

- North Dakota PTA
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PTA Mission

To support and speak on behalf of children and youth in the schools and before governmental agencies and other organizations that make decisions affecting children;

To assist parents in developing the skills they need to raise and protect their children;

To encourage parent and public involvement in the schools of this nation.

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PTA...

Imagine what the founding mothers of PTA were thinking in mid summer 1895. Did they imagine that in over 100 years their vision would be affecting the lives of millions of students across the world?

36 year old Alice Birney had an idea and teamed up with Phoebe Hearst to unite mothers and fathers for the good of their children. The group that grew from this idea was named the National Congress of Mothers officially known today as PTA.

Alice and Phoebe came together in Washington D.C. where they eventually held the first National Convention on February 17, 1897. They had hoped for a few people to attend to join their mission and 2,000 attended the convention in Arlington, VA.

February 17, 1897, officially became "Founders Day."

Did you know that at the 1899 Convention, a resolution calling for "the establishment of a National Health Bureau which shall

disseminate knowledge tending towards the health of humanity" was brought before the delegation. With the persistence of the National Congress of Mothers, in 1913 the federal government created the United States Public Health Service.

Locally, North Dakota became a PTA in 1915.

How will your unit celebrate Founders Day?



Important Legislative Update—Page 4 & 5

2011-12 School Year Prep

As you round the corner of another school year, don't forget about the important planning for next year. Nominating Committees should be forming to create a slate of officers for the next school year. The state office will be sending the official Officer's Form to your unit in the next few weeks. In order to create a

seamless transition, it is important to find officers prior to the end of this school year.

Don't forget to consider attending the ND PTA State Convention and Family Expo. The date has been set for October 29 in Fargo. If you are interested in serving on the planning committee, please let the state office

know of your interest.

Also consider attending the National PTA Convention. This year's convention will be held in Orlando, FL June 9-12. The National Convention is a great opportunity to learn more about PTA and bring back exciting ideas to enhance your PTA unit!



*“Children are
the world’s most
valuable
resource and its
best hope for the
future.”*

*John Fitzgerald
Kennedy*



Reflections—Frequently Asked Questions

Who is eligible to participate? Participation in the Reflections Program is open to any student through a local PTA/PTSA in good standing. It is the responsibility of the local unit to determine each student’s eligibility in the Reflections Program.

May students use a piece of artwork created for another arts competition? All entries into the Reflections Program must be new pieces of artwork inspired by the current year’s theme and created expressly for the program. Artwork produced before the dissemination of the theme or created and used on another competition or program may not be submitted.

May students use copyrighted material as a source for their artwork?

Use of copyrighted material is not acceptable in any submission, with the following exceptions:

- Photographs, visual artworks, and films may include public places, well-known products, trademarks, or certain other copyrighted material as long as the copyrighted material is incidental to the subject matter of the piece and/or is a smaller element of a whole. The resulting work cannot try to establish an association between the student and the trademark/business/material, or influence the purchase/non-purchase of the trademarked good.
- Visual arts collages may include portions of existing copyrighted works, such as photographs, magazine clippings, internet images and type cut out of a newspaper, as long as those portions of copyrighted works are used to create a completely new and different work of art. A collage should be judged on its whole, not by its parts, and whether the resulting work stands as a creative, original work of art on its own.
- Dance choreography and film production entries may use copyrighted music. The title, composer, and performer of any music used must be credited and documented on the Student Entry Form.

Dance Choreography: Does the choreographer (the student submitting the entry) have to be one of the performers? The choreography must be the work of one student and must demonstrate both creativity and interpretation of the theme. There may be up to three dancers. The choreographer need not be one of the dancers.

Can martial arts, gymnastics, ice skating, or synchronized swimming performance be submitted as a dance choreography entry? A dance choreography entry may employ any number of diverse forms of dance and/or inspiration from many areas, including sports. However, the primary choreography must utilize some of the core principles of dance. The entry submitted should not be a recording of a demonstration or routine used in a meet or competition for any sport.

Film Production: Does the student submitting the entry have to appear in the film? The student must be the director, screenwriter and camera person. He or she does not have to appear in the film. If any minors appear in a film, the student submitting the entry should obtain the consent of the minors’ parents/guardians. The names of any persons who appear in the film must be listed on the Student Entry Form.

Musical Composition: May students use notation software for creating musical composition scores? A student may use notation software. Imported MIDI files or files from other sources are not acceptable.

Photography and Visual Arts: May students submit computer-manipulated photos or visual arts pieces generated on a computer? The use of digital manipulation in the areas of photography and visual arts should be noted on the Student Entry Form, along with the software used.

National Awards: How will I know if a child in my unit wins a national award? The announcement of national Reflections Program award winners occurs in May each year. The national PTA office issues a press release and sends an email to all state PTA offices and state arts chairs about the winners. The state are responsible for notifying students and units of national awards, with the exception of the Outstanding Interpretation Award recipients. The national PTA office personally notifies the Outstanding Interpretation Award recipients.

When are the national awards mailed? The national Reflections Program awards and certificates are mailed after the PTA National Convention, by the end of July.

North Dakota PTA Calendar

Event	Date	Location
Reflections Projects due	February 4, 2011	State Office—623 E. Main, #106A, West Fargo
Founder’s Day Celebration	February 7, 2011	Minot
“Take Your Family to School Week”	February 13-19	Everywhere!
“Update” Newsletter Deadline	February 21, 2011	email articles online to ndptaoffic@702com.net
NCS Training	March 7 & 8, 2011	Washington D.C.
National Legislative Conference	March 8-10, 2011	Washington D.C.
ND PTA Board Meeting	April 11, 2011	FPS District Office & Minot State University
National PTA Convention	June 9-12, 2011	Orlando, FL
NDPTA Reflections Celebration	October 28, 2011	Fargo, ND
North Dakota PTA Convention & Family Expo	October 29, 2011	Fargo, ND

Top 10 Reasons to attend National Convention

1. **Hear** top speakers from around the world.
2. **Network** with thousands of PTA members.
3. **Vote** on children’s and family issues
4. **Get answers** to your urgent questions.
5. **Choose** from more than 80 hands-on workshops.
6. **Experience** the best conference for a low price.
7. **Visit, see and hear** Reflections winners from across the state.
8. **Take home** great fundraising ideas and lots of free samples.
9. **Shop** for hot PTA Store items.
10. **Recharge** your PTA battery!

Mid Year Membership Contest!

Considered a mid –year membership drive for your PTA Unit?

North Dakota PTA is challenging all active units to increase their membership by 10% before March 31, 2011. If your unit has reported membership for this school year, you are eligible to participate in this contest and the winning unit will win a \$50 gift card from Walmart .

ND PTA would also like to hear your ideas for membership drives. Submit your best membership drive ideas and your unit could win a \$50 gift card from Walmart also! Submit your ideas by March 31, 2011.

All submissions to be sent to the state office:
ndptaoffic@702com.net or 623 E Main Avenue,
 #106A, West Fargo, ND, 58078.

Top Ten reasons to Increase Membership

10. More people for nominating committee to consider for office positions.
9. Better representation of school enrollment.
8. More volunteers!
7. Better potluck selections!
6. Larger Budget!
5. New faces at the meetings!
4. More ideas to make your unit great!
3. Increase Parent Involvement!
2. Stronger voice for students!
1. Win a gift card for your unit!

North Dakota Legislative Update

Andrea Olson, NDPTA Legislative Chair



**North Dakota
Capitol Building
Bismarck**

*“If you want
children to keep
their feet on the
ground, put some
responsibility on
their shoulders.”*

Abigail Van Buren

*“Adults are al-
ways asking kids
what they want
to do when they
grow up because
they are looking
for ideas”*

**Paula
Poundstone**

The 62nd North Dakota Legislative Assembly convenes Tuesday, Jan. 4, 2011.

Jan. 4 - Session begins

Jan. 17 - Deadline for representatives to introduce bills

Jan. 24 - Deadline for senators to introduce bills

Feb. 25 - Crossover for bills

Feb. 28-March 1 - Recess

March 9 - Crossover for resolutions

April 27 - Session is limited to 80 days

North Dakota is one of the few states in the nation with a budget surplus and, at the end of the 2011-2013 biennium, North Dakota is projected to have a total of \$1.237 billion in surplus and reserves.

The Governor's budget priorities include infrastructure, tax relief, education and economic development. A Budget highlight includes \$102 million increase in funding for education to improve the quality of instruction in the state's schools, and an increase of \$82 million in ongoing funding and \$46 million in one-time funding for the North Dakota University System. The entire budget summary can be found at: <http://www.nd.gov/fiscal/docs/budget/executive%20budgetsummary2011-13.pdf>

Republican and Democratic House and Senate members have selected the following leaders for the 2011 legislative session. There are 69 Republicans and 25 Democrats in the House of Representatives and 35 Republicans and 12 Democrats in the Senate. The leadership of the two parties includes:

Senate

President - Drew Wrigley (R)
President Pro Tempore - Rich Wardner (R)
Majority leader - Bob Stenehjem (R)
Assistant majority leader - Randel Christmann (R)
Minority leader - Ryan Taylor (D)
Assistant minority leader - Mac Schneider (D)
Republican caucus chairman - Jerry Klein
Democratic caucus chairman - John Warner

House of Representatives

Speaker of the House - David Drovdal (R)
Majority leader - Al Carlson (R)
Assistant majority leader - Don Vigessaa (R)
Minority leader - Jerry Kelsh (D)
Assistant minority leader - Lee Kaldor (D)
Republican caucus chairman - Mike Nathe
Democratic caucus chairman - Scot Kelsh

During the session, legislators can be reached at the Capitol by leaving a message with the legislative telephone message center at 888-NDLEGIS (635-3447) or 701-328-3373 (local). That number can also be used to obtain information on bills under consideration.

A legislator can also be reached by mail or email at the address listed in the legislator's bio online.

<http://www.legis.nd.gov/assembly/62-2011/>



North Dakota PTA Supports Safe and Healthy Students!

North Dakota PTA Board of Directors believes it is important to consider the whole student to ensure they are ready and able to learn. The basic needs of students, which include physical, emotional, psychological, socioeconomic, and family, must be met in order to ensure safe and healthy students. Meeting these needs will put students in a position where they will be most ready to learn. Five areas have been identified which encompass the well-being of a student:

Safe and Healthy Schools

The establishment of a Graduated Drivers License system, including an intermediate phase, and more parental involvement.

Children's Special Health Needs

Increases in screening for vision, hearing, mental health, and other preventative/diagnostic activity would benefit *all* children and families.

School Nursing

Support school nurses in the promotion of health and wellness services to advance the well-being, academic success, and lifelong achievements of students.
Support school nurses working with students, families, faculty, staff, and communities to encourage healthy lifestyles.

Physical and Health Education

Support physical education ensuring quality P.E. and increased activity on a daily basis.
Support schools meeting nutritional standards through school meals and snacks.

Healthy Schools Program

Support school districts in the development of their own wellness policies.

Position Statement - Elements of Comprehensive Health Programs

National PTA believes that health is based on the quality of life of the whole child—emotional, environmental, intellectual, physical, social and spiritual. All elements must be considered before optimum health can exist.

National PTA recognizes that:

Social changes have produced major health problems among our children that have a direct impact on schools and their ability to educate;

Early diagnosis and treatment of children's vision problems is a necessary component to school readiness and academic learning; and that vision screening is not a substitute for a complete eye and vision evaluation by an eye doctor. Comprehensive eye and vision examinations by an optometrist or ophthalmologist are important for all children first entering school and regularly throughout their school-aged years to ensure healthy eyes and adequate vision skills essential for successful academic achievement;

Academic achievement and student self-esteem and well-being are interrelated;

While the well-being of children is primarily the responsibility of the home, responsibility for the emotional, intellectual, physical, and social health of children is shared by the whole community and of all its institutions;

That, after the home, the school is often best positioned to serve as the community's center for meeting the needs of the whole child; and

By encouraging creative integration of education, physical and mental health, housing, employment, and other social services, we can reach vulnerable families.

National PTA believes that a comprehensive health program, encompassing health education, health services and healthy school environment includes the following components:

Policy and goals established by local school boards in partnership with parents, students, educators, community health care providers and others, and includes the development, implementation and evaluation of a comprehensive school health program.

Health Curriculum that is comprehensive for all students preschool through 12th grade, sequentially developed, age and culturally appropriate, reflects current health issues of the community, and is taught by educators qualified to present health instruction. The curriculum and instruction program should include the following content areas: accident prevention and safety, community health, consumer health, disease control and prevention, environmental health, eye and vision health, family life education, mental and emotional health, nutrition, personal health, self-esteem building, substance abuse prevention, and violence prevention.

Health Services that appropriately reflect the educational and community commitment to address identified health problems that limit students' abilities to learn.

Healthy school environments that demonstrate care for physical facilities, stress the importance of positive mental health and emotional climates within the school setting, and ensure the physical safety of the students and staff.

School-site health promotion programs for faculty and staff that include wellness components, which will increase job satisfaction, morale and a healthy quality of life.

Integrated school and community health promotion efforts that acknowledge the shared responsibility for student health with the home, public and private health care systems, law enforcement and justice systems, government, environmental agencies, business, religious organizations, civic groups and the media.

Physical education programs that promote lifelong physical activities and fitness, higher order cognitive and affective objectives, and health-related fitness testing.

Food service programs that reflect the ethnic and cultural diversity of students and staff, encourage and promote the health and well-being of students through the serving of nutritionally adequate quality meals, and provide a program of nutrition education.

School counseling programs that work with students, families and school personnel in the areas of emotional, mental and social growth and development; and collaborate with community professionals in order to serve the whole child.

Parent, family and community education that includes research and awareness of issues that affect children's health and welfare. These education and awareness campaigns should be encouraged and promoted at national, state and local levels.

Dissemination of information through use of National PTA resources and relationships with cooperating organizations.

National PTA believes that comprehensive school health programs are an essential link in the health education/health care chain.

In order to fulfill the responsibility of offering educational opportunities to all children, we need to recognize and deal with their health needs as they impact our schools and communities.

Therefore, parents, schools, and communities are encouraged to work together in partnership to provide effective, comprehensive health programs and policies.

This position statement was written to update and combine resolutions and position statements concerning "Comprehensive Health Programs." The original resolutions and position statements will be archived in the Historical Records as reference on this issue.

School-Based Health Care Clinics, Cigarette Additives, Tobacco-Free School Environment; Secondhand Tobacco Smoke; Pesticide Residues; Scalds and Burns; Adolescent Sexual Behavior and Pregnancy; Infant Mortality Reduction; Tourette Syndrome Awareness; Awareness Program; Awareness Program for Organ Donation and Transportation; Blood Pressure Screening; Learning Related Vision Problems Education and Evaluation; Reyes Syndrome; Fluoride in Water; HIV Infection in Women and Children; Special Supplemental Food Programs for Women, Infants and Children; Summer Food Service Programs; mental Health Program and Services; Required Immunization; Tuberculosis Testing; Escherichia Coli (E.Coli) and Childhood Lead Poisoning Prevention

North Dakota PTA supports HB 1457...

Below is the actual bill presented in the House for School Nursing. Please take a moment to read through the bill. We would like to hear your comments. Upon reading the bill, please take a moment to complete the brief survey at this link. Your input is valuable and we appreciate your taking the time to share your opinions.

*****link

11.8232.01000

Sixty-second
Legislative Assembly
of North Dakota

HB 1457

Introduced by

Representatives Hogan, Hawken, R. Kelsch, Delmore
Senators Grindberg, Mathern

A BILL for an Act to provide an appropriation for a school district nursing services grant program.

BE IT ENACTED BY THE LEGISLATIVE ASSEMBLY OF NORTH DAKOTA:

SECTION 1. APPROPRIATION. There is appropriated out of any moneys in the general fund in the state treasury, not otherwise appropriated, the sum of \$1,000,000, or so much of the sum as may be necessary, to the state department of health for the purpose of establishing a grant program to provide school district nursing services, for the biennium beginning July 1, 2011, and ending June 30, 2013.

1. For the purposes of this Act, school district nursing services include:
 - a. Direct health care for acute injuries, illnesses, and chronic health conditions;
 - b. Screening and referrals for health conditions;
 - c. Management of medication administration;
 - d. Services for students with special needs;
 - e. Identification of, support for, and referral of students impacted by substance abuse and physical abuse;
 - f. Health education;
 - g. The promotion of individual health and healthy school environments;
 - h. The identification of health care needs that affect student achievement;
 - i. Immunization monitoring; and
 - j. Health care coverage monitoring.
2. In order to be awarded a grant, a recipient must agree to match the amount of the grant on a dollar-for-dollar basis. A recipient is not limited in the source of its matching share.
3. A recipient may use its grant to directly employ one or more individuals for the purpose of providing school district nursing services or to contract for the provision of school district nursing services with public or private entities.
4. Grants under this Act may not supplant existing school nursing services offered during the 2011-12 school year but may be used to enhance existing school nursing services.
5. A recipient may be a school district, a group of school districts, or a regional education association.
6. The state department of health may not use more than five percent of the total amount appropriated in this Act for administrative costs, including the costs of one full-time equivalent employee position and related operating expenses.



Don't let Jack Frost steal your funds, damage your property, or cause a slippery situation!

As always, AIM wants to remind you about the possible risks that every organization is subject to every day at every event! Take a look at the below tips:

GENERAL LIABILITY & ACCIDENT MEDICAL:

- Always be aware of your surroundings
- Using participant waivers when necessary.
- Hold harmless agreement to be used for EVERY private contractor hired (see Risk Management Guide)
- Waivers are used to help deter the lawsuit mindset
- Your General Liability DOES NOT cover athletic events
- After several claims filed under the Accident Medical portion of the policy, we suggest you obtain the highest limit of 50k



FIDELITY BOND:

- Always have a paper trail
- Use checks NOT cash
- Review books regularly
- Your coverage does cover all who you trust with money, HOWEVER we suggest you have only Officer's handling money

OFFICER'S LIABILITY

- If you get named in a lawsuit, this coverage will protect your officers and pay for your attorney fees
- We do not need a list of your officer's due to this being a blanket coverage

PROPERTY:

- If your organization owns any sort of personal property (this includes fund-raising items) you NEED property coverage
- If these items are damaged, this coverage will cover these items



Parent Involvement is crucial to the health and well-being of a child. As a parent, you are the most important influence in your child's success in school and in life. In this role, you have a fresh opportunity every day to get involved with your child. Parent involvement in children's education allows kids to perform better in school, and navigate more easily some of the challenges of growing up, such as bullying.



AIM FAMILY HEALTHY RECIPES

Creamy Hamburger Noodle Casserole

- 2 bunches scallions, trimmed
- 8 ounces 90%-lean ground beef
- 1 1/2 teaspoons canola oil
- 1/2 cup bulgur, (see Ingredient Note)
- 2 cloves garlic, minced
- 2 8-ounce cans tomato sauce
- 1/2 cup water
- 1/4 teaspoon salt, divided
- Freshly ground pepper, to taste
- 6 ounces no-yolk whole-wheat egg noodles
- 1 cup low-fat cottage cheese
- 1 cup reduced-fat sour cream

1/4 cup shredded extra-sharp Cheddar cheese

Preparation

Preheat oven to 350°F. Coat a 2-quart baking dish with cooking spray. Put a large pot of water on to boil.

1. Separate white and green parts of scallions; thinly slice and reserve separately.
2. Cook beef in a large skillet over medium-high heat, breaking up clumps with a wooden spoon, until no longer pink, 3 to 5 minutes. Transfer to a plate lined with paper towels.
3. Wipe out the pan, add oil and reduce heat to medium-low. Add bulgur, garlic and the reserved scallion whites. Cook, stirring, until the scallions soften, 5 to 7 minutes. Add tomato sauce, water and the beef; bring to a simmer. Cover and simmer gently until the bulgur is tender and the sauce is thickened, 15 to 20 minutes. Season with 1/8 teaspoon salt and pepper.
4. Meanwhile, cook noodles until just tender, 6 to 8 minutes or according to package directions. Drain and rinse under cold water.
5. Puree cottage cheese in a food processor until smooth. Transfer to a medium bowl; fold in sour cream and the reserved scallion greens. Season with the remaining 1/8 teaspoon salt and pepper.
6. Spread half the noodles in the prepared pan. Top with half the cottage cheese mixture and half the meat sauce. Repeat with the remaining noodles, cottage cheese and sauce. Sprinkle Cheddar over the top.

Bake the casserole until bubbly, 30 to 40 minutes. Let stand for 10 minutes before serving.

THE UPDATE

North Dakota PTA...successfully supporting students since 1915!

North Dakota
PTA
everychild.onevoice.

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America's PTA

When PTA's founders, Alice McLellan Birney, Phoebe Apperson Hearst and Selena Sloan Butler, began our power mission a century ago, they had no idea that America would be the protector of freedom for so many.

They could not have foreseen America becoming the father of nations and inspiration for families yearning for our abundance and prosperity.

They would not have known that hundreds of thousands of children would live on U.S. military bases around the world, providing love, support and hugs to our service men and women as they fulfill America's manifest destiny.

They never thought that hundreds of thousands of volunteer reservists would be deployed far from their neighborhoods-or beyond the Halls of Montezuma-away from the ones they love.

And it wouldn't have mattered. Because our mission is timeless-to fulfill the promise America makes to every child from birth: That their future will be brighter than our present-and that they will be or future leaders.

Our voice of five million caring adults work every day, in every corner of America, to

improve the life of every child. It doesn't matter where they live. It doesn't matter who gave birth to them.

We care as much for the kids and families in Harlem as we do for the kit and kin in Alaska. From forming partnerships between schools and families to addressing achievement gaps, to building self-esteem through art and music with PTA Reflections, our members take on great challenges with practical, helpful solutions.

We find resources where there are none. Last year, our members helped children in more than five hundred schools vaccinate our kids from the flu. Our Healthy Lifestyles grants helped twenty thousand kids become healthier and stronger.

We generated one-point-five billion dollars that opened pathways to brighter futures for kids.

In short, every child is our child. We care for each one like we do our own. And the kids of our enlisted and commissioned are our children too.

This is why we joined the Department of Defense and other organizations to form the PTA Military Alliance for Parents and Partners.

North Dakota PTA was established in 1915. Currently serving over 5,000 members, NDPTA is governed by a board of 20 board and committee members with a focus on the child in the areas of Male Involvement, Diversity, Health & Welfare, Parent Involvement, Education, Advocacy and Programs such as Reflections.



*Chuck Saylor,
 National PTA President*

That is why, at our National Convention, PTA members passed a resolution mobilizing our members to support the Interstate compact on Educational Opportunity for Military Children.

Our voice of millions can help provide shelters from the storm, foster stability for kids and families in constant transition.

We know our children can see as many as half their schoolmates move away to other bases.

We watch our kids start life in one military school and end up at another in only a year.

We cry as our boys and girls get a kiss from parents departing for new missions.

And we want to bring them and their families the structure, support and resources they need to feel as safe and secure as we civilians in our own homes.

Know this my friends: You have an army of voices, unified as one, ready to help you help our children. And that's help with a capital "H". Don't hesitate to count on us the way our military families count on you. Thank you for serving our military families. Thank you for lending your voice. And thank you for being partners in raising our future leaders.

North Dakota PTA...successfully supporting students since 1915!