

# The Contra Coaster

A publication of the 32nd District PTA,  
serving Contra Costa County.

Sue Woodworth-Bennett, President      Maureen Chang, Editor

32nd District PTA

**PTA**<sup>®</sup>

*everychild. one voice.*

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## President's Message by Sue Woodworth-Bennett

Welcome back! I hope you had a relaxing summer break, and were able to spend time with your family. Sometimes we get so wrapped up with our volunteer activities, we forget that our families need us too.

Back in the day, many moons ago, when I first became a unit president, I remember feeling overwhelmed because I felt like I didn't have all of the answers. OK, I still don't have all of the answers, but at least now, I know where to look for them: the Toolkit. By now, all unit presidents should have received the Toolkit delivered to your door along with the summer service mailing. If you did not receive the Toolkit, please contact the immediate past president of your school, as it was probably delivered to his/her address. You may also contact your Council president, to see if they can help you locate your wayward Toolkit. A list of Council presidents can be found on page 9 of this newsletter.

The Toolkit is truly a wondrous item. A little large perhaps, not suitable for bedside reading, but if you have a PTA question; the

answer is in there somewhere. And, because it is so large, you're not likely to lose it either. Every president should have one, along with several board members. More copies are available for purchase in English and in Spanish at the California State PTA website at :

[www.capta.org/sections/resources/downloads/MaterialsOrderList.pdf](http://www.capta.org/sections/resources/downloads/MaterialsOrderList.pdf)

In addition, the National PTA sent out a Back to School kit, which contains all sorts of handy-dandy items to make your job as PTA president easier. There are quick reference guides on Programs, Membership and Money Matters, along with a packet to help parents keep their children healthy and in the classroom, entitled "Tips for a Healthy and Happy School Year." This was developed with the National Association of School Nurses. If you haven't opened the box from the National PTA yet, this would be a great time, as it will help you plan your school year.

In closing, I would like to thank the committee members who gave up a large part of their summer vacation to

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**The foundation of every state is the education of its youth.**

*-Diogenes*



## A Note from the Treasurer

A new year has started and we have changed the guard at 32<sup>nd</sup> District. All remittances from Councils should be mailed to:

**Will Sanford,  
2590 Derby Drive,  
San Ramon, CA 94583.**

### The key dates for Treasurer's items by which they are DUE are:

October 1	Early Bird Award (membership) Per Capita due.
October 15	Chairman's Club Awards (50 members) Per Capita Due.
November 1	Per Capita for at least 15 members has to be submitted to me for a unit to maintain their standing with the State.
November 15	A copy of <b>990 Taxes</b> should be forwarded to me once they are submitted
December 31	Insurance Payment due to District

**Audits for June 30, 2007** should be collected by Councils during September and October and forwarded to me with your regular submissions

Units should submit membership dues to councils on a monthly basis, so that it can be passed up the chain. A portion of the money received by units from each member belongs to your Council, District, State and National PTA, it is what allows them to operate and provide necessary services to the units and State and National Advocacy on behalf of all children.

If you have questions that your Council Treasurer can not answer, please feel free to contact me at 925-244-1237 or by email [willsanf@aol.com](mailto:willsanf@aol.com).

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organize the Leadership Academy, which was held on August 11<sup>th</sup>. In particular, I would like to thank Kathy Rabun, Lila Springel, Maureen Chang, Carol Ruley, and Wanda Waltman, who spent countless hours planning this valuable training for all of our PTA leaders. If you happened to miss the Leadership Academy, not to worry! We'll have another training evening on October 15<sup>th</sup>, at our first General Meeting of the year. Look for more details inside this edition.

Sue Woodworth-Bennett  
President, 32<sup>nd</sup> District PTA  
925-964-0491 e-mail: [bennettela@aol.com](mailto:bennettela@aol.com)

# **2007-09 Mission, Goals and Objectives**

## **MISSION:**

**The mission of the Thirty-second (32<sup>nd</sup>) District PTA is to empower and support its councils and units as we promote the purposes of PTA, foster membership, develop leadership and lead advocacy efforts on behalf of all children.**

To fulfill its mission, the Thirty-second (32<sup>nd</sup>) District PTA establishes the following goals and objectives for the 2007-09 term:

### **Goal 1: Prepare each council to give support and training to its units.**

#### **Objectives:**

1. Identify needs of Councils through surveys, etc., by October 1 of each year.
2. Establish a Council Round Table by the August 2007 board meeting. The Round Table will consist of Council presidents, Leadership VP, District President and others as assigned.
3. Provide counterpart training and mentoring sessions for each Council as individually needed. Use the "Train-the-trainer" model to provide uniform, consistent and accurate information to Council officers that they can then use to train unit board members.
4. When chartering new units, partner with Councils to mentor new units every month for the first six months and then every three months thereafter through the next 18 months.

### **Goal 2: Provide training and access to training opportunities for unit and council leaders.**

#### **Objectives:**

1. Provide an annual Leadership Academy in the summer.
2. Put training packages on the District website for downloading by PTA leaders.
3. Research other training mechanisms, such as WebEx or conference calls, to reach more people with a consistent message on an ongoing basis.
4. Communicate resources available through National and State PTA (including the Toolkit, Communicator and Insurance Guide), through links to their websites, newsletter articles, etc.
5. Encourage unit and council leaders to attend the annual California State PTA Convention.

### **Goal 3: Promote advocacy.**

#### **Objectives:**

1. Select and implement specific advocacy priorities for the Thirty-second District (32<sup>nd</sup>) Board.
2. Communicate advocacy priorities, events and opportunities, through presentations, newsletters, etc.
3. Train units and councils on the PTA advocacy process.
4. Encourage at least one person from each Council and unit to attend the California State PTA Legislation Conference.

### **Goal 4: Increase membership through retaining existing members and attracting new members.**

#### **Objectives:**

1. Communicate the benefits of PTA membership on an ongoing basis.
2. Encourage and train units to run membership drives and programs, and communicate the resources available through the National and State PTAs.
3. Train units and councils to engage underrepresented populations.

# Reflections Program



## 2007-2008 THEME: "I can make a difference by ..."

The National PTA Reflections Program is an arts recognition and achievement program for students. The Reflections Program provides opportunities for students to express themselves creatively and to receive recognition for original works of art inspired by a pre-selected theme, while increasing community awareness on the importance of the arts in education. Participation and appreciation for the arts is the Reflections Program's goal. Although the Reflections Program follows a "contest" format, winning should not be the emphasis.

Students may submit an entry in any of the areas listed below. Only original works of art are accepted. The six arts areas are as follows:

- ◆ Literature
- ◆ Musical composition
- ◆ Photography
- ◆ Visual arts
- ◆ Dance Choreography
- ◆ Film/Video Production

Participation in the Reflections Program is organized by school grade. Student works are critiqued against others in the same grad division. This allows recognition and judging of artworks by appropriate developmental age and skill levels. The four grade divisions are as follows:

- ◆ Primary Preschool Grade 2 or up to age 7
- ◆ Intermediate Grades 3-5 or ages 8-10
- ◆ Middle/Junior Grades 6-8 or ages 11-13
- ◆ Senior Grades 9-12 or ages 14+

Participation in the California Reflections program is open to all students in attendance at PTA/PTSA schools where the program is sponsored. Each unit, council and PTA district establishes their own deadline dates, allowing adequate time for displaying and judging of entries.

Please remember that:

- ◆ Students may submit entries only through a PTA or PTSA **in good standing**. Which means that the Unit's pre capita dues and insurance payments must have been submitted on time.
- ◆ All entries submitted must be original works and must relate to the annual Reflections Program theme.
- ◆ Each entry must be the work of only one student. Assistance from teachers, parents or friends is not permitted except in special cases (such as for those with visual or physical disabilities)
- ◆ Participation encourages creativity and exploration. Students should do their best, but crooked lines, incorrect musical notes, or

**The deadline for submission of Reflections entries to 32nd District is  
December 1, 2007.**

**Units and Councils should set their own deadlines accordingly.**

**Entry forms can be found at: [www.capta.org/sections/programs/downloads/ReflectionsEntryForm2007-2008-CA.pdf](http://www.capta.org/sections/programs/downloads/ReflectionsEntryForm2007-2008-CA.pdf)**

**For more information please contact Wanda Waltman, at 925-685-3483 or [wandawalt@astound.net](mailto:wandawalt@astound.net)**

## NEW CALIFORNIA LAW MANDATES DENTAL CHECK-UPS

To make sure your child is ready for school, California law now requires that your child have a dental check-up by May 31 of his/her first school year. Dental evaluations that have occurred within the 12 months before your child enters school also meet this requirement. Your school will give you the required form to take with you when your child has his/her check-up.

If you cannot obtain a dental check-up for your child, you can apply for your child to be excused from the requirement by completing the bottom portion of the form and marking the reasons your child could not obtain the check-up.

You can get more copies of the necessary forms at your child's school, by going to the California Department of Education's Web site at <http://www.cde.ca.gov/>.

### **What should I do when I receive the notice of this new oral health requirement from my child's school?**

If you have a dentist, and your child has not received an exam within the last 12 months, call and schedule an appointment for an examination. If your child has seen the dentist within the last year, call your dentist's office and ask how they are handling this requirement and what you must do for the dentist to complete the required form based on your child's last regular exam. They may ask you to mail or fax the required form to them. They may tell you they have extra copies and will complete it and send it to you.

Remember that you have until May 31 to return the required form to your child's school. Your dentist's office may be handling this request for many patients and may need to space out scheduling appointments for these exams and completing the paperwork, so as not to overwhelm their office all at one time!

### **If you do not have a dentist, now is the perfect time to find one!**

The California Dental Association can assist you in finding a dentist at [www.cda.org/finddentist](http://www.cda.org/finddentist).

You can obtain assistance in finding a Medi-Cal/Denti-Cal insurance dentist by calling 1-800-322-6384 or visit the Denti-Cal website at <http://www.denti-cal.ca.gov/>.

You can obtain assistance in finding a Healthy Families insurance dentist by calling 1-800-880-5305 or visiting their website at [www.healthyfamilies.ca.gov/hfhome.asp](http://www.healthyfamilies.ca.gov/hfhome.asp).

Additionally, you can search for a community clinic in your area by clicking on this link: [www.cda.org/patient\\_&\\_community\\_resources/community\\_oral\\_health](http://www.cda.org/patient_&_community_resources/community_oral_health) and looking under "Dental clinics."

### **DVC Dental Hygiene Program offers low-cost Dental Services**

The DVC Dental Hygiene Teaching Clinic offers a wonderful opportunity for people willing to spend some extra time in exchange for affordable preventive dental hygiene care.

At the DVC Teaching Clinic prices for cleaning range from \$25 to \$55 for adults. Cleanings for children 12 and under are as low as \$10.

At DVC's brand new state-of-the-art teaching clinic, students provide all dental hygiene services while under the direct supervision of a periodontist and a staff of registered dental hygienists. DVC is located at 321 Golf Club Road., Pleasant Hill. The clinic is located in the LHS building and faces Viking Drive at parking lot 4. For more information please call 925-685-1230 x 2534.

## Public School Employer-Employee Negotiations

The California State PTA recognizes that public school employer-employee collective bargaining is mandated by law and that negotiations greatly influence education. As mandated by law, the bargaining parties are required to make public their positions. These details must be provided to the public at the beginning of the process. PTA has the responsibility to become knowledgeable and to inform the public about the proposed contract and any proposed changes through the negotiations. As PTA is an organization whose membership is composed of parents, teachers, students, school district employees, school board members and concerned community members, **PTA must remain neutral** in a dispute arising from school employer-employee negotiations. ...

The PTA has a responsibility to:

- ◆ Study and become informed early in the process about the proposed contracts and the fiscal implications and to analyze the effect on the students and the programs in the district.
- ◆ Inform all parties if any issue being negotiated either is consistent with or differs with adopted California PTA position statements.
- ◆ Encourage all parties to work cooperatively to develop procedures to ensure that classrooms and students are not used for propaganda purposes.
- ◆ **Remain neutral in the event of a dispute.**
- ◆ Continue with normal PTA activities in the event of a dispute: and
- ◆ Inform parents and community members about proposed contracts and encourage other school-based and community organizations to study proposed contracts.

## Legislative Report *by Janet Abelson, Legislative Director*

This year the 32<sup>nd</sup> District has activated the position of Legislative Director. We will develop and implement a legislative action plan for the 32<sup>nd</sup> District within the framework of the legislation policies of the National PTA and State PTA.

Advocacy has been an important component of the PTA since its inception in 1897. The PTA has worked on issues such as the creation of kindergarten classes, child labor laws, a public health system, hot lunch programs, a juvenile justice system, and mandatory immunization. We now take these for granted but, in fact, PTA members worked hard to make these programs a reality.

Our motto is "Every child, one voice." It's a simple motto. It's also a good yardstick by which to measure ourselves. Are we benefiting children? Are we benefiting all the students? Are we working together? As the year progresses, take a few minutes to evaluate your activities and make sure you are following our motto.

At 32<sup>nd</sup> District, we will primarily work on issues that are a priority for the state PTA. The legislative agenda of the California State PTA for 2007-2008 include the following priorities:

### **Education**

Adequate Funding , Promoting Arts Education, Special Education, SARC, Middle Schools, Student Identifier, Charter School Accountability, Assessment, Career Technical Education, No Child Left Behind

### **Health**

Children's Health Care & Access to Care, School Nutrition, Childhood Obesity Prevention, Health and the Environment

### **Community Concerns**

Community Safety, Substance Abuse Prevention, Juvenile Justice, Violence Prevention

### **Parent Involvement**

Pre-School Programs, After-School Programs, Parental Support for At-Risk Students, „Evaluation Process for Parent Involvement in Schools, Effective Home-School Communication

If you are interested in more information or participating in legislative activities please Email Janet Abelson at [abeljanet@aol.com](mailto:abeljanet@aol.com) .

# Membership Information for 2007-2008

By Chris Low , 4th VP—Membership

*2007-2008 membership theme: “Membership makes a difference.”*

*2007-2008 membership goal: 5% increase in membership per unit*



**Due dates for Per Capita to be submitted to your Council Treasurer are:**

<b>Early Bird Award (15 members)</b>	<b>October 1st</b>
<b>Chairman's Club Award (50 members)</b>	<b>October 15th</b>
<b>First Remittance</b>	<b>November 1st</b>
<b>My PTA/PTSA Award Application</b>	<b>January 15th</b>
<b>Final Remittance</b>	<b>March 1st</b>

*All per capita, or membership dues, are to be sent in on a monthly basis.*

Please call me at (925) 778-0446 or email me at [Poochcfl@aol.com](mailto:Poochcfl@aol.com) with your membership concerns and questions.

*Come meet with your fellow PTA members for a fun, friendly, informative evening at the*

## **32<sup>nd</sup> District PTA General Meeting**

**Monday, October 15, 2007**

**6:15 - 9:00 p.m.**

**At the Contra Costa County Office of Education**

**77 Santa Barbara Rd., Pleasant Hill**

*Everyone is invited. Dinner is provided*

6:15	Dinner (Free with RSVP)
6:45	General Meeting
7:00	A variety of break-out training sessions, specifics to be determined.

**PLEASE reply by October 12 so we know how much food to order.**

**For more information, directions, or to RSVP, contact**

**Rachel Hurd at (925) 833-9455 or [rmshurd@sbcglobal.net](mailto:rmshurd@sbcglobal.net)**

# Your Bylaws Are Really Your Friend.

When was the last time you read your bylaws? Do you know where they are? Do you know what they say?

When the subject of bylaws comes up, many people become overwhelmed. They seem so scary when you mention them. But, that should not be the case. Your bylaws *make your life easier*. Your bylaws help to *guide you* in the running of your unit. Bylaws are a basic set of rules that tell you how to conduct business. Bylaws *ensure that everyone has a voice*. Bylaws tell you what your job is. Bylaws keep your *organization running smoothly*.

You should review your bylaws every two years to make sure they still fit the needs of your PTA. The California State PTA regularly updates the bylaws format to ensure it is relevant. If you do not have a copy of your most current bylaws you can contact me and I'll help you make sure your bylaws are doing what they were designed to do; *make your life easier*.

## What is a Parliamentarian?

- ◆ A parliamentarian is a consultant to the president.
- ◆ The role of parliamentarian is purely an advisory and consultative one since parliamentary law gives the chair alone the power to rule on questions of order or to answer parliamentary inquiries.
- ◆ The parliamentarian can only speak to the assembly if the president makes such a request.

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**For more information on Bylaws or duties of a Parliamentarian please contact:**

**Annette Lewis, 32<sup>nd</sup> District Parliamentarian, [annetteL@ecis.com](mailto:annetteL@ecis.com).**

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## Read for the Record - September 20, 2007

*Provided by Rachel Hurd, VP Parent & Community Involvement*

On September 20th, Jumpstart will hold their 2nd annual Read for the Record event ([www.readfortherecord.org](http://www.readfortherecord.org)).

Children across America will read the same book on the same day and set a new Guinness Book World record! The book for 2007 is "The Story of Ferdinand", the famous book about the bull who won't fight. Ferdinand's message is one of individuality and belief in oneself.

Matt Lauer and Meredith Viera will be reading the book on The Today Show. Read for the Record is one way we can all address the disparities in early education and provides a mentorship to get kids reading and give them a love of books.

You and your PTA are invited to join Read for the Record on Sept 20th for this very special day of reading. Registering at the above website is easy and there are fun activities and certificates to print. The organizers want every child to be counted! And if you purchase a book online, not only do you get a copy, but a copy goes to a low-income child who can't afford a book!

The organizers have contacted schools directly with some success but have found that contacting parents is most effective because parents understand the voice children don't have and one that we can provide for books, reading and literacy.

If you believe in reading, if you believe in kids...this is the event for you!

One Day. One Book. One Million kids reading across America.

## 32nd District PTA Executive Board Contact Information

President	Sue Woodworth-Bennett	925-964-0491	<a href="mailto:bennetela@aol.com">bennetela@aol.com</a>
1st VP Leadership	Charley Cowens	510-524-5097	<a href="mailto:charley@cowens.net">charley@cowens.net</a>
2nd VP Convention	Mitzi Reagan	925-813-2457	<a href="mailto:mitzi.reagan@nielsen.com">mitzi.reagan@nielsen.com</a>
3rd VP Communications	Maureen Chang	925-743-0464	<a href="mailto:chngng@aol.com">chngng@aol.com</a>
4th VP Membership	Chris Low	925-778-0446	<a href="mailto:poochcfl@aol.com">poochcfl@aol.com</a>
5th VP Parent Concerns	Rachel Hurd	925-833-9455	<a href="mailto:rmshurd@sbcglobal.net">rmshurd@sbcglobal.net</a>
Secretary	Nancy Vandell	925-829-2355	<a href="mailto:nmvandell@comcast.net">nmvandell@comcast.net</a>
Treasurer	Will Sanford	925-244-1237	<a href="mailto:willsanf@aol.com">willsanf@aol.com</a>
Auditor	Arnetta Jones	925-676-8356	<a href="mailto:njones@onemain.com">njones@onemain.com</a>
Historian	Kim Lonie	925-828-9463	<a href="mailto:kmouse@att.net">kmouse@att.net</a>
Parliamentarian	Annette Lewis	925-625-2915	<a href="mailto:annetteL@ecis.com">annetteL@ecis.com</a>
Legislative Director	Janet Abelson	510-525-7709	<a href="mailto:abeljanet@aol.com">abeljanet@aol.com</a>
Reflections	Wanda Waltman	925-685-3483	<a href="mailto:wandawalt@astound.net">wandawalt@astound.net</a>
Honorary Service	Katie Pena	925-932-4965	<a href="mailto:kmpena@aol.com">kmpena@aol.com</a>
Founder's Day	Kathy Coppersmith	925-930-8289	<a href="mailto:fivecops@aol.com">fivecops@aol.com</a>
Immediate Past President	Kathy Rabun	925-798-5331	<a href="mailto:rrabun@lanset.com">rrabun@lanset.com</a>

### Council Presidents:

Bayside Council	Robert Studdiford	510-527-9704	<a href="mailto:robert@twofish.biz">robert@twofish.biz</a>
Delta Council	Maria Myers	925-766-7780	<a href="mailto:mandjmyers@comcast.net">mandjmyers@comcast.net</a>
Las Trampas Council	Carolyn Boord	925-944-9688	<a href="mailto:csboord@aol.com">csboord@aol.com</a>
Martinez Council t	Diane Beck	925-372-8782	<a href="mailto:thebeckhome@sbcglobal.net">thebeckhome@sbcglobal.net</a>
Mt. Diablo Council	Mona Ricard	925-687-3921	<a href="mailto:ricard@silcon.com">ricard@silcon.com</a>
San Ramon Valley Council	Denise Jennison	925-648-1141	<a href="mailto:cmjenn@pacbell.net">cmjenn@pacbell.net</a>

## Keep Communications Coming to your PTA

*By Maureen Chang 3rd VP—Communications*

32nd District PTA is committed to supporting its councils and units by improving communication, but to do this, we need you to provide your officer contact information in a timely manner.

We now provide monthly officer contact list updates to the California State PTA, which will improve the flow of information from CA State PTA to you. Please forward any contact information changes for unit presidents, treasurers and recording secretaries, as well as council board members, to me at [chngng@aol.com](mailto:chngng@aol.com) or 925-743-0464. For each of these positions we need the **Name**, **Phone Number**, **Email address** (if no access to email, please state this), and **Complete Address**. If you absolutely do not wish to receive PTA mail at your home, list the school address noting "receive mail at unit address." Please note that anything mailed in the summer or over holidays won't reach you.

We also send our newsletter to principals and superintendents, so please provide their names and email addresses, if possible.



## A Special PTA Subscription Offer from EdSource

Funding and accountability issues like the California High School Exit Exam are making national and local headlines. In these times of fast-paced changes in education, parents and community members need clear, concise, and unbiased information.

That's the role of EdSource, an impartial, independent statewide organization **founded in 1977 by the California State PTA**, the League of Women Voters of California, and the American Association of University Women–California.

To thank PTA for its support over the past 29 years, EdSource is once again offering a Special Subscription. Many PTAs have taken advantage of this offer, finding an EdSource Subscription an easy and convenient way to get timely and crucial information to members. In 2006–07, a few of the topics we'll cover include school finance, high school issues, and accountability.

For only \$45, units, councils, or districts receive:

- ◆ One original copy, with copyright waiver, of each of the eight full-length, in-depth publications we produce between September and June. (These are reports that cost between \$5 and \$8 each.);
- ◆ One original copy, with copyright waiver, of each short fact sheet, issue brief, and student/parent guide we develop during this period.

A black and white reproducible master is available for an additional \$20 per year.

### EdSource Resources Especially for Parents

Visit *EdSource Online* ([www.edsource.org](http://www.edsource.org)) for easy-to-understand background on key education issues. From our homepage click on *Publications* to link to lots of free, downloadable, two-to-four-page guides and *Q&As*. They cover a variety of topics such as the measures the state uses to assess school performance and to hold school districts accountable, career technical education, alternative paths to a high school diploma, charter school structure in California, and comprehensive information about California Colleges and Universities for high school students and their parents. Most of these are also available in Spanish.

Detach or copy and return portion below

Special Subscription for PTAs \_\_\_\_\_ \$45      With black & white master \_\_\_\_\_ \$65

For other subscription options, call the EdSource office or visit our website: [www.edsource.org](http://www.edsource.org)

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Make checks payable to EdSource or fill in the credit card information below.

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# Cultivate Healthy Lifestyles this November!

- Rachel Hurd, VP of Parent & Community Involvement

Parents want to be certain they're doing the right things to ensure that their children grow into healthy, happy adults. But how often are they given the opportunity to learn how to encourage nutritious eating and increase their families' level of physical activity?

This November, PTA will be focusing on health and wellness. Local units are encouraged to plan activities that will help families adopt healthy lifestyles. This article includes some ideas and information to help you plan PTA Healthy Lifestyles events at your school. Whether your events are big or small, we hope you'll find a way to join PTAs across the nation in improving the health of our communities. Together, we can make sure our children grow up healthy!

## ***Event and Activity Ideas***

**Game Show:** Host a Jeopardy-style game show with categories covering health facts, nutrition, sports trivia, and more. Encourage families to play as teams.

**Parents Forum:** Invite school leaders to make short presentation about the school's wellness policy, as well as other nutrition and physical activity policies at the school; then give parents a chance to comment and ask questions. Be sure to have a moderator to keep things rolling, as well as the necessary technical equipment for everyone's voice to be heard. Document what is said, and follow up with the leaders who attend by presenting them with a record of the comments.

**Health Fair:** Work with local health organizations, medical and insurance providers, and social service organizations to hold a health fair. There is a terrific guide to planning one of these on the CAPTA website, under Health programs - current programs.

**Community Bike Parade:** Partner with your local police and fire departments to hold a bike parade. Invite local bike shops to the event to talk to parents and kids about the proper fit for bike helmets and other safety matters.

**Family 5K Walk:** Work with your local police or parks and recreation department to plan a 5K walk in your community that starts and/or ends at your school. Hold a reception at the beginning or end of the walk; serve a healthy breakfast, lunch or snack. Invite community leaders to participate.

**Family Fitness Night:** Plan a family fitness night in the school gym at which local fitness instructors give families short demonstrations on different types of exercise for different ages. Be sure to let attendees know what to expect so they wear appropriate clothing and footwear.

**Taste-testing Bar:** Offer a food bar full of interesting fruits and vegetables and other healthy selections. Encourage people to try something they've never tasted before. Use MyPyramid and MyPyramid for Kids materials, found at [www.mypyramid.gov](http://www.mypyramid.gov), to educate participants about healthy eating.

**Healthy Recipe Contest:** Invite students, families, and community members to submit their best healthy recipes to win awards in categories such as Most Creative, Most Surprising, Best Presentation, and Least Number of Ingredients.

Be sure to check out the PTA Program Planner Toolkit CD-ROM in the 2007 PTA Back-to-School Kit for additional health and wellness programs ideas and resources, including the Healthy Lifestyles at Home and School notebook. Keep an eye out in August for your PTA's allotment of Healthy Lifestyles: A Parent's Guide, a booklet to share with the families in your community.

To support local units' work, PTA is offering a limited number of **PTA Healthy Lifestyles Awards of up to \$1000.**

For more information please go to :  
[http://www.capta.org/sections/resources/downloads/HealthyLifestyleGrant\\_FIB.pdf](http://www.capta.org/sections/resources/downloads/HealthyLifestyleGrant_FIB.pdf)  
Applications are due by September 7, 2007.

# 32nd District PTA Calendar 2007-2008

Date	Time	Place	Event/Deadline
August 20	9:45 AM - Noon	CCCOE	District Board Meeting
September 17	9:45 AM - Noon	CCCOE	District Board Meeting
October 15	9:45 AM - Noon	CCCOE	District Board Meeting
<b>October 15</b>	<b>7:00-9:00PM</b>	<b>CCCOE</b>	<b>General Meeting</b>
November 26	9:45 AM - Noon	CCCOE	District Board Meeting
December 17	9:45 AM - Noon	CCCOE	District Board Meeting ( if needed )
January 14	9:45 AM - Noon	CCCOE	District Board Meeting
February 11	9:45 AM - Noon	CCCOE	District Board Meeting
March 17	9:45 AM - Noon	CCCOE	District Board Meeting
<b>March 31</b>	<b>7:00-9:00pm</b>	<b>CCCOE</b>	<b>General Meeting</b>
April 21	9:45 AM - Noon	CCCOE	District Board Meeting
May 19	9:45 AM - Noon	CCCOE	District Board Meeting
June 16	9:45 AM - Noon	CCCOE	District Board Meeting



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[www.32ndpta.org](http://www.32ndpta.org)

32nd District PTA  
  
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 Sue Woodworth-Bennett  
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