

# *Northwest Cook Region District 37 Dialogue*

National Congress of Parents and Teachers  
Illinois PTA – District 37 Publication – Fall: 2011

Nicole Fentem, Director

[www.ilpta-d37.org](http://www.ilpta-d37.org)

Michele Sheppard, Editor

## From Our Director

THANK YOU!

Thank you to everyone who attended our Annual Meeting and Fall Conference dinner in October. Your support is much appreciated throughout the year and it is wonderful to see, especially on night's like this when we specifically require your voice. Having so many stakeholders for our children together in one room creates a positive energy like no other. The cooperation and collaboration we are able to share with our school administrators is critical for student success. Thank you all for your continued efforts on behalf of our children.

A special advanced thank you to our nominating committee that was elected at our meeting. I am confident they will work with due diligence in slating our next Region Director. Your input is always greatly appreciated on this selection as well, so if you know someone or that someone is you; please contact anyone on the committee. The committee is as follows: Tracey Coleman, Ann Sherrick, Lisa Guagenti, Jody Stauzenbach, and Joan Scovic. The committee met briefly after our meeting and selected Tracey Coleman as the chairman of the committee. Tracey can be contacted at [traceycoleman@sbcglobal.net](mailto:traceycoleman@sbcglobal.net) with any questions or suggestions.

With November upon us, we are in the midst of holiday season and celebrations! It also means that our audits and budgets for the PTA year should have been presented at a general membership meeting and our liability insurance premiums should have been paid. For the majority of PTAs,

November is also the month that the IRS is expecting to see our taxes filed with them. Filing taxes is legally mandatory for every PTA. If for some reason you cannot file on time, be sure to file for an extension so that the PTA does not incur unnecessary penalties that tend to be expensive. If your PTA does not already have a checklist made with crucial deadlines ideally in calendar order, create one now. A checklist will help you stay organized with paperwork and payments, this will leave you with much more time to do the things we came to PTA to do – enrich the lives for all children.

Celebrate your family, friends, community and PTA throughout this season. Remember, PTA Rocks!

*Nicole*

Nicole Fentem

Illinois PTA District 37 Director

## **DATES TO REMEMBER**

November 15, 2011 – PTA Road to Success 6:30 PM  
D15 Administration Building, AH

January, 2012 – Nominating Committees 7 PM  
Place TBD

February 29, 2012 – Reflections Reception 7 PM  
Lincoln School, NWSC

March 9,10, 2012 – Illinois PTA Convention  
Marriott, Schaumburg

## MEMBERSHIP – Lori Filby



We're rockin' now! Yep, we've all submitted our first dues payment and we're on the board for the year with our first tally of members.

Congratulations! No matter the size of your current membership, there is some sense of relief in knowing that the first goal is met and the rest of the year lies ahead. Some of us are very close to our membership goals, while others have quite a long way to go. No worries, we're going to keep the music playing until everyone is dancing along to the PTA beat!

Congratulations to our Get in the Games winners, who were honored at the District 37 Fall Meeting last month. The gold, silver and bronze medals were awarded to Lincoln PTA of NWSC, Stevenson PTA and Aldrin PTA respectively to recognize their achievements in both membership numbers and program participation last school year.

Those games were fun, but now we're moving to a new beat with **PTA Rocks!** To get us started, I've pulled out my PTA iPod and flipped through all the rockin' songs that made my playlist of PTA membership recruitment hits. Keep in mind that I am by no means a lyricist, so I have no idea for the most part what the real messages are in these songs, but I'll tell you what comes to my mind when I put these titles into a PTA context and maybe you'll find some inspiration too. Here are just a few that I've chosen to get you going this month.

### **Old Time Rock and Roll – Bob Seger – 1979**

As we begin our journey through rock titled songs, I am reminded to tell you again how far back this organization's roots go. For more than 100 years PTA has been *rockin'* our world by providing support, education and advocacy for all kids. When you are recruiting—basically asking people to give you a little slice of their hard-earned pie—have some of these facts ready to prove to them that they are spending their money wisely. For instance, PTA had a hand helping to develop hot lunch

programs. Yes, in school districts across our country, kids who need a good healthy meal are getting it and feeling a little less hungry thanks to PTA and its work with schools and government agencies. It also couldn't hurt to keep a running list somewhere of what your PTA has done each year for the school community. Send a recap letter to every member at the end of the year telling them what you did and how very many children were affected by your PTA's good work.

### **Rock This Town – Stray Cats 1982**

Possibly the most untapped resource in your membership quest is your town. Not necessarily your neighbors, but your elected officials, town administrators, park district board members, athletic association boards, etc. You get the picture. These folks may or may not be a part of your school community, but their actions definitely affect your school in some way. Send out a letter detailing what you have done and what you plan to do and be sure to mention—oh so gently, of course—how many of their fine constituents are already members of your PTA and/or members of your school community. In some cases you may be able to double-tap this demographic if you serve more than one community, for instance Schaumburg and Hoffman Estates, or Elk Grove and Rolling Meadows.

### **Rock of Ages – Def Leopard – 1983**

Ah, yes, a song from my era that brings back memories not at all tied to PTA, but that reminds me to give my mom a call. I call her often, but I haven't yet asked her to be a PTA member. My mom's a sucker, as is my father-in-law, for anything involving my kids. She'll be happy to join our PTA. I am also going to mention it to my babysitter, who is away at college. She's another one who can't resist my kids and their causes. See where I'm going with this? No friend or family member is too young or old to be a member of your unit and most of them will love being able to brag about being part of some sweet little child's PTA. I know we've mentioned this recruitment tactic before, but it bears repeating. Also don't forget your neighbors whose kids are grown and on their own now. I said grandparents and they are probably somebody's grandparents, right?

## MEMBERSHIP – Lori Filby, cont'd

### **Jailhouse Rock – Elvis Presley – 1957**

For this song, focus more on the *house* and less on the *jail*! Always a classic, both song and singer, and from this title we are reminded that everyone in our own *house* is affected by the PTA. This means that you should never accept the excuse from a parent, educator or staff person that their spouse doesn't need a membership, because they never go to things. Poppycock!

Nearly every parent, current member or not, has attended a fun fair, pancake breakfast or spaghetti dinner, eaten previously frozen cookie dough or received a craft, holiday shop gift or a newly learned fact from an assembly. In all those cases, somewhere your local PTA had a hand in it. Reminding them, we're all in this cellblock together can help convince them too to rock with PTA!



### **Takin' It to the Streets – Doobie Brothers – 1976**

As you are rockin' PTA and gaining members, be sure to remind your community and your members of the good things you are doing. Of course your monthly meetings will take care of most of this, but unfortunately not everyone comes to these meetings. Don't be shy either. Send out updates on projects good and bad. Let them know why you are making the decisions you are making, what worked and what didn't and consider asking for feedback on things you've done to see what people really think. And definitely use your newsletters to thank those who helped. Don't forget to thank those who had passive roles in your successes as well as those who were there giving hands on support. For instance, did your cookie dough sale exceed your expectations? Then say thanks to everyone who bought cookie dough and even to those who enjoyed it. If it weren't for the cookie eaters, there'd certainly be no need for cookie bakers and dough sales. People love to be thanked and good will is always appreciated.

With that in mind, THANK YOU! Thanks for what you've already done this year and for continuing

your pursuit of whatever lofty membership goals you have. Make your own PTA Rocks! playlist and share it with your members. Better yet, challenge your members to tell you what sort of music, lyrics, titles or styles, can be translated to send the message of PTA. You may find that someone will give you a little bit of marketing copy that makes your recruitment efforts easier.

As I continue to move to my PTA beat, embarrassing my kids along the way, I sing out of tune and dance pretty badly, but I think District 37 is a great place to be and together we are all rockin' PTA and making a difference for all of our kids.

## NEWSLETTER– Michele Sheppard

Have you published your first newsletter?



I have received copies of a few newsletters so far and the PTAs in District 37 definitely do ROCK!. The information that I have read has been outstanding. Keep up the good work. If your newsletter is not sent to the District Director and myself, we will not know about all the great things that your PTA is doing. While there are over 60 units in our district, I enjoy reading every newsletter that I receive.

One item that often causes confusion is how to note the source for an article.

PTAs are welcome to reprint PTA-authored newsletter articles from *PTA Partners in Leadership*, *PTA Local Leader News*, and *PTA Parent* in their publications. Both state and local PTAs may reprint National PTA articles for PTA purposes, so long as they include proper attribution.

All reprinted PTA articles must include the following credit line: ***Reprinted with permission from National PTA.***

To reprint articles from non-PTA sources, you must seek permission from the author or originating organization. These articles will have either a byline with attribution at the beginning of the article or a "reprinted with permission" statement at the end, or both.

## TECHNOLOGY – Brent Fentem

Source: *Common Sense Media; Newsletter/Special Edition – October 25, 2011*

Did you read to your kids today?

Did you hand over your iPhone at the store? If so, you're not alone.



Common Sense Media has conducted a new study of how families use media and what it means for kids' health and well-being, particularly in children ages zero to eight.

The study shows that with the increase of different types of media: iPods, smartphones, tablet computers, desktop computers and television it is now a regular part of kids' lives, with kids under 8 averaging two hours a day with all screen media. Among the key findings:

- 42% of children under 8 years old have a television in their bedroom.
- Half (52%) of all 0- to 8-year-olds have access to a new mobile device.
- More than a third (38%) of children this age have used one of these devices, including 10% of 0-to 1-year-olds, 39% of 2- to 4-year-olds, and more than half (52%) of 5- to 8-year-olds.
- In a typical day, one in 10 (11%) 0- to 8-year-olds uses a smartphone, video iPod, iPad, or similar device to play games, watch videos, or use other apps. Those who do such activities spend an average of 43 minutes a day doing so.

This study reinforces the need for guardians to get involved in youth's media life. By doing so, we can help them create healthy lifelong patterns that will truly make a difference in their lives. Three things Common Sense Media suggest guardians do are:

- Balance the types of media your kids are exposed to.
- Choose age-appropriate, quality content that reinforces your family's values.
- Watch, play, read, and listen with your kids.

## TREASURER – Barb Quinn

### IMPORTANT REMINDERS

**The fiscal year for most units ends on June 30<sup>th</sup> which means that state and federal taxes must be submitted by November 15<sup>th</sup>. Check your bylaws to determine your fiscal year.**



### NEW REQUIREMENT

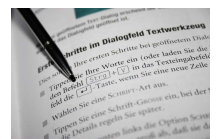
**Beginning this year, a copy of the 2011 tax form and the 2010-11 Audit report MUST be submitted to the Illinois PTA State office at P.O. Box 907, Springfield, IL 62705-0907.**

Please contact me with any questions,

Barb Quinn 847-985-9078 [bquinnpta@aol.com](mailto:bquinnpta@aol.com)

## SECRETARY – Michele Sheppard

By now, your PTA should have had at least one board meeting and possibly a general membership meeting. Have you transcribed your notes into the official minutes?



My tip for this newsletter is to suggest that you transcribe your notes shortly after the meeting. The more time that elapses between taking your notes and actually completing the minutes, the greater the chance that important details are forgotten. If you don't have time to complete the minutes right way, at least read over your notes and clarify any items that needs more details. Try it! See if it helps.



## **HEALTH/SAFETY – Joyce Stenzel**

### **Hey School PTAs – *Let's Move!***

As we are all trying to live and set examples of a healthier lifestyle, here are five simple steps that our PTAs can do to assist principals, teachers and parents to make our schools healthier places. Using the website, [www.letsmove.gov/action](http://www.letsmove.gov/action), that outlines our First Lady Michelle Obama's health incentive for all American children, here are some listed suggestions for schools (and PTAs) to take action and GET MOVING. This five step program, which is part of the school take action plan as listed on this website, can start the process to ensure that our children are learning about quality nutrition, integrating physical activity during the day and embracing a healthy, active lifestyle.

#### **Step One – Create a School Health Advisory Council**

- Create or become an active member of the school health advisory council. The council should include students, parents, teachers, administrators, other school staff, and community representatives.
- Guide your process on implementing healthy eating and physical activity policies and environment using the Center of Disease Control's (CDC) Make a Difference at Your School: Key Strategies to Prevent Obesity.
- The council can assess your school's physical education, physical activity, and nutrition policies and environments using the CDC's School Health Index.
- Conduct a "walkability assessment" of the area around your school to identify unsafe crossings, broken sidewalks, or other environmental factors that deter students from walking to school. The Department of Transportation's National Highway Traffic Safety Administration offers a "walkability checklist" that your community can use.

#### **Step Two – Join the Healthier US Schools Challenge**

The Healthier US Schools Challenge establishes rigorous criteria for schools' food quality, participation in meal programs, physical activity,

physical education, and nutrition education the key components that make for healthy and active kids and provides recognition for schools that meet these criteria. With more than 31 million children participating in the National School Lunch Program and more than 11 million participating in the National School Breakfast Program, good nutrition at school is more important than ever.

#### **Step Three – Make Your School a Healthy Worksite**

Be a role model to students for a healthy lifestyle. Encourage staff to be active and consume healthy foods and beverages.

- Establish goals for improving healthy behaviors among staff (e.g., increase the proportion of school employees that meet the national physical activity guidelines.)
- Implement a variety of healthy eating and physical activities that emphasize health education, skill building, and changes to the school environment.
- Consider making changes to create healthier workplace, such as including incentives for physical activity or walking or biking instead of driving to school.
- Lead by example. Walk with your students, and eat with them.

#### **Step Four – Incorporate Nutrition Education and Physical Education into the Curriculum**

Engage students in healthy eating and physical activity concepts by making them age appropriate and relevant to their daily lives and experiences.

- Teach younger children their colors using fruits and vegetables.
- Have middle school children learn about weights and measures using fruits and vegetables from the school garden.
- Older students can learn about nutrition through calorie counts and daily nutritional value charts.
- Take a walk outside as part of a science class or ask students to name and act out action words from a story through physical activity.

*America's Move to Raise a  
Healthier Generation of Kids*

## HEALTH/SAFETY – Joyce Stenzel, cont'd

### **Step Five – Plant a School Garden**

School gardens offer opportunities for fun and physical activity while also serving as an important educational tool to help students understand how healthful food is produced. Some research suggests that school gardens used as part of a nutrition education strategy can increase knowledge of fruits and vegetables and influence behavior change among children.

- Plant an outside or inside fruit, vegetable, or herb garden that students are responsible for tending to and growing. Enjoy the “fruits” of your labor at harvest time!
- Help students develop a partnership with local businesses, parents, or other community groups, such as the Cooperative Extension Service if resources are an issue. Many communities have “master gardener” programs that could help.
- Incorporate school gardens into classroom lessons (e.g., science, cooking) to provide students with hands on, multi disciplinary learning activities. Food service staff can make students more familiar with the school garden produce through taste tests and learning food preparation techniques for a healthy meal.
- Schools can further make the link between agriculture and nutritious food by inviting local farmers markets to operate from area school yards

Again, here are FIVE simple steps to help schools and their PTAs to take action and to get all students moving to a healthier lifestyle. So, take action and LET'S MOVE!!

Information Source: [www.letsmove.gov/action](http://www.letsmove.gov/action)



## Illinois PTA News

Mark your Calendar and plan to join

**T.E.A.M. PTA** at the

**Illinois PTA State Convention**

**March 8 - 10, 2012**

**Chicago Marriott Schaumburg, Schaumburg, IL**

*Together Everyone Achieves More ...*

*so plan to join T.E.A.M. PTA in March 2012!*

### **Convention Line up to include:**

PTA University Courses  
Exhibitors/Vendors  
PTA Store  
Reflections Showcase  
Delegation Wide Idea Swap Session  
Amazing Keynote Speakers  
National PTA Representation/speakers  
Movie Screening of “Race to Nowhere”  
PTA Regional Meetings  
Networking  
Leadership Education  
Advocacy Training

Volunteering at the convention is a fun and easy way to see what the convention is all about. Volunteers are needed to help with many different aspects of the convention. Contact Nicole Fentem if you are able to volunteer.



## REFLECTIONS – Joan Scovic

### Reflections Packaging Update



Illinois State PTA has decided that packaging projects to meet the National standards as found on all forms will be the responsibility of the District Reflections Chairs. This decision will be for this year, in Illinois. It is the National PTA goal that all families eventually label and electronically submit their own child's project to each school.

For the 2011-2012 school year, local chairs just need to make sure that all projects are labeled with the child's name and school (on the back) and that all necessary entry form and consent form paperwork is forwarded to the council level of the program. This includes the mandatory artist statement and all signatures.

The local participation form is an excel document this year that can be found at [www.ptareflections.org](http://www.ptareflections.org). All local chairs need to fill out one line of information for their school on each of the two tabs in the document (one for project numbers and one for contact information). The document should then be forwarded to the council and district reflections chairs.

Local unit portfolios should include:

- All of your student projects
- Entry forms and consent forms for all projects
- A list of all projects moving on in the program from your local unit
- The local participation form spreadsheet

Portfolios are due to the council level on November 11. Councils and non-council local units need to have their portfolios to me (District 37 level) by December 9.

Finally, National PTA has added forms and rules in Spanish to the Reflections website. Please visit [www.ptareflections.org](http://www.ptareflections.org) to download this newly posted information.

As always, please let me know if you have any questions or concerns.

### Ten Lessons the Arts Teach

1. The arts teach children to make good judgments about qualitative relationships. Unlike much of the curriculum in which correct answers and rules prevail, in the arts, it is judgment rather than rules that prevail.
2. The arts teach children that problems can have more than one solution and that questions can have more than one answer.
3. The arts celebrate multiple perspectives. One of their large lessons is that there are many ways to see and interpret the world.
4. The arts teach children that in complex forms of problem solving purposes are seldom fixed, but change with circumstance and opportunity. Learning in the arts requires the ability and a willingness to surrender to the unanticipated possibilities of the work as it unfolds.
5. The arts make vivid the fact that neither words in their literal form nor numbers exhaust what we can know. The limits of our language do not define the limits of our cognition.
6. The arts teach students that small differences can have large effects. The arts traffic in subtleties.
7. The arts teach students to think through and within a material. All art forms employ some means through which images become real.
8. The arts help children learn to say what cannot be said. When children are invited to disclose what a work of art helps them feel, they must reach into their poetic capacities to find the words that will do the job.
9. The arts enable us to have experience we can have from no other source and through such experience to discover the range and variety of what we are capable of feeling.
10. The arts' position in the school curriculum symbolizes to the young what adults believe is important.

Reprinted with permission from [www.arteducators.org](http://www.arteducators.org).

SOURCE: Eisner, E. (2002). The Arts and the Creation of Mind, In Chapter 4, What the Arts Teach and How It Shows. (pp. 70-92). Yale University Press. Available from NAEA Publications. NAEA grants reprint permission for this excerpt from Ten Lessons with proper acknowledgment of its source and NAEA.



**NORTHWEST SUBURBAN COOK REGION/  
DISTRICT 37 ANNUAL MEETING**

The annual meeting was held on October 17<sup>th</sup> at the Cotillion in Palatine. We celebrated the outstanding work of our PTAs that ROCK!



The 2010-2011 Local Unit Recognition Award is presented to:

- Hale
- Dryden
- Keller
- Lakeview
- Hanover



The 2010-2011 Local Unit Honorable Mention is presented to:

- South Aldrin
- Windsor Sandborn
- Greenbrier Campanelli



The 2010-2011 Local Unit Honor Award is presented to:

- |                |               |
|----------------|---------------|
| Lincoln - NWSC | Hunting Ridge |
| Eisenhower     | Stevenson     |
| Fairview       | Westgate      |
| MacArthur      | Ivy Hill      |
| Marion.Jordan  | Paddock       |
| Thomas         |               |



The OUTSTANDING LOCAL UNIT for 2010-11 is presented to Winston Campus Jr. High.

GET IN THE GAME MEMBERSHIP AWARDS were presented as follows:

- Gold** Medal to Lincoln PTA, Palatine
- Silver** Medal to Stevenson PTA
- Bronze** Medal to Aldrin PTA.

**Congratulations to all! Keep on Rocking!**  
Special thanks to Kelly Hemphill and Tracey Coleman for their hard work to make the evening a success.



## DISTRICT 37 COUNCIL CORNER

### Northwest Suburban Council of PTAs

Many of our PTAs struggle to connect with bilingual families in spite of our best efforts. Dr. Cheryl Wolfel, Director of Second Language Programs at Palatine's District 15, recently shared the following tips with NWSC's president:

Parent involvement at school is not part of many cultures. School personnel guide what happens at school, while parents preside over the home.

Therefore, many parents do not understand the purpose or role of PTA. PTAs may want to conduct a program introducing parents to the idea of PTA and emphasizing the benefits to students of parent involvement.

Likewise, use a parent education or family program to draw in new parents. They will consider a program on study skills or how to approach a parent-teacher conference much more valuable than the "nuts and bolts" business procedures and committee updates of a PTA meeting. Find a parent volunteer or a school staff member who can translate as the presenter is speaking. CCSD15 has headsets that allow parents to hear the translation; see if other districts have similar technology available. Also consider offering transportation or babysitting service to remove barriers to participation.

Also this fall, NWSC PTA presented its first program of the year on September 26: "Healthy Kids From Home to School and Back". Speakers from Buehler YMCA, Northwest Community Hospital and CCSD15's School Nutrition Services and Physical Education Department shared tips on how to get kids active and how to make healthy food choices both at school and at home. We learned about proper portion sizes, how school lunches have improved to meet stricter federal guidelines, and the importance of staying active.

*Tracey Coleman  
NWSC President*



### Schaumburg Township Council of PTAs

- Everyone needs to feel loved. As parents, we never stop nurturing.
- Encouragement is to children as water is to plants.
- Practice "The 3 C's" – Never criticize, never complain, never condemn
- How do children spell love? – TIME - Quality Time & Quantity Time
- Simple Six Rules for Developing a Healthy Self Esteem
  - Address your child by name
  - Give your child responsibilities
  - Encourage children to express, not stuff, their feelings
  - Set your child up to succeed
  - Practice the carry-over principle
  - Lose labels
  - Improve your own self-confidence

The above are quotes we heard from Jerry Criss (a.k.a. Mr. Positive) at our first general membership meeting of the year. Jerry's presentation about Building Your Child's Self Esteem was humorous and informative. He stressed the importance of the connection/relationship we build with our children as being essential to our children's self esteem. Our relationship with our kids is the cornerstone to helping our children be confident, resilient and bully free. Jerry also stressed that our children need our time – quality time - even when it seems they don't want us around. Stay connected, stay aware and keep the conversation flowing in an interested and nonjudgmental way.

What a great turnout STC had at the D37 dinner. I believe we had all 27 schools represented. I also want to thank the District 54 school board members, administrators and building principals for attending the dinner. The support of our administrators is so appreciated! Our PTAs all work so hard to benefit all our children it was great to see so many of our local units receive recognition. Congratulations to Aldrin PTA and Stevenson PTA for receiving membership awards. Kudos goes to Hale PTA, Keller PTA, Lakeview PTA and Hanover Highlands PTA for receiving recognition for their honor award applications. Great work goes to Aldrin PTA and Campanelli PTA for receiving honorable mention

## DISTRICT 37 COUNCIL CORNER, continued

### Schaumburg Township Council of PTAs – cont'd

and CONGRATULATIONS to Eisenhower PTA, Stevenson PTA, Fairview PTA and MacArthur PTA for receiving Honor Awards. It is always so fulfilling to see our work recognized. I encourage all the STC local units to begin thinking now about what programs they put on for their schools and communities of which they are most proud. Then, when the time comes to complete the honor award application, you will already know what you want to say. Keep up the great work!

*Lisa Guagenti*  
STC President

### Arlington Heights Council of PTAs

November is both National PTA Healthy Lifestyles Month and the kickoff to our nation's holiday celebratory feasting. At this time of year, Healthy Lifestyles Month reminds us to practice good nutrition and regular physical activity, even in simple ways like reducing sugary drinks ([www.pta.org/healthy\\_lifestyles.asp](http://www.pta.org/healthy_lifestyles.asp)) and rewarding children to start eating more fruit. So, maybe after going for a walk, ask yourself what your PTA has implemented lately to support increased physical activity in students and families and improved nutrition in its school community.

The Arlington Heights Council of PTAs and our nine school PTAs (Dryden, Greenbrier, Ivy Hill, Olive-Mary Stitt, Patton, South Middle School, Thomas Middle School, Westgate, and Windsor) have implemented some. Yet, we are always looking for more good ideas for activities and programs that simply work to engage students and families. Here is a sampling of fun and healthy living activities and programs that we've done lately:

- Running clubs at school
- Bike rodeos

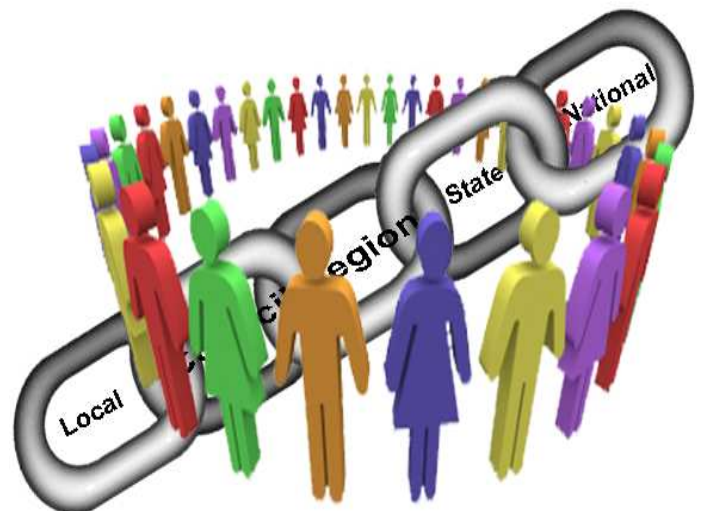
- Walk-a-thon inside the school building during a winter month
- Working with District 25 Food Services to support a fruits and vegetables morning snack program at elementary school

On November 10<sup>th</sup>, the Arlington Heights Council of PTAs will host our 2<sup>nd</sup> Annual PTA Family Wellness Fair at 6:00 PM at South Middle School in collaboration with District 25. Prizes, give-aways and fun are being served up, all for free. It is a once a year event but with an emphasis on providing families with the information and inspiration to move into their daily lives. Among other fun activities, children will have the opportunity to train with a former Chicago Bear, to play basketball, tennis, and soccer with skills training, and more. Families will have access to valuable information on health, fitness, cooking demonstrations, and menu planning.

Please send us your successful experiences on programs and activities that have worked in your own school communities.

Last but not least, we are grateful to our AHC 1st Vice President Krysta Zyck for her planning of the fun and inspiring night ahead at our 2<sup>nd</sup> Annual PTA Family Wellness Fair and to District 25's Food Services Director, Coletta Hines-Newell, and her staff. Thank you for all of your tremendous work. With you, PTA Rocks!

*Shannon Silverman and Jody Stautzenbach*  
AHC Co-presidents



## National PTA® News

### **SAVE THE DATE for the 116th Annual National PTA Convention and Exhibition**

**June 21–24, 2012**  
**San Jose McEnergy Convention Center**  
**San Jose, California**

Join hundreds of PTA leaders at the [National PTA Convention](#) where you can:



- Attend dozens of workshops led by dynamic presenters to enhance your confidence and leadership skills;
- Gain practical ideas and best-practices on how to run your state, regional, or local unit PTA;
- Receive advocacy, education, and program updates about how you can make a difference in government and family engagement;
- Network with hundreds of peers and exhibitors from around the country, and;
- Check out the great attractions and activities San Jose has to offer by visiting the San Jose Convention and Visitors Bureau website, [SanJose.org](#).

#### **IMPORTANT DATES**

- **November 1, 2011:** Call for Workshop Presenters Speaker Proposals Opens
- **January 4, 2012:** Registration Opens

More information about registration fees, hotels, travel arrangements, and the workshop schedule will be announced on [PTA.org](#) in **January 2012**.



## NWC REGION/DISTRICT 37 BOARD

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