

E-Leader

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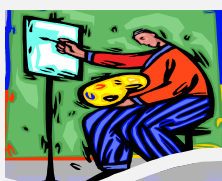
NOVEMBER 2010



**Presidents/Principals
Dinner November 22
at the Crest Hollow
Country Club,
Woodbury, NY**



**NYS PTA Annual
Convention
Buffalo, NY
November 12-14**



**Reflections
Drop-off
November 30 and
December 1 at the
Brookside School,
North Merrick**

Region Director's Message

Dear Parents,

It is my hope that this message finds you and your families well and comfortably into the routines of the new school year. There is no doubt that this year has begun with much excitement and a number of questions specific to school reform, core curriculum standards, testing, and our roles as parents and "first educators".

Anyone who has been following education in the media knows that we started the school year, "Waiting For Superman". The question of public schools vs. public charter schools, teacher tenure, and the impact of unions address factors that greatly influence our children's education. However, even Superman will not deny that "Ma and Pa Kent", played a vital role in shaping his personality, establishing his values, and making him the person he turned out to be. This principle leads me to an important question, "How involved are you in your child's education?"

"The National Coalition for Parent Involvement in Education" has conducted numerous studies specific to parental impact on education. Simply put, "The evidence is in: when schools and families work together to support learning everyone benefits. Students do better in school and life, parents become empowered, teacher morale improves, schools get better, and communities grow stronger." While I realize that I may be "preaching to the choir", I ask that you share this message with fellow parents and encourage them to support your PTA.

Getting involved does not simply mean attending PTA and school events, although your presence is encouraged and sends a clear message. Speaking to your child about their studies and maintaining an open line of communication with his/her teacher and school administrators is also very important. Most importantly do not be afraid to ask a question!

In short, we do not have time to wait for Superman. We all must don the cape and contribute to the cause if we expect our children to succeed and eventually "take flight"!

Sincerely,

Judy Van Haaren

Judy Van Haaren, Region Director

**Have You Paid Your
Membership Dues?**

**First payments were due in the NYS
PTA office by November 1, if your
unit hasn't submitted dues yet,
please send a check
(with 2 signatures) right away to :**

**NYS PTA
One Wembley Court
Albany, NY 12205**

Jeanette Meoli, Nassau Region PTA Newsletter Chair



We're cutting down on paper!

Welcome to the first electronic version of our Nassau Region PTA Newsletter, *The E-Leader*. With the change this year in New York State PTA's Officer Contact Information to include presidents' email addresses,

we felt that this would be the perfect time to launch an electronic version of our print newsletter, *The Leader*. You will now be receiving *The Leader* in hard copy through the US Postal Service only three times each year in September, January and June; in addition, you will receive the shorter electronic newsletter, *The E-Leader*, in November, March and July. We hope you enjoy the new addition to our communications family; feel free to email us with your feedback at editor@nassaupta.org.

This past spring, the Wisdom Lane Middle School PTA Newsletter, *Words of Wisdom*, under President Angela List, won the Nassau Region PTA Winifred Pratt Newsletter Award. We are proud to announce that NYS PTA has now recognized *Words of Wisdom* as the best PTA newsletter in all of New York State. Congratulations to Angela and the whole Wisdom Lane PTA as they go to the NYS PTA Convention in Buffalo to accept their award!

Together We Can ...

Sarah Henris, Nassau Region PTA Reflections Chair



Is your PTA participating in the National PTA Reflections Program?

Students in preschool through high school are encouraged to create and submit original works of art in any of the six arts areas: Dance choreography, Film production, Literature, Musical composition, Photography and Visual arts. All artwork should be inspired by the **2010—2011 theme: "Together We Can..."**.

To learn more about the program, contact your PTA President, Reflections Chairperson or visit the Nassau Region Reflections Committee webpage at www.nassaupta.org.

IMPORTANT DATES

Entry Drop Off:	Tuesday, November 30th, 2010	6:00 PM – 8:30 PM or
	Wednesday, December 1, 2010	6:00 PM – 8:30 PM
Entry Pick-Up:	Tuesday, December 14, 2010	6:00 PM – 8:30 PM

Location: Brookside School, 1250 Meadowbrook Rd., North Merrick 11566

Directions to Brookside School: Southern State Parkway to Exit 23. Proceed south on Meadowbrook Road a short distance; school is on the right side of the street. **Use front entrance only.**

Health and Wellness

Susanne Smoller, Nassau Region PTA Health and Wellness Chair



Healthy Kids
become healthy
adults!

Healthy Kids, Healthy New York After School Initiative toolkit is currently available on the NYS PTA website. Funded by a grant from the National Governor's Association, these voluntary model

guidelines for nutrition, physical activity and screen time will help our children acquire healthy habits so they can lead longer and healthier lives. This document spells out the ways your PTA units can help your school implement the

model guidelines. They are easy to follow and once implemented can start to tackle the problems that are fueling our children's obesity epidemic. For complete information and to download a copy of the toolkit, please go to:

http://www.nyspta.org/pdfs/publications/healthy_kids_healthy_ny_afterschool_toolkit.pdf

Read these
8 Simple Tips
to Help
Your Child
Succeed in
School ...

Education

Jane Chan, Nassau Region PTA Education Chair

Elementary teachers offer the following suggestions on how parents can have the greatest impact on their children's success in school:

1. Teach your children to respect others, and discipline them firmly and consistently when they misbehave.

2. Put education first. Limit the number of extra-curricular activities your children participate in.

3. Be sure your children get a good night's sleep.

4. Make your children's needs a top priority, despite your own busy schedule.

5. Turn off the TV and video games.

6. Set high standards and expectations for your children, but be realistic.

7. Read with your children. Get involved and stay involved with your children's school.

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Youth Corner

Catherine Molloy, Nassau Region PTA Youth Member

the various types of dairy products. Today, however, the word has taken on a new meaning, and if you asked a drug dealer for cheese, the term would not be unfamiliar to him. Cheese, made with heroin and over the counter cold medication, is a new, highly addictive drug that is becoming increasingly popular among teenagers in the last few years. It sells for about \$2 making it easily affordable.

According to New York news reports, "There's a new face of heroin, and it's

expected to become one of the worst epidemics since crack cocaine." The demand for this drug has been steadily increasing on Long Island, particularly in Suffolk County, but is spreading and is beginning to ensnare adolescents in Nassau County.

Teens, do not be afraid to talk to your parents, and parents, do not hesitate to talk to your kids. This is an epidemic on Long Island and the best defense is to stay informed.



When one hears the word "cheese", usually the term brings to mind the delightful taste of

Parenting and Family Life



Cathy Wood, Cristina Kilberg and Rhonda Kraff, district chair people of the Garden City PTA Health & Safety Committee. Credit [Velma Seuss](#)

For the seventh straight year, [Nickelodeon](#) went dark on Sept. 25 to encourage kids to get active with its Worldwide Day of Play (WWDP). From noon to 3 pm, Nickelodeon's TV channels, along with their websites, went off the air and offline. The message was to get off the couch, get out of the house and play. National PTA, along with additional partners including [Boys & Girls Clubs of America](#), the [National Environmental Education Foundation](#) and the [National Wildlife Federation](#), has teamed with Nickelodeon since the program was originally kicked off in 2004 and encouraged PTAs across the country to participate and host their own WWDP.

Garden City PTA Joins Nickelodeon, National PTA for Worldwide Day of Play

Right here in Garden City, Rhonda Kraff, Cristina Kilberg and Cathy Wood, district chairpersons of the Garden City PTA Health & Safety Committee, decided to take this idea one step further by encouraging families to spend a "Quality Family Time Day."

"I thought the program was terrific but in order to tailor it to our community we developed the idea of encouraging a 'Quality Family Time Day,'" said Kraff. "We have a high percentage of children involved in sports and extracurricular activities but there is a need for more quality family time." As simplistic as the notion is, quality family time has become the sacrificial lamb in today's electronic explosion. While TV has shouldered the blame for everything from the rise in childhood obesity to poor academics, today's villains also include the computer, video games and cell phones. Nickelodeon's choice to go off-line was part of their ongoing "Big Help" campaign: a kid-level movement promoting positive change in four areas: environment, education, health and wellness and community service.

Kraff, Kilberg and Wood have received positive feedback from Garden City families regarding the program. Many families have commented that it is great to be busy but having family members going in all different directions can be a detriment. Next year, get your unit to participate in Nickelodeon's WWDP "Garden City style" by spending some quality family time together.

Adapted from "Garden City Patch" with permission.



Kids having fun at last year's Worldwide Day of Play. Credit Photo courtesy of Nickelodeon

Nassau Region PTA Presidents/Principals Dinner

November 22, 2010

Crest Hollow Country Club

8325 Jericho Turnpike

Woodbury, NY

Make sure your unit is in good standing in order to attend! File your updated Form A on the NYS PTA website, pay your insurance and make your first membership payment for at least 50% of last year's membership.

Special Education

Jill Criscitelli, Nassau Region PTA Special Education Chair

What is a Student With a Disability?

Student with a disability means a student with a disability as defined in section 4401(1) of the Education Law, who has not attained the age of 21 prior to September 1 and who is entitled to attend public schools pursuant to section 3202 of the Education Law and who, because of mental, physical or emotional reasons, has been identified as having a

disability and who requires special services and programs approved by the department. The terms used in this definition are:

- *Autism*
- *Deafness*
- *Deaf-blindness*
- *Emotional disturbance*
- *Hearing impairment*
- *Learning disability*
- *Mental retardation*
- *Multiple disabilities*
- *Orthopedic impairment*
- *Other health-impairment*
- *Speech or language impairment*

- *Traumatic brain injury*
- *Visual impairment including blindness*

The complete descriptions and definitions of the thirteen classifications and the **Part 200 REGULATIONS OF THE COMMISSIONER OF EDUCATION** can be found at:
<http://www.p12.nysed.gov/specialed/lawsregs/part200.htm>



Autism means a developmental disability significantly affecting verbal and nonverbal communication and social interaction, generally evident before age 3, that adversely affects a student's educational performance.

Make the most of your Marketing budget - even if you don't have one!

Marketing

Helen Farley, Nassau Region PTA Marketing Chair

As Marketing- or Publicity- Chairman, it is your job to get the word out about your unit. How do you get as much information out about your unit's activities to as many people as possible in your community and do it with as little cost as possible? By taking advantage of all the resources available to you.

Do you have a Newsletter, E-newsletter or website? Get

every event or fundraiser posted there. Use your local newspapers or television stations to reach out to the community and get them involved. Try email instead of fliers, they are a less costly alternative. If you use fliers, make them double sided or tri-folded- be imaginative when sending them so people will remember them.

On the National PTA

website, pta.org, there is a whole section called "PTA Marketing Tools". Everything there is available exclusively to PTA members- save time and money by using these no-cost marketing materials.

Make your PTA the place to be – so your PTA can be a potent voice for your children.



114th Annual NYS PTA Convention

November 12-14, 2010 Buffalo, New York



Nassau Region
PTA
everychild.one voice.®

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Nassau Region PTA services over 300 units and 37 councils and is committed to uniting the home, school and community in promoting the education, health, and welfare of children, youth and families.



Nassau Region Calendar

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|-----------------------|---|
| November 12-14 | Annual NYS PTA Convention—Adam’s Mark Hotel—Buffalo, NY |
| November 22 | Presidents/Principals Dinner—Crest Hollow Country Club, Woodbury, NY |
| November 30 | Reflections Drop Off—Brookside School, North Merrick, NY |
| December 1 | Reflections Drop Off—Brookside School, North Merrick, NY |
| December 14 | Reflections Pick Up—Brookside School, North Merrick, NY |
| January 27 | Winter Conference—W. Tresper Clarke HS, Westbury (Includes Nominations & Elections Workshop) |