

West Virginia PTA Bulletin

President's Message



Janelle Sperry
WV PTA President
2015-2017

On July 1, the new leadership team for West Virginia PTA took office and the level of dedication and enthusiasm in our Board of Managers is inspiring! We are all PTA volunteers and know firsthand what each of you want from your state PTA. Our goal is to ensure that each local unit receives the valuable resources that are needed to make the most out of your PTA this year. Please take a moment and look through this bulletin for information on National PTA's back to school kit, which is now online, as well as information received from regional trainings, membership cards, and the new look of our local unit packet!

One of the new positions we are very proud of this year is the Diversity Committee which will focus on the needs of all families, including children with special needs and disabilities. Our goal is to provide additional resources to families on our state website and support initiatives for all children. We will be expanding our state convention to host workshops specifically in these areas and will provide workshops for the Special Artist's Division of the Reflections program. PTA is the largest parent advocacy association in the country and we need to put the weight of our membership in support of what all families need, whether it's in legislation, education, or additional resources. PTA is for every child, and we need to make sure that every child's needs in West Virginia are being addressed.

We also plan to reach out to all families and make everyone feel included in our PTA family. In fact, we are proud to announce the West Virginia PTA will be providing two (2) free PTA memberships to every local unit in the state specifically for families with special needs children. Our goal is to welcome them into PTA, provide them the resources they need and make them a part of our initiative.

As your new President, it's also my goal to travel across the state and visit your PTA's at your meetings and events. I want to see what great things you are doing because I want to share it across the state. We should all be working together and sharing our ideas with one another. In fact, we are currently building a resource library on the West Virginia PTA website from your ideas and activities. Look for more details in this bulletin about our new library and how to submit your event ideas. In addition to this resource library, we have started a Pinterest page full of information that will help you with anything from Back to School ideas, Educational Resources, Health and Safety ideas, and much more!

Be sure to update West Virginia PTA with your new officer information to ensure your PTA stays informed and up-to-date on everything we have to offer. You can visit our new website (www.westvirginiapta.org) and fill out the Local Unit Officer form online for your convenience.

My favorite quote, in 1897, from National PTA Co-Founder, Alice McLellan Birney is "What the best and wisest parent wants for his own child, that must be what PTA wants for all children." My passion is serving children and this inspiring statement drives me to ensure that they have the best possible experience in their childhood and educations. I am honored to be the new West Virginia PTA President and I will work for all the PTA parents in West Virginia who dedicate countless hours of service to our children. I am excited and looking forward to working with all of you for the next two years. Thank you for all you do for our children.

Yours in PTA,

A handwritten signature in cursive script that reads "Janelle Sperry". The ink is dark and the signature is fluid.

Janelle Sperry
President

The mission of West Virginia PTA is make every child's potential a reality by engaging and empowering families and communities to advocate for all children.

West Virginia PTA Membership Campaign for Special Needs

By: Ginnie Molnar, Diversity Chair



The West Virginia PTA is embarking on a campaign to include parents of Special Needs children to become members. The Board of Managers recently adopted a proposal to pay state and national dues for two memberships per school for Special Needs parents. We are hoping the local unit will waive their dues so we can begin a journey of being more inclusive. Locals may decide how to choose the members.

This is an exciting time for WV PTA. Please support the inclusion of Special Needs parents in your PTA. If you would like more information or help in this process, you may contact Ginnie Molnar, Diversity Chair at diversity@westvirginiapta.org.

The WV PTA has developed a committee for Special Needs as a focus for the next two years as well. The committee is looking at developing a workshop for Special Needs parents at the State Convention in April 2016. The conference would be for both parents and children. Parents would receive valuable training and the children would have an opportunity to engage in activities around the arts including music, puppets, painting, etc. We hope this will help launch the Special Artist category in the National PTA Reflections Program.

The committee is very excited about the upcoming year. If you would like to be a part of this new adventure, please contact Ginnie Molnar at the email address above.

PTA Reflections Art Program 2015-2016 THEME:

"Let Your Imagination Fly"

Categories:

Visual Arts	Literature
Photography	Dance Choreography
Film Production	Musical Composition
*Special Artist's Division	

Visit our website at www.wvpta.net for all the rules and information forms to participate. If you would like to host a FREE Special Artist workshop, please contact info@westvirginiapta.org.



2015-2016 Membership Challenge and Incentive Program



**At the 2016 West Virginia PTA Convention, your PTA
can be honored for your membership increase!**

Here's two ways of winning!

One PTA in **each**
region will be honored
with a \$100 cash prize
for having the highest
membership increase
based on percentage!

The **largest** PTA in
West Virginia will be
recognized with a \$200
cash prize and the
West Virginia PTA
Traveling Trophy!

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National PTA Official Back-to-School Kit

The National PTA Official Back to School Kit is digital! The easy-to-use quick reference guides will help PTA leaders implement all the important strategies and functions of their PTA. This kit contains resources and leadership tools and is designed to assist your executive team in meeting critical benchmarks and goals to ensure each student's success this year.

Please visit: <http://www.ptakit.org> and each guide below can be downloaded and printed for your review! Items included in this resource are:

PTA President
Finance
Membership
Programs
Fundraising
Advocacy
Communications



National PTA is also a great resource for more general information like running your PTA, fundraising ideas through the fundraising marketplace, training and learning through e-learning, information on how to diversity your PTA, and many programs and grant opportunities. You can follow National PTA on Facebook, Twitter and by checking out the website at www.pta.org

Introducing the NEW West Virginia PTA Resource Library!



One of the most popular requests at our state convention each year is a workshop for "Idea Sharing". You want to know what other PTA's around the state are doing so you can get fresh, new ideas and bring them back to your local units!

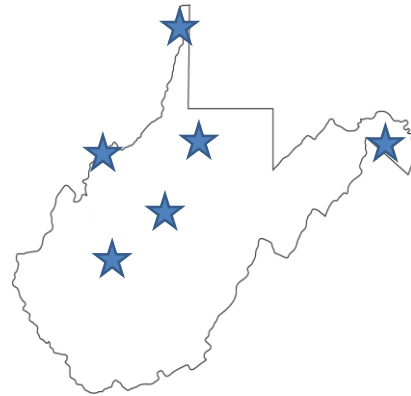
We have created a RESOURCE LIBRARY on the West Virginia PTA website just for your ideas! Email library@westvirginiapta.org and include your event flyers and notes about your favorite activities including membership campaigns, fundraising ideas, bulletin board ideas, family engagement nights, back to school picnics, etc.

We will include them in our resource library on the website so you can "idea share" all throughout the year! Now we just need your submissions! They can be sent as PDF's or as a Microsoft Word document. We will take care of the rest!

Did you attend the West Virginia PTA Regional Training in your area?

In August, West Virginia PTA traveled to Parkersburg, Charleston, Bridgeport, Sutton, Wellsburg and Martinsburg to give valuable training to all PTA officers!

New 2015 Local Unit Binders were given to all units as well as membership cards. Please contact our state office or the regional director for your area to receive these items if you weren't able to attend. You can also request a copy of the training materials by emailing president@westvirginiapta.org.



*Thank
you*



West Virginia PTA wishes to thank Med Express for printing our 2015-2016 Membership Cards for our members this year! We appreciate your continuous support of our PTA members throughout West Virginia!

Health Tips from Med Express!

Stay Healthy During Back-to-School

Flu, cold and other illnesses can spread easily when lots of people are together – like back to school. One way to stay healthy this season is with a flu shot. Did you know that flu season can begin as early as October and last through May? Getting a flu shot early can help you and those around you avoid this flu season's fever, coughs and aches – giving you the protection you need to stay healthy

There's also more to flu season than the flu. Illnesses such as colds, strep throat, ear infections and sinus infections are common. That's why there's MedExpress Urgent Care. Open 8 to 8 every day with no appointment necessary – because colds and flu don't follow your schedule. medexpress.com

North View Elementary School PTA Awarded National Grant for Health and Wellness Programs

West Virginia PTA is pleased to announce that North View Elementary School PTA has been recognized with a \$2,000 Healthy Lifestyles: Energy Balance 101 Grant for its efforts to address the energy balance needs of the school community and encourage families to adopt more active, healthy lifestyles. North View Elementary School PTA is one of only 25 PTAs across the country selected to receive this grant from National PTA. Being recognized with a grant demonstrates North View Elementary School PTA's leadership and commitment to making a difference for the health and well-being of children and families.



"Teaching children and their families about the importance of energy balance, nutrition and physical activity is critical to help them make informed decisions now and sets the stage for a healthy lifestyle into adulthood," said Laura Bay, president of National PTA. "We are pleased to recognize the hard work and dedication of North View Elementary School PTA and empower the association with tools and resources to educate and engage children and families and inspire active, healthy living."

Part of National PTA's Healthy Lifestyles program, the grant is designed to help local PTAs and schools engage families to improve awareness of energy balance concepts and provide nutrition and physical activity education. Energy balance is the everyday practice of

balancing calories consumed through eating and drinking with calories burned through physical activity. With the grant, North View Elementary School PTA will:

- Use the Energy Balance 101 curricula to educate families on the importance of energy balance, good nutrition and physical activity in achieving an active, healthy lifestyle;
- Empower families to advocate for and support the implementation of healthy changes around nutrition and physical activity; and
- Provide families with tools to create an environment at home that supports positive changes at school.

West Virginia PTA President Janelle Sperry stated "We are so proud that North View Elementary School PTA has been recognized with a Healthy Lifestyle Grant from National PTA this year! The West Virginia PTA supports programs that encourage healthy eating balanced with physical activity and is proudly sponsoring the 2nd Annual West Virginia PTA Student Healthy Recipe Contest in the fall. It is open to all students in West Virginia and promotes original healthy recipes created by our students". For more information, visit www.wvpta.net.



Healthy Weight Commitment Foundation is the proud sponsor of National PTA's Healthy Lifestyles Grants, which through its 275+ members and partners, seeks to significantly reduce childhood obesity rates.



West Virginia PTA Student Healthy Recipe Challenge



West Virginia PTA is looking for original, healthy recipes created by our students! This contest is open to all WV students in grades (kindergarten-12) in seven fun categories.

Students can enter one recipe in each category and winners will be recognized at the 2016 West Virginia PTA Convention. Entries may be included in a cookbook published by the West Virginia PTA!



West Virginia
PTA
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Entry Period:

November 1, 2015
through
January 15, 2016

Eligibility:

Open to all West Virginia
students in grades K-12

Age Divisions:

Primary (K-2)
Intermediate (3-5)
Middle School (6-8)
High School (9-12)

Recipe Categories:

Hearty Breakfast
Nutritious Lunch
Wholesome Dinner
Nourishing Snacks & Appetizers
Healthy Desserts
Allergy Free Recipes
Best Cooking Video!

Visit the West Virginia
PTA website for more
details on the contest,
rules and requirements.

www.westvirginiapta.org



Resources for PTAs

Encourage students and parents to adopt healthy habits with our free program

The Kids Cook Monday is a non-profit public health initiative that encourages families to set aside the first night of every week to cook and eat together. Using The Kids Cook Monday to introduce parents and children to healthy home cooking and the advantages of family dining is a great service to families. And it's fun, too! Here's how you can utilize our free resources and expert support to kick start the healthy habit at your school:

- **Host a Family Cooking Night:** Kick off your school's participation in The Kids Cook Monday with a Family Cooking Night. Contact The Kids Cook Monday to arrange for a local nutrition educator to visit your school and lead a lesson on cooking together as a family with healthy Kids Cook Monday recipes. Read more about the program here: bit.ly/kcmschool.
- **Plug your school into The Kids Cook Monday's resources:** At your Family Cooking Night, distribute our resources to participating families. Our free resources are available on TheKidsCookMonday.org and include recipe printouts, an e-cookbook and a PDF Toolkit for Families. We also encourage you to sign families up for our free Family Dinner Date weekly newsletter, which is a great way to encourage the habit of cooking together week after week. Learn more here: bit.ly/kcmnews.
- **Sign up to be a Kids Cook Monday Ambassador:** Keep your school on track by becoming a Kids Cook Monday Ambassador. Parents, teachers and administrators are welcome to join the program. Ambassadors will make sure that families receive Kids Cook Monday recipes each week as well as remind families of the benefits by sharing our fun social media assets.
- **Keep up the habit:** We'd love to help you keep the momentum going by hosting additional Family Dinner Nights and displaying The Kids Cook Monday's free downloadable posters throughout your school.

Newsletter



Ambassador Badge



Recipe Printouts



For more information, contact: Cherry Dumaual, PR & Partnerships Director,
cdumaual@mondayscampaigns.org; 212.991.1056

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Burnsville Elementary PTA

Central Region

"The Burnsville Elementary PTA is coming off a very productive year and has started with the same momentum. We were able to provide field trips to all the students in the school in April and May of last year. The first trip was taken by the 4th, 5th, and 6th grades. They took a tour of the State Capital and then went to the State Museum. The second trip was the Preschool 3 year old and 4 year old programs and the Kindergarten who went to the French Creek Game Farm. The third, and final trip, was toward the middle of May, to Morgantown, the 1st, 2nd, and 3rd grades went to the WVU Planetarium and the Children's Discovery Museum of WV.



All students were excited and enjoyed the trips. For many students it was the first field trip they had ever experienced. The PTA feels great that we were able to provide these opportunities. We were able to offer these trips due in part to our new fundraiser, the Burnsville Elementary PTA 5K Run/Walk and Youth Fun Run which was held on Saturday, May 2nd. Our goal for the event was to have 50 participants and we had 54 participants register. We also had 19 youth run in the Fun Run. The community really stepped up and helped out with sponsoring, donating door prizes, volunteering and participating. From the feedback that was received most of the participants really enjoyed the event. We are gearing up for our 2nd Annual Race!

The PTA also sponsored a Welcome Back Pool Party in August. There were 38 people that came out to enjoy the pool and to have a last swim before school started. This is another program that we are hoping to be able to continue in future years. We have lots of great ideas for new programs and projects for this year and we are so looking forward to getting them started."

Getting to Know Your WV PTA Leaders

"My name is Diane Klinger and I am the Regional Director for the Northern Region. I started my PTA career as a home room mother for North Park PTA in 1974. I have worked on the local level, county level, and state level. I was State PTA President 2011 to 2013. I was one of the founding members of the Mountaineer PTSA, a community based PTSA. I am presently the treasurer of this PTSA.

I live in Elm Grove with my husband, Robert. We have four children (Roxanne, Roland, Charles and Roger). We have 19 grandchildren and 4 great-grandchildren. I have been a Boy Scout Leader, Girl Scout Leader, Church Youth Leader and a Foster Parent. I am called Grandma Dee by all of my former girl scouts, boy scouts, etc."



Diane Klinger
Northern Regional Director

Remember to budget for the 2016 State PTA Convention! This is a legitimate PTA expense where you receive valuable leadership training, network with other PTA's from across West Virginia, support your Reflections and Student Healthy Recipe Challenge winners, and receive your own Local Unit PTA awards! More details about this year's convention coming soon!



93rd Annual West Virginia PTA Convention

April 15-16, 2016 • Morgantown
Lakeview Golf Resort & Spa

Leadership Development " NEW Workshops " Awards
Networking " Vendors " Youth Activities and more!

For more information: www.westvirginiapta.org/convention

Getting to Know Your WV PTA Leaders

"My name is Beth Anderson. I am married to my best friend, Darren, and have three wonderful, very athletic boys, Doug who is almost 17, Aaron who is almost 8, and Josh who is almost 6. It is definitely a challenge to have an older child with the younger ones, but it is a blessing too.

I am the Director of the Burnsville Public Library, Secretary of the Burnsville Elementary PTA, Marketing Chair for West Virginia PTA, soon to be member of Braxton County High School PTA, Vice President of Central WV USBC and Cubmaster of a newly re-formed Scout Pack in Burnsville. On top of my volunteer activities, I also help out as much as needed with my son's sports teams, which are plentiful. The little ones are currently in their first year of soccer, all three boys wrestle in the winter, and the little ones play t-ball/baseball in the spring and the oldest picks up a game as he can. Anyone who knows me can tell you that I do my best work when I am busy and have a deadline. I love being challenged and thoroughly enjoy every activity my family is involved in."



Beth Anderson
Marketing Chairperson

Executive Committee

President	Janelle Sperry	Email: president@westvirginiapta.org
President-Elect	Kathy Parker	Email: presidentelect@westvirginiapta.org
1 st Vice President	Missy Jones	Email: bylaws@westvirginiapta.org
2 nd Vice President	Ponnie Sampson	Email: membership@westvirginiapta.org
Secretary	Dani Hancock	Email: secretary@westvirginiapta.org
Treasurer	Chris Wuest	Email: treasurer@westvirginiapta.org
At Large Member	Karen Sherman	Email: atlargemember@westvirginiapta.org

Regional Directors

Central	Missy Jones (acting)	Email: bylaws@westvirginiapta.org
Eastern	Bryan Anderson	Email: easterndirector@westvirginiapta.org
North Central	Rose Rossana	Email: northcentraldirector@westvirginiapta.org
Northern	Diane Klinger	Email: northerndirector@westvirginiapta.org
Southern/Southwestern	Jennifer Griffith	Email: southerndirector@westvirginiapta.org
Western	Robert Davis	Email: westerndirector@westvirginiapta.org

Committee Chairpersons

Marketing	Beth Anderson	Email: marketing@westvirginiapta.org
Diversity	Ginnie Molnar	Email: diversity@westvirginiapta.org
Health & Safety	Jean Parr	Email: healthandsafety@westvirginiapta.org
Office Coordinator	Kathy Goldstein	Email: office@westvirginiapta.org
Parent/Family Engagement	Vacant	
Parliamentarian	Judy Snider	Email: parliamentarian@westvirginiapta.org
Scholarship	Linda Abercrombie	Email: scholarship@westvirginiapta.org
Resource Development	Amy Arnold	Email: resourcedevelopment@westvirginiapta.org
Reflections	Billie Jo Bagnell	Email: reflections@westvirginiapta.org
Youth Member	Gabi Hancock	Email: youthmember@westvirginiapta.org

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Have you heard about
the new resources from
West Virginia PTA?

Our website has been **REDESIGNED**
with more resources including:

Programs, Forms, Toolkits
Health & Safety
Family Engagement Ideas
Student Recipe Challenge
Reflections
Diversity (Special Needs)
Resource Library (for Idea Sharing)
National PTA Resources
and much more!

Web addresses you'll need to stay up-to-date with news
from the West Virginia PTA!

Website: www.westvirginiapta.org

Pinterest: www.pinterest.com/westvirginiapta

Facebook: www.facebook.com/westvirginiapta

Twitter: www.twitter.com/westvirginiapta



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