

STATE OF NORTH CAROLINA

Parent Involvement Month

2010

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

Whereas, the children of North Carolina are our most valuable resource and that a sound education is the key to producing the next generation of successful, productive and conscientious citizens; and

Whereas, parents are their child's first and most influential teacher and all parents have hopes and goals for their children; and

Whereas, it is important for schools, early learning settings, and the community to welcome families, to plan for parent involvement and to provide meaningful ways for parents to be involved in their child's learning; and

Whereas, when schools, parents, families and communities work together in partnerships, our children succeed; and

Whereas, it is appropriate that North Carolina pause to recognize the outstanding contributions made by parents who foster a love of learning and educators who acknowledge the importance of parental involvement and take action to make it an integral part of the school community,

NOW THEREFORE, I BEVERLY PURDUE, GOVERNOR OF THE STATE OF NORTH CAROLINA, do hereby proclaim October, 2010 as
"Parent Involvement Month" in North Carolina and
urge all citizens to commend its observance.



National Celebration Spotlights Individuals Committed to Public Education

During American Education Week, November 14–20, 2010, Americans nationwide will join the National Education Association in raising awareness about the need to provide every child with a quality public education. The celebration highlights the importance of bringing together educators, parents, students, and communities in a unified effort to build great public schools. It also reflects NEA's vision of calling upon America to provide public school students with quality schools so that they can grow and achieve in the 21st century.

"Public schools are the foundation of our country's prosperity and strength," said NEA President Dennis Van Roekel. "We must honor all Americans who are committed and dedicated to giving our nation's children a basic right to a great public education."

To further reinforce American Education Week's theme, each day of the week will spotlight the different people who are critical in building great public schools for the nation's 50 million K-12 students. American Education Week's celebration days include:

- **Monday, November 15: Kick Off Day.**
From national commemorations to local community events, millions of Americans will celebrate public education.
- **Tuesday, November 16: Parents Day.**
Schools will invite parents into the classroom for a hands-on experience of what the day is like for their child.
- **Wednesday, November 17: Education Support Professionals Day.**
Individuals who provide invaluable services to schools are recognized for their outstanding work.
- **Thursday, November 18: Educator for a Day.**
Community leaders will be invited to serve as educators to get a glimpse of a day in the life of a school employee.
- **Friday, November 19: Substitute Educators Day.**
This day honors the educators who are called upon to replace regularly employed teachers.

To help plan American Education Week's celebration days, NEA is offering a free, online toolkit, complete with promotional materials, activity ideas, and downloadable templates. The toolkit is available at www.nea.org/aew.

News from National PTA ...

Help Improve the Lives of Children

PTA Needs Your Vote

\$250,000 Grant to Million Hours of Power Can Benefit Kids

Do you believe that fathers and father figures make a difference in a child's life? Would you like to see more dads engaged in their children's education? Do you think male involvement can benefit children across the nation? If so, National PTA® would like you to invest just one minute a day to help it secure funding for an important initiative.

National PTA and our "Million Hours of Power" (<http://www.pta.org/4197.htm>) campaign earned a spot in the Pepsi Refresh Project for October. PTA has the opportunity to receive \$250,000 for this campaign with enough help from our leaders, members, and supporters.

What is Million Hours of Power?

Million Hours of Power is a campaign to inspire men to collectively dedicate at least one million hours of service to the health, education, and well-being of America's youth during this school year. The benefits to children are tremendous when parents get involved.

Winning the Pepsi Refresh project will allow PTA to organize town hall meetings, create tool kits for PTAs, launch media campaigns, and promote a male volunteer of the year award. These are just some of the ways the grant can provide PTA resources to educate men on how critical their involvement is to their children's development.



Why Male Engagement?

Research clearly shows that parent involvement is linked to kids' academic success. Unfortunately, not enough men get involved. The untapped potential is vast. Million Hours of Power can help tap this

resource by providing local PTAs and schools with toolkits for encouraging male involvement and recruiting more volunteers. National PTA knows the sacrifices that its volunteers make and earning this grant would be an honor for all of their hard work to benefit the nation's children. By securing this grant, PTA elevates the importance of getting men involved in schools and communities, which can generate more interest in getting involved.

How to Help

Just go to www.refresheverything.com/millionhoursofpower and sign up using an e-mail address (view an **instructional video** at <http://www.youtube.com/watch?v=3LXIQ8hxnM0> for more information about voting). For your convenience, you can bookmark the Pepsi Refresh link on your web browser or visit www.pta.org and vote from our homepage. You can also text your vote to 102484 if you do not wish to register an e-mail address.

There are great tools on the Pepsi Refresh project website to spread the word using Facebook, Twitter, and more. Plus, you can support other organizations including local PTAs by voting for as many as 10 different projects. Just be sure to post a comment on the other sites indicating your support and asking for support for Million Hours of Power.

For more information, download a free [promotion toolkit](#) from PTA.org.

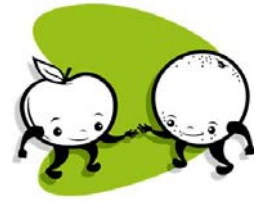
Who is Helping?

Our partners for the campaign include the National Fatherhood Leaders Group and members of [PTA MORE](#) (Men Organized to Raise Engagement) who are on a mission to get more men involved and produce more positive outcomes for children.

Remember to visit

www.refresheverything.com/millionhoursofpower and vote every day in October (don't forget weekends). Check our ranking and help move us to #1.

Energize Your Day with Healthy Foods



When you see athletes competing in sporting events do you ever notice what they eat and drink? In golf tournaments you may see competitors walking down the fairway drinking water or eating a banana or energy bar. Do kids need to eat something special to keep their energy up during the school day?

The best thing you can do to give your student a boost for their school day is to start them off with a healthy breakfast. Research has shown that children who regularly ate breakfast had better standardized test scores, better behavior, and were less hyperactive than children who skipped breakfast. This is why you hear a lot about how important breakfast is during end of grade tests. Well, breakfast is important every day! When you eat regular meals and snacks, including breakfast, you are more likely to consume a healthier diet.

A healthy breakfast should include foods from at least 3 food groups. Examples of a healthy breakfast include:

- Cereal with low fat milk and juice
- Peanut butter on multigrain bagel with low fat milk
- Waffles topped with strawberries and served with low fat milk

- Yogurt with fruit and toast
- Cheese toast with juice

To keep your child's energy level up during the school day, send nutritious snacks such as fresh fruit or a fruit cup, string cheese or yogurt, whole grain crackers with low fat cheese, etc. at snack time. Stay away from low nutrition snacks like chips, cookies, and sugary beverages.

Children have healthy lunch options from the school cafeteria or you can pack a brown bag lunch from home. After school, have healthy snacks readily available. Cut up veggies with low fat dip, ½ sandwich or other small snack should hold your child over until dinner.

At dinnertime, try to eat together as a family as often as possible. Instead of eating out or buying prepared foods, fix meals at home that include a variety of foods from MyPyramid (www.MyPyramid.gov). Use family meal time to check in with your student and see how their day was. Planning is the key! Don't forget to involve your children in meal planning, preparation, and clean-up. These are important skills they need to learn to be a healthy, responsible adult.

Sample Healthy Snack List

Animal crackers
Bagels (small)
Baked chips
CheezIts (reduced fat)
Fax-free pudding cups
Fig Newtons
Fresh Fruit
100% frozen juice bars
Ginger Snaps
Goldfish Crackers
Graham Crackers
Granola Bars
Low-fat or fat-free popcorn
Low-fat frozen yogurt
Low-Fat muffins (small)
Low-fat ice cream
Pretzels
Raisins
Raw veggies with low-fat dip
Rice cakes
String cheese
Vanilla wafers



15 Ideas for Getting your Family on the Move

1. Take active vacations (hiking, swimming, skiing).
2. At the mall or when running errands, use the stairs rather than the elevator.
3. Get pedometers and have a contest to see who takes the most steps in a given week.
4. Start a new tradition: take the entire family out for an after-dinner walk around the neighborhood or park.
5. Take on active chores as a family (gardening, raking leaves, shoveling snow, or washing the car)
6. Spend an afternoon at the local playground.
7. Play a sport together (baseball, soccer, softball, touch football).
8. Dance to your favorite music.
9. Go for a family bike ride.
10. Plant a family garden.
11. Play miniature golf.
12. Go to the zoo.
13. Take the dog for a long walk.
14. Whenever possible, walk short distances rather than using your car. When you drive, park a little farther away from the store.
15. Play games that your kids love (tag, Simon Says, Red Light-Green Light, Duck-Duck Goose).



Making a Difference



Senator Allran and Cassidy Collins, Raleigh, NC

Meet Cassidy Collins. She's a remarkable 12 year old North Carolina student who knows firsthand about the important lifesaving work which is the foundation of the American Heart Association (AHA). Cassidy was born with a life threatening heart problem called Transposition of the Great Arteries. She had her first surgery when she was 12 hours old. And when she was 6 days old, she had open heart surgery which saved her life. When she was in the hospital, her parents were given an American Heart Association brochure and since then they have committed their lives to our cause.

Several years ago, Cassidy's mom, Jennifer Collins, a North Carolina teacher at Oakwood elementary said that she would like to speak, in honor of her daughter, at the school's Jump Rope for Heart kick-off assembly. When Cassidy heard about this, she said mom, I am 10 years old, and I want to share my own story.

Cassidy spoke at Oakwood to a gym filled with K-5 grade students. After her 20 minute presentation, complete with a PowerPoint slide show, she answered questions from the group. Word quickly spread amongst the schools in the area and Cassidy was invited to speak at other area schools. Since then, she has spoken to many schools in both North and South Carolina teaching students about heart disease and the importance of leading healthy lives.

What Cassidy brings to the AHA is very special. By sharing her personal story, she allows students to identify with her and they learn that heart problems just don't happen to older people. She is someone that they can relate to and she is fast becoming the face of Jump Rope for Heart. Children and adults, alike, are able to understand the deeper meaning, and reason behind, Jump Rope for Heart.

Cassidy has also spoken to a large group of adults. For instance, she spoke at a Heart Gala in Catawba County.

She also gave a presentation for the Mid Atlantic Affiliate AHA School Site Managers. She's written special messages, appeared in an AHA video that was shared as a thank you to donors and has been featured in a heart hero segment of the American Heart Association's website.

Cassidy advocates for healthier lifestyles for all! She's taken her message to Raleigh sharing her own story with NC legislators like Senator Allran in order to advocate for quality physical education and improving child nutrition in our schools. First hand, Cassidy understands the importance of providing all children with a healthy environment in which to learn. Cassidy's advocacy has earned her many distinctions, including having her picture and story appear on both the 2009-2010 American Heart Association Hoops For Heart Parent Letter and Hoops For Heart Survivor card. She was also the recipient of the 2009 National Young Heart Leadership award!

Although Cassidy is doing very well and gets check-ups each year, she knows that one day, she will need to have another procedure to correct a condition called pulmonary stenosis. It is likely that she will need stents implanted through cardiac catheterization or possibly even open heart surgery to correct the stenosis. Cassidy says, "I try not to worry because I know each day doctors are getting better at fixing hearts and that is because of the American Heart Association."

Cassidy is a dynamic, driven and dedicated young lady who practices what she preaches and is active with volleyball and eating healthy. She is passionate about the AHA Mission to save lives and she and her mom, Jennifer, work tirelessly to share it with others. Jennifer is also a passionate supporter who states, "It's become even more important to me to support the AHA now that I realize all of the work that they do and the impact that they have on our everyday lives. As a mom of two other 'healthy' children, I see everyday how they are also benefitting from the AHA's advocacy and programmatic efforts to advance greater child nutrition and PE in schools. It's just too important not to care!"

To learn more about the AHA's advocacy efforts and health and wellness resources for students and their families, visit:

[http://www.heart.org/HEARTORG/GettingHealthy/Healthier-Kids/Healthier-Kids_UCM_304156_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp)

Six Warning Signs that your Child is Being Bullied

By Ted Zeff, Ph.D.



Approximately 160,000 children miss school every day in the United States for fear of being bullied; more than 50 suicides have been linked to prolonged bullying; and approximately 85% of school shootings have revenge against bullies as a major motive. School-related bullying has led to depression and poor school performance in many children. The costs of bullying are high, but, unfortunately, many children suffer alone, keeping their bullying experiences to themselves.

Many children are taught that it is a sign of weakness to ask for help, and frequently fail to tell anyone when they are being bullied for fear of appearing weak. Many children feel shame and assume, “Something must be wrong with me. Why else would they target me?”

Children who are bullied are at risk for developing a number of emotional difficulties, including depression and anxiety symptoms. Children who are particularly traumatized may go on to develop a specific type of anxiety disorder called, post-traumatic stress disorder (PTSD). PTSD is usually brought on by a terrifying physical or emotional event or series of events. Some of the symptoms of PTSD include trouble sleeping, withdrawal from normal activities, a lack of concentration, and emotional numbness. When children are suffering from PTSD, they are prone to develop strong physical symptoms in situations where they feel unsafe and in danger. They appear disconnected from others, and they experience an intense physical response from their nervous system that involves angry outbursts, jumpiness, and hyper alertness. This reaction is the nervous system’s response to potential danger, whether real or imagined, creating constriction, disassociation, and helplessness in order to protect the body.

When children experience trauma, they often become frozen and exhibit feelings of helplessness and shame, rendering them nearly unable to defend themselves when attacked or put under pressure. These traumatized children then bring this frozen state of helplessness to many other situations that they perceive as threatening throughout their lives. And, the more withdrawn these children become, the more fearful and helpless they feel, the stronger the likelihood that they will slip into serious emotional trouble.

Parents need to be aware of the warning signs when their children are experiencing depression, severe anxiety, or PTSD that may be due to bullying. The following is a list of red flags to look for:

- Is your child disconnecting from people and isolating him/herself in their room? Although teens usually separate from the family, they normally connect more often with their friends.
- Has your child developed physical problems such as stomachaches and headaches that interfere with their life?
- Has your child’s schoolwork recently suffered, and is it difficult for your child to concentrate?
- Does your child have trouble falling or staying asleep or experience frequent nightmares?
- Does your child seem listless, unenthusiastic, and disinterested in life?
- Have you noticed that your child seems hyper vigilant, extremely nervous, depressed, or emotionally explosive (beyond the normal teenage angst and moodiness)?

If you suspect that your child is suffering from any of the above symptoms that is interfering with their life and you have not been able to help alleviate their suffering, you should consider having your child evaluated by a licensed psychologist, licensed marriage and family counselor, or licensed social worker. If you can’t afford to pay for private therapy sessions, virtually all cities have low-cost therapy clinics (check with your city or county department of mental health).

Dr. Ted Zeff is the author of *The Strong, Sensitive Boy*

For more information please visit www.drtedzeff.com or the amazon.com book link: <http://amzn.to/ciWRxa>



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North Carolina PTA Night

To benefit the Family Involvement Programs



Carolina Hurricanes vs. Florida Panthers
Saturday, November 6, 2010 - 7:00 p.m. - RBC Center

The North Carolina PTA has teamed up again with the Carolina Hurricanes to bring you a special opportunity! Purchase a deeply discounted ticket for the Saturday November 6th Hurricanes vs. Panthers game and support the NC PTA. A portion of every ticket purchased through this special offer will benefit the NC PTA Family Involvement Programs.

To purchase tickets through this special opportunity visit:

www.carolinahurricanes.com/pta

Tickets can easily be purchased and printed via the comfort of your home/office computer by visiting the link above

| North Carolina PTA Night Pricing | | | |
|----------------------------------|------------|------------|---------------|
| Seat Location | Gate Price | Your Price | Donation Back |
| Upper Corners North | \$30 | \$19 | \$4 |
| Balcony Premier | \$45 | \$27.50 | \$5 |
| Lower Level North | \$80 | \$50 | \$10 |
| Lower Level South | \$80 | \$50 | \$10 |

North Carolina

PTA[®]

everychild.onevoice.

Why Volunteer?

If this is a journey, then what is my job?
What do you want me to do?
Be a tutor, a reader, a shelper of books
A lunch lady for a teacher's chat and chew.



Be a chairman, a mentor, a room mother and
When you finish and feel you've done well
Look to being an officer of this unit strong.
The rewards are impossible to tell.

So what am I paid to do this hard work?
What is my reward for my giving?
It's a smile, a hug, a letter grade raised
It's relationships for a lifetime of learning.

You mean you are not paid for your work,
You really do this for free?
Oh, no, our work is priceless to us
It's children's futures as far as one can see.

I'm a volunteer but I'm not lesser for it.
Love for children is my fuel and fire.
PTA gives me a way to help them all,
And that everyone can admire.

So join us now and make us strong
Be proud of PTAs 100+ years.
Rewards may not come tomorrow
But they'll come through the children, never fear.

Be proud of your work, your time, and your job
Take your unit to new heights everyday.
Volunteer! Raise your hand and loudly proclaim
I'm a card carrying member of the PTA.

By Judy Mountjoy, President NCPTA 1990-92,
National PTA Officer 1993-98

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WOW!!!! LOOK WHAT'S HAPPENING IN OCTOBER & NOVEMBER

October

- Celebrate Parent Involvement Month
- Crime Prevention Month
(<http://www.ncpc.org/about/crime-prevention-month>)
- Breast Cancer Awareness Month
- **15 – Blue Key Award deadline**
- 17-23 — National Character Counts Week
www.charactercounts.org
- 21 — Lights on Afterschool
<http://www.afterschoolalliance.org>
- 23-31— Red Ribbon Week begins
(<http://www.stopalcoholabuse.gov/RedRibbonWeek/index.htm>)

November

- PTA Healthy Lifestyles Month – www.pta.org
- American Indian Heritage Month
<http://www.ihs.gov/PublicAffairs/Heritage/index.cfm>
- 1 — National Family Literacy Day
- 2 — Election Day
- 4 — **NC PTA's 91st Birthday**
- 7 — Daylight savings time ends
- 11 — Veterans Day
- **15 — Honor Roll deadline**
- **15 – Treasurer: deadline to file 990EZ or 990-N e-postcard with the IRS. (for detailed information go to <http://www.ncpta.org/pta/finance.html>)**
- 14-20 — American Education Week
www.nea.org/aew
- 21-27 — National Family Week
(www.nationalfamilyweek.org)
- 25 — Thanksgiving Day