



Plano ISD Council of PTAs Newsletter

Newsletter

November 2009

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Council Directories



The Council Directory is in it's final stages of completion. This year, in an effort to reduce waste, the Council Directory will be provided in an electronic format for each local PTA unit and most Council chairs. While most local units will find the electronic format easy to use, there will be instructions as to how to obtain a hard copy if desired. Electronic copies will be distributed at the upcoming November Council general meeting on Tuesday, November 17, 2009. Each local unit is encouraged to continue to provide

PTA. It's The Real Deal.

It is easy to lump people together. Those of a certain age, race, sex, income level or part of town can be generalized so easily and often so incorrectly. It happens to PTA all the time. Just the words "PTA mom" or "PTA dads and grandparents," pop a stereotype in most people's heads, even though the image is often wrong. For instance, Plano PTA moms mostly work outside the home and we're a pretty diverse group, including several Asian, Hispanic and African-American PTA presidents this year. There are loads more PTA dads and grandparents than most people assume. Last year in Plano, we had 3 PTA presidents that were dads and this year we have a PTA president that is a grandma.

I often get asked to say what "all the PTAs" think or do about a topic and sometimes I can say the PTA position, but usually the discussion ends with me giving a shrug, because there is no answer. We have over 36,000 PTA members in 68 PTAs, who are all very different and wonderful in their own ways. In Plano, we have a huge spectrum of formal and informal PTAs, those with detailed Plans of Work and some with just a basic calendar and some good ideas, we have both high dollar and financially struggling PTAs, and PTAs with clear cut missions and objectives and those that are all heart. The only thing I have learned that is true for "all the PTAs" is that there are a lot of people in Plano willing to give a lot of time and money to children and education, that every PTA has their issues and that we can get a lot done when we work together.

When we take the time to stop lumping people and organizations together, it is easy to see the beauty of the individual. What I have found is, no matter which school it is, the PTA is the real deal. It reflects the desires of the members, largely the parents of the students, to enrich the educational experience, health and safety of the children at their campus with their volunteer time, money and efforts. Last year, PTA volunteers in Plano gave over 500,000 hours of their time and raised several millions of dollars to bring programs and resources to their campuses to benefit students. That is a lot of individuals working together toward a common goal - and that is the Real Deal.

Cara Mendelsohn
President@planopta.org

Holiday Administration Luncheon

By Leanne Svec, Hospitality (hospitality@planopta.org)

Let's Make a Snowman!

Plano PTA Council will be hosting a luncheon for the PISD administrative staff on Friday, December 11th from 11am to 1pm. Local PTA presidents and hospitality chairmen have received information about it by email.



updates to their roster as they occur throughout the year.

Questions may be referred to Cherie Tipsword, Plano Council of PTAs - Directory, at 972-596-4103 or directory@planopta.org

Quick Links...

[Plano PTA](#)

[Area 15](#)

[Texas PTA](#)

[National PTA](#)

[Join Our Mailing List!](#)

We'd love to have loads of help with decorations on Thursday December 10th (time to be determined) and help with set-up, serving and clean up on the 11th starting at 8:30AM. I am asking each PTA to help with salad, sides and desserts, so please contact your hospitality chairman to bring food or volunteer! We need all items should be in disposable containers and curbside drop-off at the administration building will start at 8:45 am.

This is the celebration of the year and we can't pull off a feast for 300 without you! So, please save the date, mark your calendar, iphone, blackberry or any other device you might have and plan to be apart of this Snowman extravaganza.

Be on the lookout for more information from your hospitality chairman or president! Also, if you have any snowmen I can borrow to decorate please let me know by emailing me at hospitality@planopta.org. Thank you in advance!

SAGE



The SAGE Committee has had a busy semester and we have wonderful things to show for it!

Teri Kachur has stepped in to the Council Chairman position following Kelly Waterman's two-year tenure. "Teri and I have been working side-by-side for the past few years and she understands all of the challenges and opportunities that the SAGE Committee faces," offers Kelly. "I'm staying on as the Communications Chair for SAGE so we'll continue to work together to educate, communicate and support the families of our special education and gifted students."

SPECIAL EDUCATION NEWS

§ SAGE recently hosted a 4-part series on Life Planning for Special Needs Families. Participants learned about federal and state programs available to financially support their special family members, the laws that govern these programs and the potentially devastating issues caused by poor planning. One participant described the program as "...a real eye opener! This information is important for EVERY family with a special needs member." Plans are underway for a Spanish-language version of the presentation through SAGE.

§ On Tuesday, November 3, Superintendent of Schools Dr. Doug Otto will once again proclaim the week of December 7 as National Inclusive Schools Week for PISD. SAGE Campus Chairmen are busy coordinating plans for each campus. Details will be available through campus E-news.

GIFTED EDUCATION NEWS

§ Sandra Colston, the Gifted Liaison on the SAGE Committee has also begun the first six-week SENG Seminar for families with gifted students. SENG stands for Supporting the Emotional Needs of the Gifted. This is a six-week book study and discussion group covering a broad-spectrum of issues unique to families with a gifted student.

§ For those parents who are not participating in the six-week seminar, SAGE is hosting a 90-minute SENG Webinar on Tuesday, November 17, at 7:00 p.m. in the Board Room at the Administration Building. The topic is Intensity In Action: Understanding and Helping Gifted Kids presented by Ellen D. Fiedler, Ph.D. If you would like to attend, please RSVP to Sandra Colston at sage@planopta.org

For more details about SAGE, visit the PISD PTA website and click on SAGE or contact Teri Kachur at sage@planopta.org.

Annual Vendor Fair



Save The Date!
Saturday, April 10th, 2010
New & Innovative ideas needed!

**Plan to attend the Vendor & Programs Fair hosted
 by the Plano PTA Council**

Jasper High School

You could be a winner of the \$300 Gas award.

Environmental News



This year's principal breakfast at the Sockwell Center was a great "green" event. The delicious food served by council's hospitality chair Leanne Svec was served on biodegradable plates with cups to match. All items were taken to the compost site, making this a waste free event. Way to go Plano ISD!

On another great green note, there are now 15 schools in the district with diversion rates over 50%. That means these schools are sending over half of their waste to the recycling facility/compost site INSTEAD of the landfill.

Clark High School-57.1% Hendrick Middle-50% Mathews - 53.8% Rice - 53.7% Vines - 68.2%
 Daffron Elem - 52.9% Hunt - 58.5% McCall - 50.4% Robinson - 56.4% Weatherford - 54.4%
 Dooley Elem - 52.3 Jasper - 60% Plano West - 57.1% Shepton - 73.2%
 Williams - 50.6%

Membership News - November 2009

Thank you to all the local Membership chairman who have worked so hard this year to encourage our parents to join PTA! You have had wonderful ideas and made great strides to reach out to all PISD parents. GREAT JOB on your membership campaigns!



Life Member Celebration

Every year local PTAs have the opportunity to honor extraordinary volunteers, staff or community partners that have made a significant impact on their PTA at the Texas Life Member Banquet. This year our event will be a celebration not a banquet. That means there will be NO dinner. Now is the time to be selecting the members of your Nominating Committee and in November you should have the Award Nominees' names assembled for whom your committee will vote. Many PTAs have specific guidelines on how they select their Texas PTA Life Members. Please check your bylaws or contact your local PTA president to get the process started. You will need to know who your honorees are by your December PTA meeting and then notify me of their names and bios.

Banquet Details

Monday, February 22, 2009

6:30 p.m. @ Plano West Senior High Auditorium on West Parker Road.

There is no ticket price. Invitations to the banquet will be sent out the first week of January. Please make sure you get your RSVPs in ASAP after receiving the invitation!

Come celebrate the Texas PTA Centennial!

Texas



Texas PTA is being recognized for 100 years of service to children and the community. Join us as PTA and Plano PTA Council are given proclamations on Tuesday, November 3, at 7 pm at the PISD Administration building by PISD trustees and on Monday, November 23, at 7 pm at Plano City Hall by the Mayor and City Council members. In honor of Texas PTA's historic birthday, the Plano Council has donated a historic scrapbook that dates to the 1930s through the 1950s and includes the signatures of many Plano school namesakes as they signed in for PTA meetings, as well as historic clippings and information about PTA, our schools and our community. To preserve the scrapbook, Plano PTA Council has commissioned an archival box to cover the scrapbook that will be placed on the teacher desk in the PISD historic classroom in the Cox building. Hope to see you as we share a moment in history!

Volunteer or Visitor?

When you check in at the front desk and are ready to volunteer, take a moment to look at your sticker. Are you a volunteer or a visitor? If you coming to the school to volunteer, that is what it should say. If it says visitor, please ask to have them correct that. We track our volunteer hours and they are used for grant writing purposes. If you need more information, please contact Lynn McCoy at volunteers@planopta.org. And thanks for volunteering!!!



Need Volunteers for Your PTA?



Our wonderful high school and senior high school students in National Honor Society have a requirement to complete service hours each semester. They LOVE to help out at our younger campuses and serve as both a great role model for our students and a welcome helping hand to PTA leaders. You are not limited to asking for help from just your cluster. You can contact any high school or senior high and ask for the NHS advisor to put in a request for help. They will want to know how many students you need, what they will be doing, the date and times they will be needed and any information to prepare them for your event. Please have a volunteer coordinator to help the students "check in" and get specific instructions on what to do and have someone available to supervise and direct them. When they are finished, don't forget to thank them and sign their paper verifying their service hours! PISD NHS students rock!!!

For more information, please contact:

Courtney.Denton@pisd.edu - Plano Senior High

Kristin.taylor@pisd.edu - Plano West Senior High

Craig.loveland@pisd.edu - Plano East Senior High

Save the Date for Texas PTA Convention





Your 990 is DUE!

Just a reminder, as you are sitting in your next PTA meeting, listen to hear if there is a report that says your IRS 990 has been filed. The deadline for most PTAs is in November and every PTA is required to file a 990. If you don't hear that report, please ask about it. The penalties for not filing are steep and accrue quickly, even if you don't owe any money and we want to make sure all the hard work you do to raise money goes to programs and events to benefit the kids, not IRS penalties. If you need help or have any questions, please contact Council treasurer Angela Miner at treasurer@planopta.org

Love a Program? Tell Us!

Did you bring a program to your campus that you loved? One that you wish you hadn't? Share that information with us. We're also happy to help tell you about vendors we are aware of for specific issues and topics and pass on the feedback we have received. Please contact Council 1st VP, Kelly Waterman at programs@planopta.org for more information.

Healthy Living - Helping Your Overweight Child



From the US Department of Health and Human Services

Healthy eating and physical activity habits are key to your child's well-being. Eating too much and exercising too little may lead to overweight and related health problems that may follow children into their adult years. You can take an active role to help your child - and your whole family - learn healthy eating and physical activity habits that last a lifetime.

Is My Child Overweight?

Children grow at different rates at different times, so it is not always easy to tell if a child is overweight. If you think that your child is overweight, talk to your health care provider. He or she can tell you if your child's weight and height are in a healthy range.

How Can I Help My Overweight Child?

Involve the whole family in building healthy eating and physical activity habits. This benefits everyone and does not single out the child who is overweight. Do not put your child on a weight loss diet unless your health care provider tells you to. If children do not heat enough,

they may not grow and learn as well as they should.

Be Supportive

- *Tell your child that he or she is loved, special and important.
- *Accept your child at any weight.
- *Listen to your child's concerns about his or her weight.

Encourage Healthy Eating Habits

- *Buy and serve more fruits and vegetables.
- *Buy fewer soft drinks and high-fat or high-calorie snack foods.
- *Make sure your child eats breakfast every day.
- *Eat fast food less often.
- *Offer your child water or low-fat milk more often than fruit juice.
- *Limit the amount of saturated and trans fats in your family's diet.
- *Plan healthy meals and eat together as a family.
- *Do not get discouraged if your child will not eat a new food the first time it is served.
- *Try not to use foods as a reward when encouraging kids to eat.
- *Start with small servings.
- *Be aware that some high-fat and high-sugar foods and beverages may be strongly marketed to kids.

Encourage Daily Physical Activity

- *Set a good example
- *Encourage your child to join a sports team or class
- *Be sensitive to your child's needs
- *Be active together as a family

Discourage Inactive Pastimes

- *Set limits on the amount of TV
- *Help your child find fun things to do
- *Encourage your child to get up and move

Fun Physical Activity Ideas

- *Riding a bike
- *Climbing on a jungle gym
- *Jumping rope
- *Playing hopscotch
- *Bouncing a ball
- *Dancing
- *Playing catch

Additional Reading:

<http://www.win.niddk.nih.gov/publications/child.htm>

in Spanish http://www.win.niddk.nih.gov/publicatgions/su_hijo.htm

Body & Mind for kids <http://www.bam.gov>

Fruits & Veggies-info and recipes <http://www.fruitsandveggiesmatter.gov>

Kids Health <http://www.kidshealth.org>

Eating and activity for kids <http://kidnetic.com>

Interactive food pyramid <http://www.mypyramid.gov>

National Diabetes Education Program <http://www.ndep.nih.gov/diabetes/youth/youth.htm>

Active kids - <http://www.verbnow.com>

SKI Plano





Here is the latest from Texas PTA

Congratulations to Plano's own Sharon Goldblatt for being slated for Texas PTA president! The Nominating Committee announced the following slate of officers for 2009-10.

President - Sharon Goldblatt

First Vice President - Karen Slay

Second Vice President - Pam Becknal

Secretary - Karen Martin

Treasurer - Lisa Holbrook

Region Vice Presidents

I - Kerry Bowdry

II - Tonita Franklin

III - Karen Fullen

IV - Larriann Curtis

V - Susanne Hutchinson

VI - Lois Buford

Letters of intent to run from the floor must be received no later than December 1, 2009. Send to my attention:

Jan Wilkerson

Texas PTA President

810 S. Meadows

Diboll, TX 75941

Diversity Leadership Award Nominations

Diversity Leadership Award Nominations Sought from Schools & Community Plano ISD's Diversity Advisory Committee invites staff and community members to nominate Plano ISD individuals and/or groups for the 2010 Diversity Leadership Awards, which will be presented at the school district's January 21 Martin Luther



King, Jr. Tribute. Nominations are due December 4.



PTA Mission

PTA is

A powerful voice for all children,
A relevant resource for families and communities, and
A strong advocate for the education and well-being of every child.

PTA Vision

Making every child's potential a reality.

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