat better and be physi active. Thanks to our partners, **A for Healthy Kids** has provided c

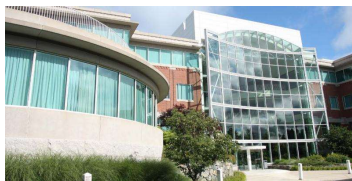
\$7.7 million in grants to schools since 2009.

Our School Grants for Healthy Kids can help your school achieve to make every kid healthy, active and ready to learn.

School Grants Now Available - Deadline April 6th



Dr. Jessica Minahan



Action for Healthy Kids, is now accepting applications for school grants for the 2018-2019 school year. Schools and parents may apply for Action for Healthy Kids grants to fund physical activity and nutrition initiatives or School Breakfast grants to pilot or expand their school breakfast programs.

The application deadline is April 6, so don't miss out.

Visit ActionforHealthyKids.org/Grants

for more information and contact MA State Coordinator, Shannon Ashcroft if you're interested in applying.

School Health Team Trainings

The Action for Healthy Kids school health team training teaches school health teams, parents and community members how to work more effectively to improve school wellness policy and practices related to students eating better and moving more. During the training you will learn through Game On, the AFHK no-cost, signature program and learn how to build support in your school community for wellness policy and initiatives, assess your school environment using the AFHK-modified School Health Index and create an action plan for school wellness and initiatives. MA AFHK is hosting the following free trainings in May:

- March 6th at the Hockomock YMCA in North Attleboro. [Click for more info and to register.](#)
- March 16th at Bourne Public Schools - Peebles Elementary School. [Click here for more info and to register.](#)

If you have questions or wish to schedule a training in your area, please contact MA State Coordinator, Shannon Ashcroft

Celebrate School Wellness with Every Kid Healthy Week

Every Kid Healthy is not just a sentiment; it's an annual week-long recognition of wellness achievements in school communities across the country, launched by Action for Healthy Kids in 2013.

Join us in celebrating the sixth annual Every Kid Healthy™ Week from April 23-27 by helping schools host fun and interactive health-promoting events. Due to April vacation, Massachusetts schools are welcome to host events any time in April or May.

For more information on how to get involved and additional resources to help you plan an event, go to EveryKidHealthyWeek.org and contact MA State Coordinator, Shannon Ashcroft

School Breakfast Grants: Provide funding and support to pilot or expand alternative school breakfast programs

- Funding ranges from \$1,000 to \$3,000 » Funding available for one school or multiple schools in a district
- Available in all states

Game On Grants: Provide funding and support to increase physical activity and nutrition initiatives.

- Funding ranges from \$500 to \$1,000 » Available in select states: CA, DC, FL, GA, ID, IL, IN, IA, KY, MD, MI, MN NY, NC, OH, WV, WI

Parents for Healthy Kids Grants: Provide funding and support to increase physical activity and nutrition initiatives and engage parents in school wellness

- Parents or parent groups apply for grant and lead projects
- Funding up to \$1,000
- Available in select states: AL, AR, CA, CT, DC, DE, FL, GA, IN, KS, KY, MA, MD, MI, MN, MO, MS, NC, NE, NH, NJ, NY, OK, PA, RI, SC, SD, TN, TX, VA, VT, WI, WV
- Grant applications take less than 60 minutes to complete!
- Application portal opens: February 5, 2018
- Applications due: April 6, 2018 Questions?



Dr. Katherine Grimes



Contact your state coordinator:

ShannonAshcroft; sashcroft@actionforhealthykids.org

or email schoolgrants@actionforhealthykids.org ActionforHealthyKids.org

* 600 W. Van Buren St., Suite 720, Chicago, IL 60607 * 1.800.416

Make every kid healthy, active and ready to learn

To learn more and apply for a grant, please visit

ActionforHealthyKids.org/Grants



**On Tuesday, May 22, 2018
the Massachusetts Health Council
will present**

**"Our Kids and Drugs: Nicotine, Marijuana, Opioids
What's the message?"**



The conference is aimed at educating school personnel, parents, school leaders and others working with children and young adults about the harm, trends and realities surrounding these substances of misuse. Young people face more temptations and addiction hazards than ever before. Vaping is increasingly popular among kids; marijuana is legal and ingested in many new ways that make access easier and harder to control. And at the same time, we continue to experience an epidemic of opioid addiction while we know addiction in any form increases the likelihood of addiction to future substances.

Michael Botticelli, Executive Director, Grayken Center for Addiction Medicine and former Obama Administration Drug Czar will keynote the event and introduce health and policy experts to address the current climate of recreational drug use among our young people. These drugs of abuse



And so many more!

Thank You!!



**We are your
Future.**



***Join Today,
Participate,
Engage with
people,
get *Involved*,
and***

pose life-long risks and it is imperative that parents and profession guiding our children, have the most current information.

Topics include:

- Alternative smoking products including e-cigarettes, Juuls ar have gained widespread popularity among our children leavi parents and educators in need of information to address this dangerous trend.
- The legalization of marijuana in Massachusetts poses new ri challenges to our youth. The current state of regulatory polic consumption including edibles, vaping and smoking; and har developing brains will be addressed.
- The opioid crisis continues to plague Massachusetts. We'll le about current policies and programs to address opioid misus the messaging we can use with young people.

Mass PTA is a partner with the Massachusetts Health Council. Mo information will be coming soon. Please mark your calendar.

**Healthy Lifestyles
National PTA brings
these resources to create
healthy changes in
schools.**



The Healthy Lifestyles Initiative provides PTAs with education and tools to partner with schools and advoca healthy changes in nutrition and physical activity.

In a healthy school:

- All foods, beverages and snacks sold or served meet Nation School Nutrition Standards.
- All students have opportunities to be physically active on a re basis.
- All students have access to regular physical education.
- District wide wellness policies are developed, implemented a evaluated with input from students, parents, staff and interes community members.

What PTAs Can Do

- Support Healthy School Meals
- Advocate for more physical activity and physical education ir schools
- Establish School Wellness Policies

be United!

We are the PTA!

Massachusetts
PTA

everychild.onevoice.®

A New Partnership for Mass PTA

Thank you all for your commitment and the work you do to prepare students to be successful in their pursuits of their individual and exciting futures.

As Massachusetts employers concerned about workforce development, we are writing to ask for your help in ensuring that every single student who graduates in the

Commonwealth can look forward to a future they can be proud of. This letter is a request for partnership and action.

We want to ensure that your students are not missing out on opportunities that can lead to fulfilling careers. The economy is changing, and while many recent graduates struggle to get their careers off the ground, employers like us can't find enough people who have the technical training to fill high skilled jobs in the trades.

We are talking about jobs that pay well and offer

- Model positive health behaviors at your PTA meetings and fundraisers
- Participate in National PTA's Healthy Lifestyles Month

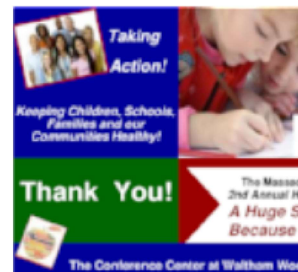
Learn More

- **Healthy Schools Program (Alliance for a Healthier Generation):** An evidence-based initiative that will help schools improve education, health education, and nutrition.
- **HealthierUS Schools Challenge (USDA):** A voluntary certification initiative recognizing those schools enrolled in Team Nutrition that have created healthier school environments through promoting nutrition and physical activity.
- **Fuel Up to Play 60 (National Dairy Council and the NFL):** A school nutrition and physical activity program to help students make positive changes in their schools.
- **Thriving Schools (Kaiser Permanente):** A targeted, multi-year initiative offering free tools and resources to improve the health of students, staff and teachers in K-12 schools.
- **Parents for Healthy Schools (CDC):** A set of resources to help schools, PTAs and school wellness committees engage parents to create healthy school environments.

Check out National PTA Health Life Styles at www.pta.org

These programs and information are excellent and truly can help your PTAs stay healthy, safe and well.

Mass PTA Health, Safety and Wellness Committee still at work for All children, families, schools and communities.



Thank You All for a Wonderful and Thought Provoking Health Summit

On behalf of the Massachusetts Parent Teacher Association, I say thank you to all of you for a wonderful Health Summit. The Mass PTA Committee really brought to all of us a superb and very enlightening conference.

From the Sponsors, Exhibitors, Presenters and Participants, it was you made the day a huge success.

plenty of opportunities for people to advance and build a successful career doing something they love.

In fact, Bureau of Labor

Statistics data shows

Massachusetts is among the top ten states with the highest annual mean wage for automotive and diesel engine technicians in the country.

But old stereotypes and stigmas, and a system that often undervalues career paths that don't require a two-or four-year degree, are keeping students from even considering these jobs, much less getting the training they need.

As employers, we will continue to promote the skilled trades and high-quality technical schools as a valuable path to career success. But we can't do it alone. If we're serious about helping students find success, our perceptions of what constitutes a good job and how to prepare for it must adapt.

Together, let's work to undo long-held stigmas that limit opportunity and stifle potential. Let's open minds to opportunities available in the skilled trades. Let's encourage students who might be a fit to consider technical schools that do the right thing and have strong student outcomes.

Like you, we want all of Massachusetts' young people to find success and fulfilling careers. We invite you to talk to us - one of the many employers looking for quality

A very Special Thanks goes out to our Major Funder, **the Massachusetts Teachers Association**. In addition, we are extremely thankful to **the Mass Medical Society and the American Academy of Pediatrics** for their help and assistance with this entire project especially the site venue.

We are so pleased that the Summit was well-attended, with 144 participants. Participant's feedback about the conference has been positive and very complimentary of the whole conference and even evaluation really encouraged us to continue with this conference as the good work the Mass PTA Health Committee does for PTA. Many evaluations and many participants also told us how appreciative they were. Many said that they would definitely attend again.

Here are a few of many comments and evaluations:

"This year's event was wonderful. Enjoyed listening to the speakers and loved, morning BOKS workout. I then joined the BOKS workshop and had such a good learning new games for my child. This year's event was over and beyond!!!! It was Excellent."

"I know how much work went into this event. I thought it was fantastic with speakers, presenters, lunch, and a great facility. Very glad we attended."

"Future topics I would like to see are Opioid Epidemic and Community policing , school bell ends."

The committee welcomes new members and partners all the time. We have met twice since the Summit and we are working on Mental Health Issues with SEL Mass, on Opioids with Project Here with the Attorney General's Office and David Martin Executive Director with the Massachusetts Health Council. In addition, we continue to work with Rebecca Vanucci ; Cynthia McReynolds on Immunization issues and HPV; with Mass Schools Nurses, and the DESE Wellness Policy Team lead by Lisa Jackson and many more. We welcome all your feedback and thoughts.

Please let me know if you have any additional feedback about the conference and/or you would like to join the Mass PTA Health Committee TEAM!!!! I am sure you have much experience and expertise that will help us plan future events, activities and conferences.

Please feel free to get in touch with me, your Mass PTA Chairperson for Health, Safety and Wellness.

Jackie Coogan
health@masspta.org
jmincoogan@comcast.net

Thank you for all that you do for children, families , communities and the PTA!

Hope to see you April 7th at the Mass PTA Conference

employees - and tour local technical schools to help us shift the current perceptions plaguing the skilled trades.

We look forward to your support and partnership.

For More Information :

Contact:

President Jennifer

Francioso

info@masspta.org



Just press the Red Button for Info and to Register!!



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

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