National PTA’s mission: to make every child’s potential a reality by engaging and empowering families and communities to advocate for all children.

September 2019 Bulletin of the Kentucky PTA

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As we begin the new 2019-2020 school year our thoughts are with the children, families, teachers and school communities. September is a month for open houses and lots of back to school events. Here is a little checklist to make sure your PTA/PTSA is getting off to the right start.

• FINANCIAL REVIEW- was due by July 15, please make sure you sent in your copy to Kentucky PTA. This is a required document to be in “good standing”.

• OFFICERS LIST- due ASAP, you can go online to www.kypta.org and enter your officers into our data base.

• MEMBERSHIP DUES- the mandatory payment is not due until October 15, 2019. Payments MUST be made through MemberHub-WePay. Again this is a payment required to be in “good standing”.

• INSURANCE- needs to be purchased per Kentucky Department of Education Redbook. You can purchase this under

Important Dates

June 18-21, 2020
National PTA Convention

July 17-18, 2020
Kentucky PTA Convention

Grant Opportunities

National PTA currently has six open grant programs to support digital safety, STEM, healthy lifestyles, and family engagement in your community. That means we are giving away over 200...
grants totaling over $300,000 in funding for State/District/Council/Regional and Local PTAs. Applying for grants take less than one hour and consists of answering three to four short answer questions.

Applications close on September 8th, so please share these grant opportunities below with your PTAs and consider applying to the State/District/Council/Regional grants on behalf of your State PTA!

1. PTA Connected Be Internet Awesome Family Workshop Grant, sponsored by Google, will award $1,000 to 75 local PTAs and $5,000 to 20 State/District/Council/Regional PTAs to host workshops designed to help families connect with each other about online safety. This program is great for Pre-K through sixth-grade students.

2. PTA Connected SmartTalk Conversation Grant, sponsored by Symantec, will award $1,000 to 25 PTAs to host a SmartTalk Conversation at their school during the month of February, in celebration of Safer Internet Day on Feb. 11, 2020. This grant program helps establish healthy online habits and is great for first through eighth-grade students.

3. Take Your Family to School Week Grant, sponsored by Office Depot OfficeMax, will award $1,000 to 15 local PTAs to host a family engagement program during National PTA’s Take Your Family to School Week, which will be held Feb. 16-23, 2020. This program is great for Pre-K through fifth-grade students.

4. Healthy Hydration Grant, sponsored by Nestlé Waters North America, together with its national brand Nestlé® Pure Life®, will award $1,000 to 25 local PTAs to add interactive water stations to existing healthy lifestyles events in celebration of Healthy Lifestyles Month in November 2019. This program is great for PTAs of all grades, Pre-K through twelfth-grade students.

5. STEM + Families Science Festival Grant, sponsored by Bayer, will award $1,250 to 30 local PTAs, $3,500 to 5 State/District/Council/Regional PTAs, and $500 to 10 Renewal PTAs to host a STEM + Families Science Festival for Pre-K through eighth-grade families.

6. STEM + Families Math Night grant, sponsored by Mathnasium, will award $1,000 to 35 local PTAs to host a STEM + Families Math Night alongside their local Mathnasium Learning Center, who will help them run the event. This program is best suited for Pre-K through sixth-grade students.

Engage, Support, Improve, Increase, Celebrate

Throughout the year, National PTA offers awards or grants to honor or support PTAs as they: engage families, support student learning to work within the framework of laws, government requirements, and local school district policies is important. PTA has an infrastructure that includes bylaws, financial procedures, and programs that enables PTA leaders to maintain a viable presence in the educational setting.

You are truly valued for the time and dedication that you give to helping every child reach their potential. Kentucky PTA is here to support you, so if you have any questions feel free to contact us.

We wish you a successful start to the school year.

Sincerely,
Heather Wampler

Reflections

What is Reflections?
Reflections is a program that helps children express their own thoughts, ideas, that all of them to develop artistic literacy, build confidence and help them find the love for learning to become more successful in school and in life.

This years theme for the 2019-2020 Reflection program is Look Within.

Students will reflect on a common theme and create original works of art in the following categories:
- Dance Choreography
- Film Production
- Literature
- Music Composition
- Photography
- Visual Arts

How to Manage School and Family Calendars
by: Stephanie Smith, PsyD
Parenting is not for the faint of heart. And while Facebook can fool us into thinking there are some families whose lives are nothing but color-coordinated bliss, it’s simply not true. We all struggle to communicate, live out our priorities, manage our worries and just get along. One of the things my family grapples with is keeping stress in check. My husband and I both have careers, and we also have three kids who keep getting busier with school, friends and activities. It can be difficult to know where healthy busy-ness ends and complete chaos begins.

In fact, a 2013 American Psychological Association poll revealed that 31% of teens surveyed feel their stress increased in the past year. Concerningly, 42% said they either are not doing enough to manage their stress or they are not sure if they are doing enough to manage it.

As we dive head-first into the school year, how do we, as parents, manage our own stress while simultaneously helping our kids keep up their own good mental health?

Make use of the executive committee
As our kids age, our roles as parents change. We become less hands-on workers and more management specialists. And anyone who’s ever been a manager knows that to do the job well, one must know the organization’s goals, purpose and values.

When I work with families, one of the first things I suggest is for mom and dad (or whoever makes up the “executive committee”) to spend time outlining goals and priorities for the family.

Maybe it’s religious activities, physical exercise, artistic pursuits or dog training. It doesn’t matter what your family values are, but it is important to be clear about what is most important to you. Once you’ve identified your priorities (and hopefully written them down in several places!), it’s easier to make decisions about how to spend your family’s precious time and energy.

Ask your kids what they think
It may seem silly, but sometimes I forget to ask my kids what’s important to them. Questions like: “How do you feel about your piano lessons these days?” and “Is the swim team still something you enjoy?” are crucial to helping your kids maintain good mental health.

As our children develop their own interests and passions, we should be mindful of keeping them in the loop when it comes to setting up schedules.

PTA Leadership Training Challenge
This month we challenge you to do the e-learning class of Board Basics- Learn the basic governance structures behind most PTA units. Approximately 40 mins

Congratulations to the following individuals who did e-learning classes in July:
Jim Cabral
Casey Franks
Felicity Hatchett
Janice Jackson
Melissa Pero-Gamble
Sierra Todd
Rolanda Woolfork

Kentucky PTA Leadership Training:

We want to create training videos for our PTAs. But we need to know what you need help with. Please take our quick survey and let us know what we should focus on this year. We want to relevant to your training needs.
Survey at: https://www.surveymonkey.com/r/CJLSJBF

Welcome our New PTA/PTSA
We are excited to welcome the following PTA/PTSA into our family.
Maryville Elementary PTA - District 11
Creekside Elementary PTA - District 12
Scott County High School PTSA - District 12

Did You Know?
The IRS strongly recommends that each Non-Profit have a Conflict of Interest signed by each board member.
Conflict of interest (Link on website where document is)
Job Descriptions/Process

Every Month we will focus on a job description for each position or process that each PTA should have in their standing rules. Please feel free to use these to create, update, or consider making part of your standing rules.

Board Member Job Description

- Be a member of the PTA
- Promote PTA Involvement
- Attend PTA meetings, functions, and support all PTA-sponsored activities.
- Notify secretary or president if unable to attend a scheduled meeting (PTA board meetings, general PTA meetings, or PTA sponsored activities).
- All board members are expected to make reports of their activities at regularly scheduled board meetings.
- Keep procedure books to be turned in at the conclusion of service in that position that include:
  - Details of procedures described in your plan of work
  - Time-lines
  - Key resources and contacts
  - Other information that may be helpful to your successor
- Know and adhere to current PTA mission, purposes, policies, and procedures.
- Learn and use correct PTA terminology as utilized in current National, State, and District PTA materials.
- Study and know you PTA bylaws, standing rules, procedures, and all current PTA leadership materials.
- Refrain from discussing details of board action with non-board members. Be mindful of confidentiality.
- Seek approval from PTA President on all communications, presentations, or statements to be shared or made public.
- When representing the PTA, avoid electioneering (no stickers, buttons, clothing, etc. supporting or opposing candidates) to remain consistent with 501 (c) (3) rules.
- Sign Conflict of Interest Statement
- Will act in the best interest of the PTA in accordance with its mission and rules. If a conflict of interest arises on a particular issue/subject, the member excludes himself/herself from the decision-making process in PTA (no motion, no debate, no vote) on that issue/subject.
- When representing the PTA, no mention shall be made of a company or product that you may represent through gainful employment. Board Member shall not profit from being a board member.
- Fiscal Responsibility of each board member
  - All expenses MUST be turned in within ninety (90) days of the date they occur and no later than 10 days after leaving.

Of course the “executive committee” will make the final decisions when it comes to scheduling, but keeping our kids involved in planning helps keep them engaged and (hopefully) happy with how things are going at home.

Carve out some sacred space
No matter how good we are at planning, prioritizing and communicating, there will be times when life gets overwhelming for your family members. It's important to be aware of our own stress levels. And part of our job as parents is to help our kids monitor their own levels of stress, as well. One strategy for managing stress is to pick one time per week that is a "sacred"-non-negotiable time to just be a family.

Maybe it's Thursday morning breakfast or Friday evening pizza. You can use this time in lots of ways: to simply sit and talk, play a game you wouldn't normally have time for, try a new activity that challenges everyone's comfort zones (rock climbing, anyone?).

The main goal of this "sacred space" is to reconnect, lower overall family stress and take a break from the fast-paced life we all seem to be living these days.

Remember what’s important
I don't consider myself a dramatic person, but good grief, I have a lot of drama in my life. The opportunities to freak out, get upset and play into the drama of life are endless.

But guess what? It doesn't do anything at all to improve our own, or our family's mental health. In fact, high levels of stress can do a lot of harm, especially over the long haul.

Do your best to fight the drama and keep things in perspective. After all, the things in life that really matter—satisfying relationships with our partner and our children, and good physical and mental health—are much more interesting things on which to focus our limited energies and time.

For additional tips and resources on school, work and family, visit the American Psychological Association's Psychology Help Center.

Dr. Stephanie Smith is a licensed psychologist in Colorado and member of the American Psychological Association (APA). This resource is made possible through a partnership between APA and National PTA to educate parents and teachers about behavioral health and emotional well-being.
a position. Expenses turned in past ninety (90) days are subject to reimbursement only by approval of the Executive Committee.

- Members must fill out, sign and date the Request for Payment form and submit to treasurer with original receipts. All expenses must be approved by the president.
- Make sure that a financial statement (treasurer report) and bank statement are reviewed each month.

KY PTA Executive Board

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Announcing National PTA’s New Podcast for Parents

It's #PTABackToSchool Week, our official kickoff for the exciting school year ahead! As part of our celebrations, we are thrilled to introduce Notes from the Backpack: A PTA Podcast for busy parents (like you!) who have a lot to keep up with at home and throughout the school year.

Just search for "Notes from the Backpack" on your favorite podcast app. Don't forget to leave us a review if you love it! Listen now!

Today is all about giving you, our PTA Parents, everything you need to help your child succeed! Below are a few more highlights just for you—check out our special back-to-school webpage for parents and don’t forget to use #PTABackToSchool in all of your posts this week.

PTA Store

How do you let the world know you’re part of the PTA? ShopPTA.com sells official PTA and PTSA logo merchandise, apparel, membership items, awards, gifts and more. All products are offered through each of the participating State PTA organizations. Check out ShopPTA.com today!

"We live in a world in which we need to share responsibility. It's easy to say 'It's not my child, not my community, not my world, not my problem.' Then there are those who see the need and respond. I consider these people my heroes." - Fred Rogers
Kentucky's 5-star school accountability system is scheduled to go live at the end of September, and it will offer parents across the Commonwealth a new and more transparent way to understand how their children's schools are performing.

Using school and student data from the 2018-2019 school year, the new system will provide an overall rating for each Kentucky public school ranging from 1 (the lowest) to 5 (the highest) stars. Schools' new star ratings, along with other important education data, will be available online at kyschoolreportcard.com.

As called for by the federal Every Student Succeeds Act (ESSA) and Senate Bill 1 of 2017, schools are held accountable for student assessment results in all core subjects (reading, mathematics, science, social studies and writing), improving the English language proficiency of English learners, student growth in reading and mathematics at elementary and middle school, and graduation and transition readiness at high school. Read More