

CORONA/NORCO COUNCIL OF PTAS: OPERATION ADVOCACY: OCTOBER/NOVEMBER 2019 MISSION BRIEF

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 NOVEMBER 18TH, 2019

- **November to December Mission: Building 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. There are many different ways we can make an impact-both big and small. We have had some big projects since school started so let's turn our focus to building a wave of small yet impactful things we can do to be kind, show kindness, and share gratitude.**
 - **Gratitude Scavenger Hunt**
 - **30 Days of Gratitude**
 - <https://drive.google.com/file/d/1A8rex8xP5qmwrxwO0hOZ92uDcsYSUop-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/>
 - **Kindness-A-thon**
 - **How to Help Kids Remember to be Kind with a Kindness Promise**
 - <https://coffeandcarpool.com/remember-to-be-kind-with-kindness-promise/>
 - **Be Fearless Be Kind-take the pledge**
 - **Options for under 8 and 8 and up**
 - <https://befearlessbekind.hasbro.com/en-us>
 - <https://youtu.be/p0krH5m2Qk>
 - **MLK Day of Service-January 20th 2020**

Gratitude Scavenger Hunt



1. Find something that makes you happy.
2. Something to give someone else to make them smile.
3. Find one thing that you love to smell.
4. Find one thing you enjoy looking at.
5. Find something that's your favorite color.
6. Find something you are thankful for in nature.
7. Find something that you can use to make a gift for someone.
8. Find something that is useful for you.

www.kindnesskickap.com

Dates to Remember:

- November 20th: Advocacy Think Tank, 8am-10am, Parent Center, (rescheduled from 11-6)**
- December 1st-7th: National Handwashing Awareness Week**
- December 4th: Advocacy Think Tank, 8am-10am, Parent Center,**
- 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**
- March 29th: Good Deeds Day**
- April 22nd, Wednesday: Earth Day**



**2ND ANNUAL
 HOLIDAY STUDENT CRAFT FAIR**
 at the Parent Center

Student vendors wanted!!

We're looking for CNUSD students who have handmade items they want to showcase and sell at our holiday boutique on Sunday, December 8th.

Registration open till 11/15/19
 Space is limited.

For more information see our website:
www.cnusd.k12.ca.us/parent_center

APPLY TODAY
 Please register at:
<http://bit.ly/CraftFair2019>




**FIRST AID,
 CPR & AED
 TRAINING**

**MONDAY,
 DECEMBER 9, 2019
 6:30-7:30PM**
 at the
 Parent Center
 152 East Sixth Street
 Corona 92879

Get Your Certification in First AID, CPR & AED in Just One Evening!

Learn & Practice Your Skill on How To Save Lives

Pre-registration and payment for certification due to the Parent Center by November 20, 2019

**\$35.00
 cash or check only**

Space is limited.
 Class must have minimum participation or will be cancelled.

For more information please call (951) 273-3132




- **November to December Mission: Building a Culture of Kindness, Gratitude, and Doing Good Things**
- **Things to share:**
- **5 Ways to Support Social Emotional Growth at Home**
- https://www.education.com/blog/whats-new/5-ways-to-support-social-emotional-growth-at-home/?utm_medium=email
- **What Every Parent Needs to Know About School Safety**
- <https://www.education.com/blog/whats-new/what-every-parent-needs-to-know-about-school-safety/>

- [Articles to Read and to Share](#)
- [“Teach Your Teen to Be an Upstander, Not a Bystander”](#) –scholastic.com/parents
- [“When Teasing Becomes Bullying”](#) –scholastic.com/parents
- [“5 Internet Safety Tips for Tweens & Teens”](#) –scholastic.com/parents
- [“Protect Your Child From Social Media Bullies”](#) –scholastic.com/parents
- [“My Child Is a Bully: What Should I Do?”](#) –childmind.org
- [“Prevent Bullying”](#) –the CDC

Be the I in KIND!

Create this sign for your school- have it as a photo opp at your next family night.



- **Mission: Be the I in KIND**
- **Mission Levels:**
 - **Level 1- Create a large poster of “Be the I in Kind” and display it prominently at your school.**
 - Have PTA Board members, teachers, parents, and students sign the poster-committing to being UNITED AGAINST BULLYING
 - Encourage students, teachers, classes, staff, and parents to take pictures in front of it and to sign it.
 - **Level 2-Create a large poster (as noted above) AND meet with your Admin team to discuss how PTA can help with Bullying Prevention on at your school.**
 - Can you get it in place before the 1st trimester award ceremonies?
 - Include your plan in your monthly report
 - **Level 3-Create a large poster (as noted above) AND meet with Admin Team AND roll plan out to your PTA Board as to how PTA will be involved in the Bullying Prevention Campaign at your school.**
 - Include your plan in your monthly report

**California State PTA speaks up for children
across the state and you can, too!**

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/>

The Corona Norco Council of PTAs is looking for PTA leaders, Unit Board Members, Unit Association members, and students who are interested in attending CAPTA's Legislation Conference.

The Executive Committee has allocated some money for scholarships for individuals who would like to attend!!!

Anyone interested should send an email by Friday, November 29th

[**cnptaadvocacy@outlook.com**](mailto:cnptaadvocacy@outlook.com)

Ideally, attendees would be PTA Unit Presidents, Board Members, Unit Advocacy Chairmen, Student representatives (preferably 5th grade and above), other active association members can be considered as well.

Advocacy in Action:

From CAPTA...

In 2011, Governor Jerry Brown signed [AB 1156](#) (Eng). This legislation, sponsored by California State PTA, helps protect students from bullying and harassment.

The bill requires training of school-site personnel in the prevention of bullying, and it gives victims of bullying priority for transferring out of a school, if requested.

Inaction can have dire consequences. Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, depression, and negative health effects such as headaches and stomachaches. The depression and anxiety caused by being bullied can lead students to think about and attempt suicide, and have behavior problems and difficulty learning.

Bullying is prevalent on school campuses. According to the National Center for Educational Statistics, 2016, more than one out of every five (20.8%) students report being bullied.

Did you know that National PTA adopted a Bullying Prevention Resolution in June 2005? Follow the link for details.

<https://www.pta.org/docs/default-source/files/advocacy/resolutions/bullying-r.pdf>

From TODAY.com:

“Being kind is good for your health: How to practice kindness every day”-author A. Pawlowski is a TODAY

contributing editor focusing on health news and features.

<https://www.today.com/series/one-small-thing/being-kind-good-your-health-how-practice-kindness-every-day-t163335>

Share with your PTA Boards and your family:

Interesting article with science and research to support being kind plus videos to illustrate and demonstrate the benefits of being kind.

Life Lessons from Sesame Street:

Article on www.nbcnews.com

Yellow-haired Muppet Karli helps 'Sesame Street' tackle addiction

The newest "Sesame Street" Muppet will explain why she's in foster care: Her mom "was away for a while because she had a grown-up problem."

Children can relate to Karli and use her as a way to open up dialogue about the drug crisis in America, 'Sesame Street' says.

<https://youtu.be/GYHidecGy2U>

Available in Sesame Street in Communities

<https://sesamestreetincommunities.org/>

From Brightly.com, something to share with our teachers:

“Educators already know how important it is to build empathy and understanding of our diverse world with their students. Research suggests that one great way to encourage empathy is through fictional stories that allow kids to see the world through someone else’s eyes. Download and print this free Educator’s Guide filled with discussion questions and activities that encourage students to explore themes of diversity and inclusion through middle grade books. The novels included in this guide exemplify the power of empathy and can help you cultivate a kinder, more compassionate classroom”

https://assets.readbrightly.com/wp-content/uploads/2018/11/9781524720087_5252.pdf