

NEWSFLASH

Michigan PTA's Newsletter For Leaders

January 2021

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NEW YEAR – NEW ADVOCACY

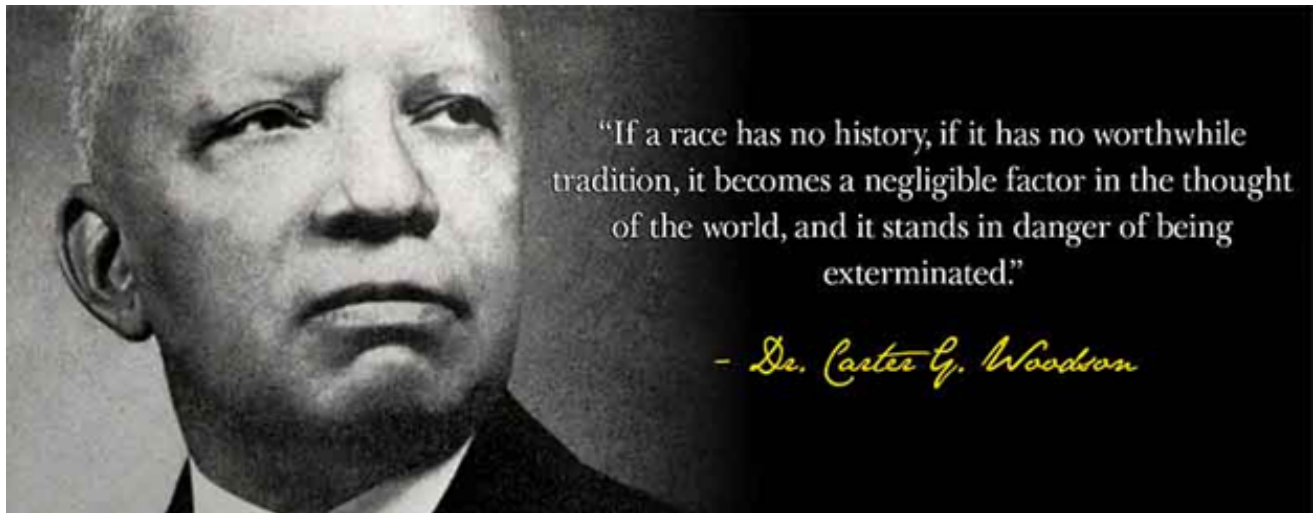
2021 brings a new year and a new Congress. As the 117th Federal Legislative session begins we have a renewed opportunity to continue our advocacy on behalf of the children and families of Michigan. Great way to start is the National PTA Legislative Conference from March 9-11th. While it is normally in Washington D.C., this year it will be held virtually. A wonderful example of turning lemons into lemonade: Having a virtual conference allows for more opportunity to learn about what advocacy means at a national level as well as being involved in meetings with Michigan Legislators. Please join us! You can find out more and register at pta.org.

Sometimes the idea of advocacy at a government level can feel overwhelming or intimidating, or at least it did for me. I would like to take this time to remind and thank you for all the ways you are already Advocates: Being part of the PTA makes you an Advocate in and of itself; having PT(S)A meetings where families can find out what is happening at your school is Advocating; calling or emailing a teacher is Advocating; attending Board of Education meetings is Advocating. Reaching out to legislators at the local, state and national levels is just another step and one that we don't walk alone. The wonderful people I have gotten to know and learn from while advocating is my favorite part.

As always, if you have any questions about Federal Legislative Conference or any other questions, please email me, Carin Meyer, at fedlegchair@michiganpta.org.



**Learn more about
Carin, Michigan
PTA's new Federal
Legislative Chair, on
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Black History is American History

In 1915, Dr. Carter G. Woodson, the second African American to earn a doctorate from Harvard University, and friend, Jesse E Moreland, a graduate of HBCU, Howard University, were concerned that Black American's accomplishments and history were not being taught in schools nor included in history books. Woodson, a member of Phi Beta Sigma Fraternity, Inc. and Moreland, a member of Alpha Phi Alpha Fraternity, Inc. two of four Historically Black Fraternities, founded the Association for the Study of Negro Life and History, later renamed as Association for the Study of African American Life and History (ASALH). This organization's purpose was to promote the study of Black history and African Americans' accomplishments. In 1926, Dr. Woodson and the organization began "Negro History Week." The initiative was an attempt to help our nation's school districts focus on Black people's history. He chose the second week of February because abolitionist Frederick Douglass and former President Abraham Lincoln's birthdays were within the same week.

In the mid-1950s, as the Civil Rights Era began, Freedom Schools in the Southern region of the United States of America acknowledged and celebrated Negro History Week and embraced it in their curriculum. This movement of increased education and exposure to Black History expanded its roots from elementary, middle, and high schools to colleges and universities throughout our nation. Black professors and educators at Kent State University (KSU) and the Black United Students organization, also at KSU, proposed and planned Black History Week's expansion to Black History Month in 1969. The first celebration took place in 1970.

In 1976, United States President Gerald Ford officially recognized Black History Month. He implored others to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Various countries worldwide, including Canada, the United Kingdom, the Netherlands, and Ireland, officially recognize and observe African American History Month. The official 2021 Black History Month Theme from ASALH is THE BLACK FAMILY: REPRESENTATION, IDENTITY, AND DIVERSITY

How does your PTA/PTSA unit or council plan to acknowledge the contributions, accomplishments, and celebrations of Blacks in America this year? Black history is American history, 24 hours per day, seven days a week, and 365 days per year. If you need ideas or assistance, please feel free to contact the Michigan PTA Diversity, Equity, Inclusion, and Outreach Committee via Diversity@MichiganPTA.Org.

By Jennifer Johnson,
Chairperson Diversity, Equity, Inclusion and Outreach
Vice President for Student Involvement
Michigan PTA

How to talk to your kids about the Chaos at the Capitol

The events at the U.S. Capitol caused fear and confusion. Here's how to help children make sense of it all.

BY CLAIRE TRAGESER, PUBLISHED JANUARY 6, 2021 on nationalgeographic.com

As the news of a mob of violent protesters storming the U.S. Capitol played out on Wednesday—on top of what's already been a scary and overwhelming year—it's normal for children to have fears and questions. And it's normal for parents to be unsure about how to respond.

After all, finding a balance between helping kids understand the world and not causing too much anxiety can be difficult, says Gail Heyman, a professor of psychology at the University of California San Diego.

"Parents are often tempted to lie as a first response, because they don't want their child to worry or that they shouldn't be burdened with this, and that's a bad approach," she says. "It's bad to overwhelm children with too much information, but you can tell them the truth in simple ways and use their questions to guide you on how much to share."

Even though you might be tempted to try to keep the news from your kids, or to even lie about what's happening—don't. According to Cassidy O'Brien, a family therapist at San Diego Kids First, confronting kids' worries head-on, explaining what's happening in a truthful but simple way, and emphasizing that kids are safe are the best ways to help children make sense of the chaos.

"Kids are like sponges and are really absorbing everything, and it's safe to assume kids have had some exposure to the news," O'Brien says. "If they don't have that guidance, they might create a narrative in their head that's inaccurate and not helpful for them."

First and foremost: You are safe.

Often the first thing kids think about in the wake of chaotic news is whether they're safe. O'Brien advises reiterating that your role as caregiver is to protect them and that you'll always do that.

It's also appropriate to tell kids that it's OK to feel scared, which models how you handle anxiety as well. "Normalize and validate how they're feeling," she says. "You can say, 'You're feeling scared about this. Me, too. This is scary and it's normal to feel that way.'"

She adds that parents can help give children a feeling of control by telling them that they can gather more information and learn about the events together. That can include grabbing a map for those children not in the immediate vicinity.

"They might perceive events as happening close by," O'Brien says. "So you can use a map to show where events are happening and that where they are is safe."

Getting the conversation started

Janine Domingues, a clinical psychologist specializing in anxiety and mood disorders at the Child Mind Institute, says you can start off by asking kids what they know and what they've heard because they're absorbing it in the background.

"We want to come from a place of hearing what they know first so we can provide information and distill it with details as needed," she says. "Follow up with how they're feeling and what they're thinking to validate their natural responses. To answer questions, say, 'That's a really good question and I don't know the answer, but we can try to find out together.'"

O'Brien agrees that even if kids don't immediately come to you with questions, it's still a good idea to bring it up since they'll sense something has happened. You can start by asking your kids if they have questions or thoughts about it.

"You could say, 'You may have seen or heard something that happened today that was pretty scary and I wanted to see if you had any questions,' or, 'Let's talk about what happened today,'" she says. "It's a great opportunity to ask them questions about what their understanding is, what their perception is."

Other advice: Bring up the topic calmly and straightforwardly; be truthful, but don't go into information overload. "Share as much as they need to know, provide short and concise answers to their questions, and be honest and open to their questions," O'Brien says.

That said, Heyman recommends against promising the news won't mentally affect kids.

"As kids get older, they need to learn their parents can't control everything," she says. "These are good opportunities for learning and making sense of the world. That doesn't mean you need to tell them every single detail, but I'd tell a child as much as they want as long as they're not having anxiety."

Continued on page 12

Celebrating National PTA Founders' Day

An article from National PTA's Our Children Magazine

I love the National PTA Founders' Day story! Two thousand women converging in the District of Columbia in the middle of February in 1897 and sharing a vision to create a better world for their children and all kids across the nation.

This story always astounds me—How did they get word out? Who came? What was the convention like?

I wanted to learn more about these amazing women and the first convention. So, I went on the Library of Congress website to read the newspapers from Washington and different cities. At that time, there were numerous newspapers throughout the country serving cities, small towns and county seats.



Reading eyewitness accounts of the first gathering of the National Congress of Mothers was inspiring.

Here's what I learned:

- Motherhood was the one of the most important contributions to society for a woman during that time period. The conference was planned to bring in experts on motherhood and childhood. Our founders were interested in doing humanitarian work by raising upstanding citizens that the nation would be proud to send out into the world.
- Alice McClellan Birney, an educator, first pitched this notion to a group of moms in New York in August 1895 and was able to publicize her proposal nationwide. Her idea won the support of other educators and civic leaders. Birney shared her idea with a friend, who connected her with Phoebe Apperson Hearst, wife of U.S. Senator George Hearst.
- Mrs. Hearst's generosity helped set the wheels in motion as did her networking of notable contacts—the vice president's wife, Adlai Stevenson, the president of the Women's Christian Temperance Union, U.S. Postal inspector, educators, editors and superintendents. They worked tirelessly to build relationships and to spread the word of this new venture.
- The organization identified officers who lived in different cities—Washington DC, Philadelphia and Chicago. The president and vice presidents lived in DC while the secretary and treasurer lived elsewhere. Their goal for the first event was to bring in the best and brightest experts to speak to the movers and shakers across the country.
- At the first convocation of the National Congress of Mothers on Feb. 17, 1897, two thousand attendees—which included men and women, African American and white, educators, editors, Sunday school teachers and delegates from sister associations—came to Washington, DC from as far west as California, as far south as Tennessee and as far north as Massachusetts.
- The attendees were eager to learn the most up-to-date information on educating children and how to be the best raise their children. They crammed into the meeting halls to hear presentations on current science and educational practices, reading to children and the analogy of motherhood and an artist.
- During their time in DC, attendees met with the First Lady, Mrs. Frances Folsom Cleveland at the White House.
- Our founding mothers practiced their values. During the event, one of Alice McClellan Birney's young children came onto stage, seeking her mother's attention. Mrs. Birney excused herself from the stage and took the time to be with her young daughters, who hadn't seen their mother since she had been away.
- An exhibit hall was created and it wasn't filled with vendors and sponsors. Instead, they established an area of the hotel and set up a nursery complete with necessary paraphernalia. This was to show the attendees the newest and latest equipment to enhance the life of the child.

As I read through the accounts, I am even more in awe of these interesting women and have a renewed sense of what is expected of today's PTA—to further the mission of making every child's potential a reality through family-school partnerships, community outreach and advocacy.

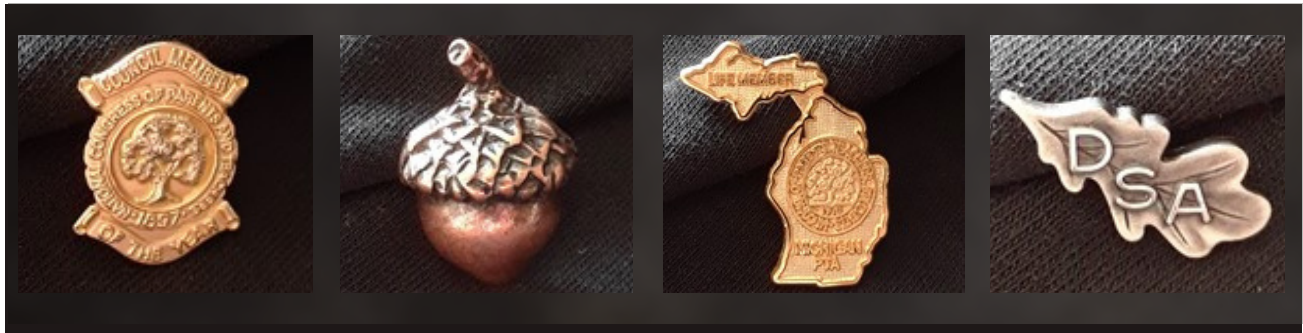
For more info about National PTA and our history, visit [PTA.org/History](https://www.pta.org/History). Mary Jo Neil is a national service representative at National PTA.

PTA Appreciation Awards

Michigan PTA offers the perfect way to honor your most special volunteers—Appreciation Awards. There are four to choose from: the Distinguished Service Award; the Michigan PTA Honorary Life Award; the Acorn Award (for youth); and the Council Member of the Year Award.

These awards can be ordered anytime, and are very popular for recognizing people at Founders Day. All awards come with a certificate and a special pin.

To order awards, you can go to Michigan PTA's MemberHub store at <https://mipta.memberhub.store/store>. Please remember to purchase corresponding shipping as well.



Starting on February 1 leave a "love note" on the bedroom door of your children or other loved ones in your home every day. By Valentine's Day they'll have 14 notes to let them know you appreciate them.

A few ideas for notes include:

- Your favorite thing about them
- Your favorite thing to do with them
- A favorite memory about them
- What you admire about them
- What you think are their special talents

Fun Idea!

Michigan PTA Welcomes New Fed Leg Chair!

Happy New Year Everyone! I wanted to introduce myself as the new Michigan PTA Federal Legislative Chair (FLC). Although she can never be replaced, I am taking over for Barb Anness, who I had the opportunity to watch in action for the past three years at the National PTA Legislative Conference in Washington, D.C. along with fellow board member Jenn Garland. As you may or may not be aware, the PTA is the largest children's advocacy organization in the United States and the FLC position gives me the opportunity to advocate for Michigan's children and families at the federal level. I will use this platform to let our elected leaders know how they can best support Michigan's children as well as communicate with you what they are up to in D.C. I am very excited about this opportunity, but I do not take it lightly. I believe that the education, health and well-being of America's children is of the utmost importance and that our elected officials are called upon to treat it as such. I promise to do likewise. Please do not hesitate to reach out to me fedlegchair@michiganpta.org. I look forward to working with you!



PTA
Takes Action
for kids!

MARCH 10-12
LEGCON 2020
The Westin Alexandria Old Town
ALEXANDRIA, VA

PTA.org/LegCon

Michigan PTA Membership Challenge!

This is the opportunity to help your unit to earn the
\$250 MEMBERSHIP STRIDER CHALLENGE GRANT!

CRITERIA: Your Local Unit must have 75% of its total membership from July 1, 2019 - June 30, 2020, for entry.

The **FIRM DEADLINE** for this opportunity is **MONDAY, JANUARY 25, 2021.**

Submit your information today!
bit.ly/MIPTAMembershipChallengeSTRIDER

Questions? Contact, Brian L. Johnson,
Michigan PTA VP of Membership
membershipvp@michiganpta.org

NOMINATING COMMITTEES AND ELECTIONS

The selection of officers for a PTA/PTSA is one of the most important functions of the association. It is the task of the nominating committee to recognize and recruit candidates for the elected leadership of your PTA/PTSA unit or council. The members of this committee, therefore, have a tremendous influence on the future of your PTA/PTSA unit or council and should be very carefully selected.

The nominating committee holds the key to a successful (or unsuccessful) PTA/PTSA. It has the responsibility of obtaining the best possible persons for officers. The group's success depends on how well the committee does its work.

Presidents and executive committees of local units and councils should recognize the importance of selecting/electing the nominating committee early in the fall (September or October). This will give the committee adequate time to make the best possible selection of a slate of officers.

Selection of the Nominating Committee

The importance of having qualified persons on a nominating committee cannot be over-emphasized. Those who have never held an office or worked on PTA projects can hardly qualify. They should be a person with extensive PTA background and knowledge, capable of recognizing good qualities in others and be well acquainted with all the members of the PTA/PTSA. They should be persons who do not show partiality, but choose on merits among those who are truly interested in promoting the Objects and Policies of the PTA. Members of the nominating committee should be elected on merit and ability – never on popularity.

Personal and general qualifications needed by nominating committee members:

- Interest in and enthusiasm for the purposes and programs of the PTA unit/council
- Willingness to work and to devote considerable time to the furthering of the purposes and programs of the PTA unit/council
- High qualities of tact, integrity and discretion; ability to hold one's own counsel
- Courage to express ideas and to defend one's convictions
- Sound judgment and skill in evaluating possible nominees
- Knowledge of the PTA/PTSA local unit and council goals
- General knowledge of potential candidates' qualifications and abilities

Meetings of the Nominating Committee

After the election of the nominating committee, the committee should set a time and a place for an initial meeting, establish a timetable and begin the consideration of PTA/PTSA members as potential nominees. An early first meeting will help make sure that sufficient time is given to consideration of all recommendations and suggestions.

The nominating committee should not meet to consider any potential nominee unless all members of the committee have been notified of the meeting. The committee should have a copy of the bylaws and a membership list. Check the bylaws in regard to all nominating committee duties and activities.

The committee's major role and responsibility is to **NOMINATE THE BEST QUALIFIED CANDIDATES(S) FOR EACH OFFICE**. The committee should ask for recommendations from PTA/PTSA board members and from the PTA/PTSA membership. Regardless of the number of times a name is recommended, that individual must be evaluated equally and by the same criteria as all other possible nominees.

The committee is not required to select nominees only from recommendations it receives. The committee is obligated to seek out all people who would best serve the PTA/PTSA unit or council in a particular office. Consent must be given by all nominees before the final report is presented.

Election of Officers

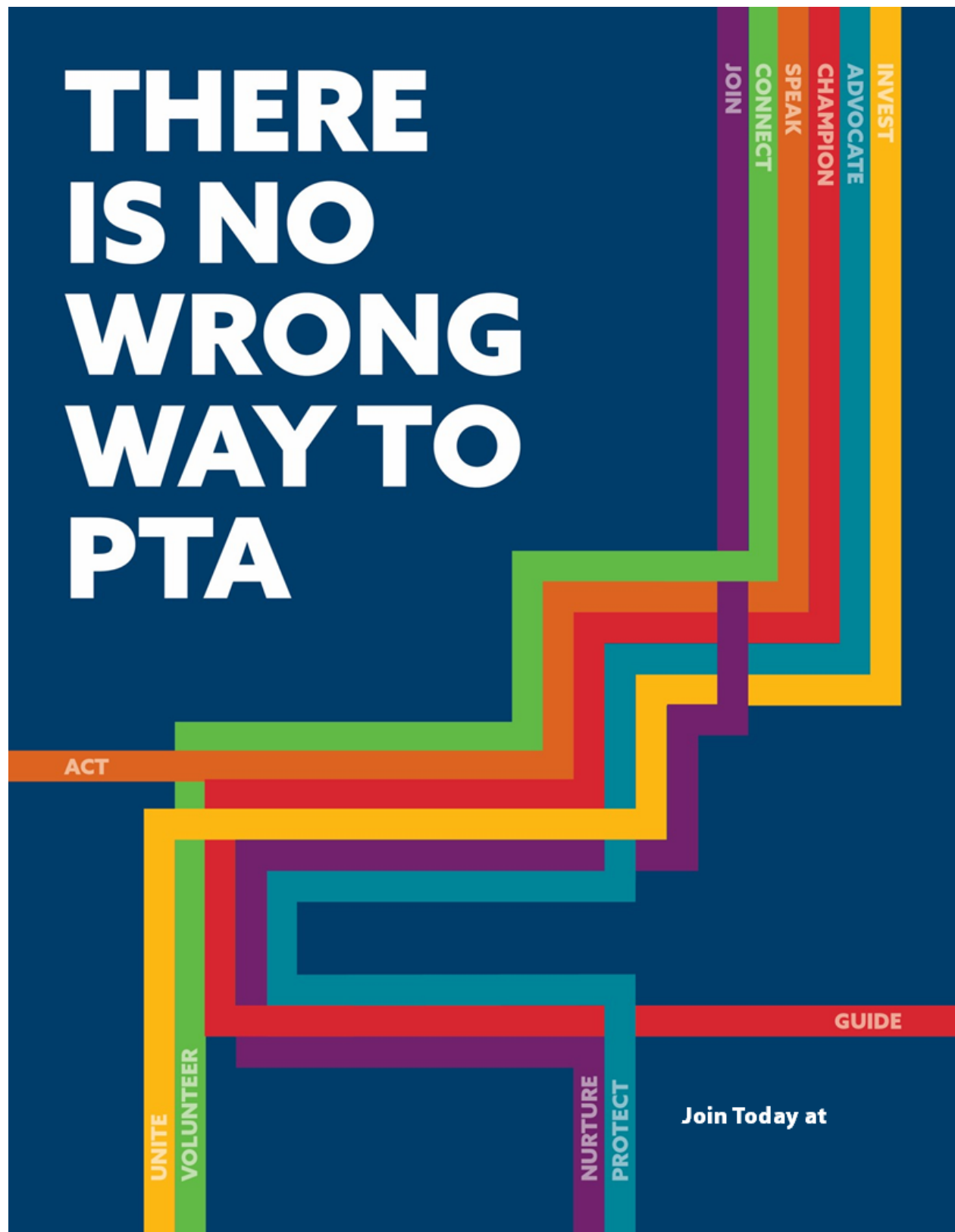
See your bylaws for specific guidelines on the election of officers. Local units must send a notice to their members at least 30 days prior to the election or as stipulated in the bylaws.

Suggested practice based on Robert's Rules of Order, Newly Revised is after the nominating committee makes its report, additional nominations from the floor may be made. These do not require a second and can only be made by a voting member. Consent must be given by the nominee. Unless the bylaws prohibit it, eligible members may run for more than one office but if elected to more than one, they must choose on which they will serve. If a member elected to two positions is absent, the voting body decides by majority vote which office the nominee will fill and then votes again to fill the other office. Nominations may be reopened by a motion and a majority vote, provided no votes have yet been cast.

It is the fundamental principle of parliamentary law that the right to vote is limited to the members of an organization who are actually present at the time the vote is taken in a legal meeting. Absentee voting is prohibited. Your Bylaws determine the voting eligibility of members.

Elections shall be by ballot, however, when there is but one nominee for an office, elections for that office may be by voice vote. Ballots may be deposited by the voters in a ballot box or collected in a container by the tellers. The report of the tellers should be accurate and account for every vote cast. The chairperson of the tellers reads the report and hands it to the chair, who reads it again and announces the elections.

A majority of votes cast is necessary to elect an officer. It may be necessary to vote several times if a majority is not reached. A plurality (largest number of votes given to any candidate when there are three or more choices) never elects unless provided for in the bylaws. If no one receives a majority of the votes cast, the chair states, "There is no election" and another ballot is taken. In the event of a tie vote, the assembly must continue voting until someone receives a majority vote.



For membership resources visit:

pta.org/local-leader-kit/membership/templates-tools-resources
pta.org/home/run-your-pta/membership-campaign

Food Allergy Basics

What Is a Food Allergy?

Food allergy is a serious and potentially life-threatening medical condition affecting 32 million Americans. One in every 13 children has a food allergy—that's about 2 in every U.S. classroom.

Food allergy is among the diseases considered to be part of the Atopic March. Also known as the Allergic March, this term refers to the progression of allergic diseases in a person's life: eczema (also called atopic dermatitis), food allergy, asthma and hay fever (also called allergic rhinitis). Not everyone will follow this progression or experience every condition.

What Causes a Food Allergy?

The job of the body's immune system is to identify and destroy germs (such as bacteria or viruses) that make you sick. A food allergy happens when your immune system overreacts to a normally harmless protein—an allergen—found in that food. In the U.S., the nine most common food allergens are milk, egg, peanut, tree nuts, soy, wheat, fish, shellfish, and sesame. However, a person can be allergic to any food.

Food allergies are not the same as food intolerances, and food allergy symptoms may overlap with symptoms of other medical conditions. Therefore, it is important to have a suspected food allergy confirmed by an allergist.

Food Allergies Are Serious

Food allergy may occur in response to any food, and some people are allergic to more than one food. Food allergies may start at any age. Many people think of food allergy as a childhood disease, but most of the people living with food allergies are adults.

All food allergies have one thing in common: They are potentially life-threatening. Every three minutes, a food allergy reaction sends someone to the emergency room. Always take food allergies—and the people who live with them—seriously.

Food allergy reactions can vary unpredictably from mild to severe. While mild food allergy reactions may involve only a few hives or minor abdominal pain, some food allergy reactions progress to severe anaphylaxis with low blood pressure and loss of consciousness.

Currently, there is no cure for food allergies.

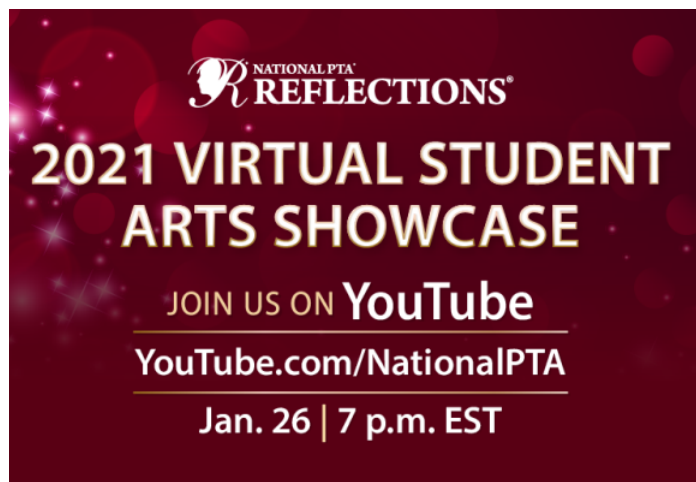


Michigan Alliance for Families is funded by the State of Michigan for the purpose of providing information, support and education to families of children and young adults with disabilities from birth to age 26 who are in the educational system

Upcoming Events

Register at michiganallianceforfamilies.org/upcoming-events/

- **February 3** IEP Course: Explore Your Child's IEP with this four week course (2/3, 2/10, 2/17, 2/24) 7-8:30pm. Space is limited, registration closes 1/20. Register
- **February 4** Rethinking Guardianship: Facilitating Lifelong Self Determination with Dohn Hoyle, 6-8pm. Register
- **February 9** Log On and Log In to Virtual Meetings with Special Education Mediation Services, 11am-12pm. Register
- **February 12** Behavior is Communication with Sally Burton-Hoyle, 1-2pm. Register
- **February 23** Counting the Days: Understanding Disciplinary Removals of Students with Disabilities with Special Education Mediation Services, 6:30-7:30pm. Register
- **February 25** The Manifestation Determination Review: Navigating the Process with Special Education Mediation Services, 6:30-7:30pm. Register



Tracey Troy Appointed as President-Elect for Michigan PTA

The Michigan PTA Board of Directors is pleased to announce that Tracey Troy has been appointed as their President-Elect.

Tracey Troy lives in DeWitt and she and Michael have been married 25 years, relocating to Michigan from the State of Washington in 2017. They have two children in 7th and 10th grade. Tracey works as a Project Manager for Dart Container.

Tracey has over 10 years of experience and began her path to President-Elect through various positions at the local PTA level with leadership roles in local PTAs in both Washington and Michigan including President, Vice President, as well as Secretary. She has also served as Council Secretary (WA) and various committee roles including membership and family engagement. Most recently she served as Vice President of Outreach & Support for Michigan PTA as well as co-chair for Michigan PTA Convention 2020.

Tracey sees the greatest successes in PTA when the actions are focused on the mission. "Our opportunity to impact a school community goes beyond writing a check for grants and supplies, some of our greatest gifts to students include activities that enhance engagement and improve mental health. We should never lose sight of the importance of the non-monetary impact" she says.

As a State PTA Leader Tracey plans to provide additional leader resources to support Michigan leaders so they can provide more opportunities for Michigan school communities.



You are invited to attend our series of exclusive "Membership Growth Webinars" that will focus the spotlight on Local Units across the state that have increased their membership so that you, too, can learn how to increase membership in your PTA!

REGISTER IN ADVANCE FOR THIS MEETING:

<https://pta.zoom.us/j/9446144614>

After registering, you will receive a confirmation email containing information about joining the meeting.

Zoom into Membership

*January 25th starting at 7pm
Register today to join us!*

Hello PTA Leaders,

Our hope is that this new year will bring new and exciting events. We know it may be slow and different, but forward we must go. Please reach out if you need to bounce off ideas or have questions. PTA has not been stopped.

To those who have submitted Reflections thank you so much. This program is such a jewel for PTA., We love showing off the talent of our students.

I would like to say thank you to Tracey Troy for stepping up to become Michigan PTA President Elect. Your Board of Directors has elected her to fill that position. She is still your Outreach and Support person until we can fill that spot. With that said you will start to see soon applications for nominations for positions on our Board for 2021-2023. Positions will be President Elect, Treasurer, Secretary, Vice Presidents: Memberships, Outreach and Support, Student Involvement and Programs.

Just keep watching for upcoming events and ideas.

PTA your way!!
Kathy Carter
President

Why Does My Parent Group Need Insurance?

Why does my Parent Group need insurance?

Just like a business, your Parent Group is exposed to certain risks that you may or may not be aware of. You may do everything you can to prevent something from happening to your Parent Group, but in reality no one can guarantee that things are going to run smoothly all of the time. Parent Groups are not immune from liability. Your Parent Group insurance policy will protect not only the assets of the Parent Group, but the **personal assets** of its members. In the event of a lawsuit, your Parent Group insurance will also pay attorney fees to defend you, whether the lawsuit has merit or not. There are five separate risks that your Parent Group needs to be aware of:

General Liability - Protects your Parent Group if someone was injured at one of your events and held you responsible. Some of these activities include **concession stands, end of year parties, skating parties, swim parties, bounce houses, dunking booths, fun runs, auctions, and more**. The General Liability limit is \$1,000,000 or \$2,000,000 with no deductible.

Accident Medical - Designed to compliment your General Liability policy, it provides medical coverage for risks that are specifically excluded from the liability policy such as mechanical rides, school buses, automobiles, and watercraft. The Accident Medical limits are \$10,000, \$25,000, and \$50,000 with no deductible.

Bond - Covers **anyone that your Parent Group trusts with the money** whether it's a President, Treasurer, board member, volunteer, or courier. If that person embezzles your money, this policy would replace those missing funds. The Bond limits are \$10,000, \$25,000, and \$50,000, with a \$250 deductible. Higher limits are available.

Property - Protects your **raffle merchandise, auction items and fundraising supplies while it is in your possession**. This policy also protects any personal property of your Parent Group such as **popcorn machines, snow cone makers, school store supplies, emergency preparedness supplies**, and more. The Property limit is \$10,000, with a \$250 deductible. Higher limits are available.

Directors & Officers Liability - Protects officers for any **decision making** that they do. If someone sues the officers for **mismanaging or misrepresenting the Parent Group**, this policy would pay your legal bills and provide protection for these allegations. The Directors and Officers Liability limit is \$1,000,000 with a \$1,500 deductible.

Provided
by:



Association Insurance Management
PO Box 742946 · Dallas, TX 75374-2946
1-800-876-4044
www.aim-companies.com

How to talk to your kids about the chaos at the Capitol continued

Explaining bad behavior

O'Brien says kids may have questions about why people are acting in this way, or why it's OK for them to mob the U.S. Capitol and not follow the rules.

"You can say that when people feel not in control of certain things, their feelings get really big and their behavior gets out of control," she says. "When that happens it can look really scary."

Domingues adds that kids might also be asking about people's anger and why they're doing something that doesn't seem appropriate. She advises parents to just be honest.

"You can say, 'Everyone is feeling a different way about the election, and this is one way they're expressing it,'" she says. "'As a family, we might do this differently, but this is how they're choosing to do it. But other people are stepping in to keep the peace and keep everyone safe.' It's important to highlight there are people who are keeping people safe."

And though you might have strong opinions about what's going on, parents should resist the temptation to propagandize to their children.

"We see kids as young as kindergarten talking about how people with different political beliefs are 'bad guys,'" she says. "Instead, use this as an opportunity to explain how complicated the world is."

Coping with kids' anxiety After you've talked about what happened, O'Brien says it's important to model how to cope with the anxiety that news creates.

"Maintain your sense of calm and feeling of regulation," she says. "Use whatever coping skills you have, then be open: 'I feel anxious about this, let's take deep breaths, maybe we can turn off the TV and go for a walk.'

"Use this as an opportunity to model how to manage big life stressors."

Beyond that, O'Brien says you can ask your kids what would help them to feel safe, and then try to keep their routine as normal as possible. Also, limit their exposure to news, and if they do read or see something on a phone or tablet, make sure you're part of what they're seeing.

"It's not keeping it from them but making sure you're part of it," she says. "That way you can keep control of the conversation and be aware of what they're getting."

Lastly, Domingues says parents should remember that this isn't just a one-time conversation.

"There will be continuous media coverage on it, and you'll need to check in again, leaving open lines of communication," she says. "As parents absorb more information, we're there to be the filter for our children. So today it's helpful to start the dialogue and tell them that you can talk about it as they have more questions."

Source Link

<https://www.nationalgeographic.com/family/2021/01/talking-to-your-kids-about-chaos/#close>

What's the best way to address bullying? Is there a way for schools to prevent it altogether? Find out by listening to the latest episode of National PTA's podcast, Notes From the Backpack. This week's expert offers strategies for supporting children who are bullied and advice for parents who have learned that their child is doing the bullying.

Notes From the Backpack is available on: Apple Podcasts, Google Podcasts, Stitcher, Spotify and TuneIn. Just search for "Notes from the Backpack" on your favorite podcast app.

Love the episode? Leave a 5-star review to help spread the word!



Important Dates to Remember

Unit and Council Renewal and Officer Updates Begins June 1, 2020
in MemberHub (for 2020/21 this deadline is extended to Oct.1st)

Submit Board of Directors
Speaking/Visit Requests for Fall 2020 September 15
and Founders' Day Schedule

990 filing date with IRS (for most Units/Councils) November 15

Standards of Affiliation (SOA)* deadline
(Dues, Audit, Budget, Copy of 990, Officers, Bylaw, Insurance) December 1

Submitting Board of Directors January 15
Speaking/Visit Requests for Spring/Summer 2021

Submitting Resolutions for
consideration at Convention March 1

Fran Anderson Scholarship
Deadline April 1

Michigan PTA Awards Deadline April 15

Satisfying Standard of Affiliation allows Units/Councils to participate in all State and National Awards, Grants and Programs.

Please note that when a Unit/Council applies for a National PTA award/grant/program, Michigan PTA is contacted before the award/grant/program is dispersed and if the Unit/Council has not satisfied the Standards of Affiliation (SOA), that entity will be disqualified for the award/grant/program, per Michigan PTA's affiliation agreement with National PTA.

Mailing Address
Michigan PTA
P.O. Box 510535
Livonia, Michigan 48151

734.975.9500
michiganpta.org

Announcement

The Michigan PTA Newsflash newsletter will now be published bi-monthly.

Please watch for our next edition in March

Connect With Michigan PTA!

Website: michiganpta.org

Facebook Page: facebook.com/everychildonevoice/

Facebook groups by interest:

- Michigan PTA Advocacy
- Michigan PTA Reflections Network
- Michigan PTA Diversity, Equity and Inclusion
- Michigan PTA Membership/Memberhub
- Michigan PTA Leadership Community

We're Here to Help

Although Michigan PTA does not have a physical office and no staff at the moment, volunteers are still available to help answer questions. How you can reach us:

734-975-9500

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