



**CORONA/NORCO COUNCIL OF PTAS:
OPERATION ADVOCACY:
DECEMBER 2019 MISSION BRIEF**
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DECEMBER 9TH, 2019

- **December Mission: Spread the Good, Kindness is Contagious.**
- **Sustaining a Culture of Kindness, Gratitude, and Doing Good Things**
- As PTA Leaders, kindness and gratitude start with us-at our schools, in our homes, and throughout the community. You have made an impact at your school, with your students, teachers, and families.
- Now our mission is to sustain the good we have been doing. But, at this time of year, it is easy for us to get overwhelmed by everything that needs to be done. Big things, small things-any and all things to spread the good.
- Our focus is on the three different ideas below:
 - **“Kid President” Glad to Give and How Good Can Spread**
 - <https://youtu.be/bH5ozEo1Ao4>
 - Socks????
 - **30 Days of Gratitude**
 - <https://drive.google.com/file/d/1A8rex8xP5qmwrxw00hOZ92uDcsYSUop-/view?usp=sharing>
 - **Four Seasons of Doing Good**
 - <https://www.good-deeds-day.org/blog/four-seasons-of-doing-good/>
 - <http://www.good-deeds-day.org/blog/good-less-one-hour/>

Dates to Remember:

- December 1st-7th: National Handwashing Awareness Week
- December 4th: Advocacy Think Tank, 8am-10am, Parent Center,
- December 4th: CNUSD Blood drive
- December 5th: International Volunteer Day
- December 7th: Pearl Harbor Remembrance Day
- December 8th: Student Craft Fair at CNUSD Parent Center
- December 9th: CNUSD CPR Certification Class, 6:30pm, Parent Center
- January 13th & 14th-Legislative Conference, Sacramento
- January 20th: MLK Day
- January 20th: MLK Day of Service
- March 2nd, Monday: Read Across America Day

- **Mission: Spread the Good, Kindness is Contagious**
- **Mission Levels:**
 - **Level 1-**
 - **At your next PTA Board Meeting share the three items listed to the left here.**
 - **Spend at least 10 minutes of your meeting discussing what you can do, reasonably, as a team and as individuals**
 - **Suggestions: Host/Participate in a blood drive, host/participate a food or clothing drive, or even just a sock drive, participate in a community event.**
 - **Suggestion: Ask your administration if there are particular families at your school that might need some extra help and support during this holiday season.**
 - Include in your meeting minutes
 - **Level 2- all the above plus...**
 - **Share the three items with your association-at an event and/or via social media**
 - **Challenge your families to come up with a plan**
 - **Share all three items with your teachers-ask for their support in sharing with their students and families.**
 - **Ask teachers to spend a few minutes discussion with their students-what can they do as a class and as individuals.**
 - **Level 3-all the above plus...**
 - **Pick one thing, do it well, and with a lot of heart.**
 - Include your plan in your monthly report



#HowWeReadAloud



December to January Mission: Operation Resolve to Read!

The Joy of Reading, A Gift that Last Forever

- **Research shows that reading aloud is the single most important thing you can do to help your child succeed in school.**
- **December is a perfect time to start working on a “reading habit” that will continue into January and the New Year.**
- **It takes 21 days to form a new habit what better habit to have than reading aloud daily for at least 15 minutes.**
- **Operation Resolve to Read is a mission and a challenge for PTA units.**
- **As the PTA: How can we...**
 - **Get more parents reading to their students, every day?**
 - **Encourage parents to continuing reading to and with their students over Winter Break?**
 - **Encourage students to continue reading over Winter Break? (Applicable at all schools and in all grades).**
 - **Create a program/plan to have our parents and students “Resolve to Read” in 2020?**
 - **Start thinking about how we can support “Read Across America”...**

Ideas:

- **“Disconnect to Connect”, “Get Caught Reading”, “For the Love of Reading”**
 - **Parents post pictures to the FB page.**
- **CNUSD Reads**
 - **Families watch episodes of CNUSD reads together**
- **Look at Brightly.com for great book ideas for all ages.**

NEA Reader’s Oath

I promise to read
 Each day and each night.
 I know it's the key
 To growing up right.

I'll read to myself,
 I'll read to a crowd.
 It makes no difference
 If silent or loud.

I'll read at my desk,
 At home and at school,
 On my bean bag or bed,
 By the fire or pool.

Each book that I read
 Puts smarts in my head,
 'Cause brains grow more
 thoughts
 The more they are fed.

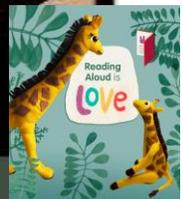
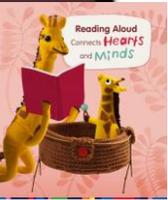
So I take this oath
 To make reading my way
 Of feeding my brain
 What it needs every day.

<http://www.nea.org/grants/readers-oath.html>



Mission Levels:

- **Level 1- Get your Advocacy Chairperson to present this to your Executive Board.**
 - **Create something to rollout to parents and students- before Winter Break to get them to include READING in their vacation plans.**
 - **Post to your FB page**
- **Level 2-Create a program/plan to keep the momentum going in the new year**
 - **Engage your administration and teachers and build on your December plan encouraging parents and students to include READING AND READING ALOUD in their daily, weekly, and monthly family schedules.**
 - **Post to your FB page**
- **Level 3- Create a “Reader’s Oath” or “Reading Pledge” and get that out to your parents and students AND get them back**
 - **Create a display of the signed pledges**
 - **Post to your FB page**
 - **Could you offer a Scholastic dollars to teachers who get the pledges back from their parents/teachers?**
 - **Could you offer a Scholastic family night basket to give away in an opportunity drawing for pledges returned?**
- **Level 3-(second options) Create a “Where do you read” program/contest to go through Winter Break**
 - **Families can take pictures of where they read and get caught reading!**
 - **Can they post to your FB page?**



Advocacy in Action: From CAPTA...RESOLUTIONS GUIDE OUR ACTIONS

Resolution focus: SOCIAL HOST ACCOUNTABILITY AND UNDERAGE DRINKING

Adopted by Convention Delegates May 2009

Reviewed and deemed relevant April 2018

RESOLVED, That the California State PTA, its units, councils, and districts provide factual information to students, parents, and community members regarding the detrimental effects and significant dangers of underage drinking and social hosting, defined as adults who furnish alcohol to minors under the age of 21 who are not their own, and/or knowingly allow underage drinking parties in private settings; and be it further RESOLVED, That the California State PTA, its units, councils, and districts encourage and support legislation to adopt social host laws that would prohibit adults from providing alcohol or allowing the consumption of alcohol in homes and on noncommercial property by youth under the age of 21 who are not their children;

Social hosting, a disturbing practice in society today, is defined as adults in private settings providing alcohol and/or allowing underage drinking among children who are not their own. While some believe that consumption of alcohol before the age of 21 is an inevitable "rite of passage," research demonstrates this behavior is detrimental to our youth. The consequences of underage drinking include a wide range of medical problems. Research has shown that the brain changes dramatically during adolescence, and consumption of alcohol during this stage of life can seriously inhibit its normal growth and development. In addition, underage drinking contributes significantly to participation in risky sexual behaviors and the incidence of physical and sexual assaults, suicide attempts, drowning, alcohol poisoning, and traffic accidents.

For the full text and background of the resolution follow this link:

<http://downloads.capta.org/res/SocialHostAccountabilityAndUnderageDrinking.pdf>

Advocacy in Action:

California State PTA's Legislation Conference is on January 13-14, 2020 in Sacramento.

Whether you are an experienced legislative advocate or have never participated before, at the conference you will learn more about all the key issues and legislation impacting your child, school and community.

Join other PTA volunteers at the Legislation Conference and:

- **Be a part of the statewide effort to strengthen education, health and safety for all children** by engaging in PTA's advocacy goals and legislative priorities
- **Get the latest information from legislators and key officials about important issues for children and families**
- **Visit directly with the legislators who represent your community**
- **The Conference starts at 9:30am on Monday, January 13th and concludes at 4pm on Tuesday, January 14th. Adult registration fee is \$240 and \$195 for students.**
- **Details here:** <https://capta.org/programs-events/legislation-conference/>

Did you know PTA resolutions act as touchstones for our advocacy.

All of our advocacy efforts center around our core values and resolutions, which are submitted by units, councils, districts or California State PTA's Board of Managers. The resolutions offer official guidance on issues as wide ranging as school-finance topics, health and safety issues, community concerns and more. The resolutions start as issues and ideas concerning parents like you in our units, councils, districts or California State PTA Board of Managers. These issues are then carefully researched and formed into formal resolutions for consideration and adoption according to a special procedure. Resolutions adopted by convention delegates then serve as a basis for action in unit, council, district PTA and California State PTA.

Holiday Health and Safety Tips from the CDC
<https://www.cdc.gov/family/holiday/HolidayTips.pdf>
Listen to the song!
<https://youtu.be/hCebthk9b2A>

7 Healthy Holiday Strategies from the CDC
<https://www.cdc.gov/chronicdisease/resources/infogr/aphic/holiday-health.htm>

Holiday Health and Safety Tips



- Wash your hands often.**
 Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.
- Stay warm.**
 Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.
- Manage stress.**
 The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.
- Travel safely.**
 Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.

- Be smoke-free.**
 Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.
- Get check-ups and vaccinations.**
 Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.
- Watch the kids.**
 Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.
- Prevent injuries.**
 Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.
 Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.
- Handle and prepare food safely.**
 As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.
- Eat healthy, and be active.**
 With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

To learn more, including the holiday song *The 12 Ways to Health*, visit www.cdc.gov/family/holiday



Centers for Disease Control and Prevention
 Office of Women's Health
 C120814

7 Healthy Holiday Strategies

Take some time out of the hustle and bustle of the holiday season to consider these 7 healthy habits that help prevent chronic diseases like type 2 diabetes, cancer, and heart disease.

Get Enough Sleep
 Get at least 7 hours of sleep per night.



- Drowsy Driving: Avoid Falling Asleep at the Wheel**
- Practice good sleep habits.
 - Avoid alcohol and medicines that make you sleepy.
 - Talk to your doctor if you have symptoms of a sleep disorder like snoring.

TIP For longer trips, consider sharing or breaking up your drive.

Move More, Sit Less
 When getting together, round up some family and friends for a walk or hike.



Eat Healthy
 Reach for healthy options like fruits and vegetables instead of salty or sugary treats.



TIP
Pregnant or trying to get pregnant?
 Get 400 micrograms of folic acid each day before and during early pregnancy to help ensure your future child's health.

DID YOU KNOW? Physical activity helps reduce arthritis pain! Aim for moderate aerobic physical activity at least 150 minutes a week (e.g. at least 20 minutes a day or 30 minutes on 5 days) and muscle strengthening activity at least 2 days a week.

Rethink Your Drink
 Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.



Don't Use Tobacco
 You can quit today!
 Call 1-800-QUIT-NOW for free support.



AVOID SECONDHAND SMOKE. This holiday season, make your home and vehicles smokefree to protect your family from secondhand smoke.

Prevent the Flu



- Get Your Flu Shot**
 An annual flu vaccine is the best way to help protect against flu.
- Wash Your Hands**
 Wash your hands with soap and clean running water for 20 seconds.

Learn Your Family Health History

Take some time during get-togethers to talk about your family health history, and share the information with your doctor.



For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit www.cdc.gov/chronicdisease.

