



PRESIDENT'S MESSAGE

Hello, PTA Family!

Happy May! For most of you, this month will mark the end of the school year- congratulations!!! You did it! Another successful year! Whether or not you are wrapping up your school year this month, we have so much to celebrate, starting with our teachers.

Thank you so much to all our teachers for the vital work that you do for our children, both in and out of the classroom. I am certain that your efforts far exceed what is in your job description. You are an extension of our families, and we appreciate you more than you know. We cherish you.

To the school administrators and numerous other support staff, thank you for supporting our phenomenal teachers and for caring for our children with love and dedication. We see you.

To our volunteers and PTA leaders, thank you for the countless hours you spend in and out of your schools to support staff, enhance the school experience, and ensure our kids have what they need to succeed. We applaud you.

None of us could do it alone. I am so grateful to be a part of this wonderful PTA family. Thank you to each and every one of you for the work you do to make every child's potential a reality.



Teacher Appreciation!

You won't want to miss seeing the National PTA's helpful resource for Teacher Appreciation week, May 2-6
- PTA.org/ThankATeacher.

This page provides suggestions for thanking teachers, resources from PTA partners for purchasing thankyou gifts, and the opportunity to join with the National Education Association on Tuesday, May 3, for a special panel discussion









How do you celebrate Teacher Appreciation Week?

This year Colorado PTA suggests you say it with signatures for Ballot Initiative 63!

Did you know that Colorado school funding has fallen behind inflation and enrollment growth by over \$10 BILLION since 2009, and Colorado's teachers have the least competitive wages in the nations?

Our teachers have worked exceptionally hard to educate and keep our children and youth safe this year. Now we have the opportunity to show them we care through our actions. Supporting Ballot Initiative 63 shows our teachers that help is on the way.

Ballot Initiative 63 if passed, will — without raising rates — provide an additional ~ \$896 to the State Education fund to be used for "attracting, retaining, and compensating teachers and student support professionals."

Petitions are available for circulation NOW. Click <u>Here</u> to pledge to carry a petition, sign a petition, or support Ballot Initiative 63 in other ways. When filling out the Petition Pledge Form, please select Colorado PTA from the drop down menu at the bottom of the screen.

PTA members are essential to getting this initiative on the ballot. Thank you for showing our teachers we care!

Get all the resources

HERE. Share on social
media and tag #COPTA
#TeacherAppreciation
#FundColoradoSchools

The Colorado PTA <u>Legislative Committee</u> meets on the 2nd and 4th Mondays from January through April, during the annual session of the Colorado General Assembly (State Legislature), and on the 2nd Mondays during the other months. PTA members who attend 3 or more meetings per year are entitled to vote at the meetings. If you would like to sign up for the Legislative Committee email list – which will allow you to receive information from the committee including meeting invitations, agenda, minutes, and other relevant information – please sign up <u>HERE</u>.

See also National PTA <u>Position Statements</u>; <u>Resolutions</u>
See also Colorado PTA <u>Resolutions</u> and <u>Positions</u>; <u>Legislative Priorities for 2022</u>

COLORADO DEPARTMENT OF EDUCATION SEEKS PARENTS' INPUT

The Exceptional Student Services Unit at CDE needs your input! The Senate Bill 21-274 Facility Schools Model Workgroup is looking for input from families, parents, guardians, current/former students, as well as educational advocates.

The Workgroup would like to hear about first-hand experiences – both positive and opportunities for growth – when educational needs exceeded what was available in a traditional classroom setting. These experiences could have taken place in a variety of placements including in-district or out-of-district and/or facility, program, service, or individual-based. The Workgroup is also looking for input based on experiences when appropriate services were not available either in or out of the district. If you are willing to provide input, please click on the link below to complete a short survey. The survey is available in English and Spanish – if you need this survey in another language, please utilize the Google Translate option found at the bottom of the webpage. If you need further assistance please contact the Office of Facility Schools.

Parent, Student, and Advocate Survey https://app.keysurvey.com/f/41614283/1b2f/

Padre, Estudiante, y Defensor Encuesta https://app.keysurvey.com/f/41616363/1477/



How do *you* celebrate Teacher Appreciation Week?

Colorado PTA has joined a broad, statewide coalition of education organizations working to put a measure on the statewide ballot to increase funding for our schools. With Colorado's average teacher salary being in the bottom five states, it's time to pass the Great Schools Thriving Communities initiative that will help districts and make teachers' salaries worthy of the work that they do.

This year Colorado PTA suggests you

"Say it with Signatures"

CoPTA is making it easy for you to honor your teachers by gathering petition signatures to help qualify the *Great Schools, Thriving Communities* measure to the state ballot and dedicating your signature gathering efforts to your students' teachers.

Carry a Petition

Sign a Petition Share on Social Media Improve School Funding











Pay attention to the dangers of NICOTINE

<u>Tobacco</u> shares a number of close associations with the use and abuse of other drugs. According to the <u>National Institute on Drug Abuse</u> (NIDA), tobacco use is the leading cause of death and disability in the United States. A number of studies have indicated that individuals who begin using tobacco products earlier in life will often develop other issues with substance use and abuse, including to substances like alcohol, marijuana, cocaine, heroin, etc.

- A study published in the Journal of School Health in 1997 elucidated the factors that could conceivably explain nicotine's status as a potential gateway drug. These factors included learning theory (being reinforced for the use of nicotine generalizes other drugs), pharmacological issues (biological similarities in changes associated with nicotine use and other drugs), social factors, and beliefs about health in general. The researchers suggest that these factors explain nicotine's potential as a gateway drug for a number of other drugs of abuse, including alcohol, cocaine, heroin, etc.
- A 2014 study in the New England Journal of Medicine hypothesized how nicotine fits all of the aspects of the gateway drug theory as opposed to the relationship explained by the common liability model. Although the researchers admit that much of the information in their article was speculative, they attempted to use a number of prior research studies to back up their hypothetical explanations.
- The <u>Centers for Disease Control and</u>
 <u>Prevention</u> (CDC) presents data that indicates there is an association between tobacco use and illicit drug use. Self-reports indicate the following:
 - Marijuana use was 15.3% for smokers and 3% for nonsmokers.
 - Cocaine use was 1.8% for smokers and 0.2% for nonsmokers.
 - Non-medicinal use of prescription drugs was 5.3% for smokers and 1.2% for nonsmokers.
 - Heroin use was 0.3% for smokers and 0% for nonsmokers.
 - o Binge drinking was 42.9% for smokers and 17.5% for nonsmokers.
 - Heavy drinking was 15.7% for smokers and 3.8% for nonsmokers.

Keep kids digitally safe and healthy

Maya Angelou once said, "Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope." The young people in our community are deeply in need of hope. Through 2020 and 2021, Colorado has seen a steep rise in mental health emergencies at hospitals. The extent of this crisis triggered the Children's Hospital of Colorado to declare a state of emergency in 2021. Suicide is the leading cause of death among Colorado youth ages 10-19. And making it even worse... half of young people ages 3-17 in Colorado who need mental health counseling do not receive it.

Rise Against Suicide is a nonprofit based in Lafayette, Colorado. Our mission is to help young people at risk of suicide by removing the financial and social barriers



Stay healthy over the summer by gardening with your kids

Gardening is a great way to encourage healthy eating among children. Active involvement in the growing and harvesting their food can help them develop a desire to eat fresh fruits and vegetables and increase their willingness to try new foods. Simple and fun spring and summer gardening activities are in this AFHK resource: Kitchen Scrap Gardening.



Colorado Women's Hall of Fame Honors PTA's Mary Lou Anderson

Mary Lou Anderson, a past president of Colorado PTA, was recently inducted into the Colorado Women's Hall of Fame (CWHF). We are so proud to be able to have one of our own receive this prestigious recognition, but more importantly, to benefit from her legacy – the National PTA Reflections Program.

Mary Lou Anderson of Colorado Springs was elected president of the Colorado PTA in 1964. She had previously served as the District 8 Director for National PTA, and before that, as president of her local PTA units. During her presidency for Colorado PTA, Mrs. Anderson was an advocate for the creation of the national Head Start program, scholarships for Colorado students to attend college, alcohol education programs for teenage students and parents, programs to provide books for children in disadvantaged areas, and numerous other efforts to help children and youth.

But as we all know, Mary Lou Anderson's greatest claim to fame was the creation of the National PTA Reflections Program in 1969. Mary Lou was an artist herself and an arts educator. She believed that bringing arts into children's lives would expand their imagination. As a past president of National PTA pointed out: "Research shows that involvement in the arts is closely associated with students' academic achievement, social and emotional development, and civic engagement." Mary Lou's connections with artists and benefactors around the country enabled her to create the PTA Reflections program. Now over 50 years old, the program helps children and youth explore their own thoughts, feelings, and ideas; develop artistic literacy; increase confidence; and find a love for learning that will help them become more successful in school and in life.

Thanks to the Colorado Women's Hall of Fame, many people beyond PTA will be able to learn about Mary Lou Anderson's legacy. This <u>video</u> of the CWHF's presentation in their recent ceremony inducting her showcases her children, who continue her practice of presenting a piece of her artwork to winners of Reflections.





National PTA Reflections

National PTA Reflections is America's oldest and largest arts education program of its kind. The program was developed in 1969 by Colorado's PTA President Mary Lou Anderson to encourage students to explore their talents and express themselves.

Since then, the Reflections Program has inspired millions of students to reflect on a specific theme and create original artwork.

Why is arts education so important? It not only cultivates imagination, self-expression, and creativity, but also plays an important role in the development of critical thinking and problem-solving skills.

It also helps students process their thoughts and emotions – which is so important to mental health – especially now.

National PTA Reflections Cultural Arts Program









Each year, students in Grades Pre-K through 12 and Special Artists* are recognized for bringing the theme to life through film production, dance choreography, literature, music composition, photography, and visual arts (2D and 3D). Students advance through their schools, regions/councils, state and national reviews. It is a way for everyone to create and for student artists to express themselves and be recognized.

If your school already supports the Reflections program, encourage your students to start creating art for next year's program! If your school has not already started a program, contact your PTA/PTSA leaders and ask them to consider it for next year. Colorado PTA and National PTA have all the resources needed and are happy to help get your school started! 2022-23 Theme: "Show Your Voice!"

For more information and resources, go to Colorado PTA: copta.org, National PTA: PTA.org/Reflections, or contact reflections@copta.org

National PTA Reflections winners announced!

Please join us in congratulating our Colorado PTA students who placed at the National level. National PTA awards one Outstanding Interpretation Award per arts category and then three Awards of Excellence and 5 Awards of Merit per age division/arts category.

VISUAL ARTS FINALISTS

Stone Gillaspie - "Just Colors" Primary ($PK - 2^{nd}$ grade) Award of Merit

Shelton Elementary PTSA, Jefferson County Council

Annabel Lee - "Sunlight" High School (9th – 12th grade) Award of Merit

Arvada West H.S. PTSA, Jefferson County Council

PHOTOGRAPHY FINALISTS

Middle School (6th – 8th grade) Award of Excellence Tyler Pratt, "Inquisitive Nature"

Chinook Trail Middle School PTSA, El Paso Council

MUSIC COMPOSITION FINALISTS

Award of Merit Charlotte Jesse - "I Will Change the World By Planting Trees" Primary (PK – 2nd grade)

Bergen Elementary PTA, Jefferson County Council

Award of Excellence Madhvi Chittoor - "Spreading Hope, Faith, and Action"

Middle School (6th – 8th grade) North Arvada MS PTSA, Jefferson County Council

High School (9th – 12th grade) Award of Merit Colin Lockridge – "Battle of Cesme"

Ralston Valley HS PTSA, Jefferson County Council

Award of Merit Matthew Lunin - "Elegy" Special Artist

Parmalee Elementary PTA, Jefferson County Council

LITERATURE FINALISTS

Haylee Griffith - "The Promise" High School (9th – 12th grade) Award of Merit

Arvada West High School PTSA, Jefferson County Council

Colorado PTA Annual Convention

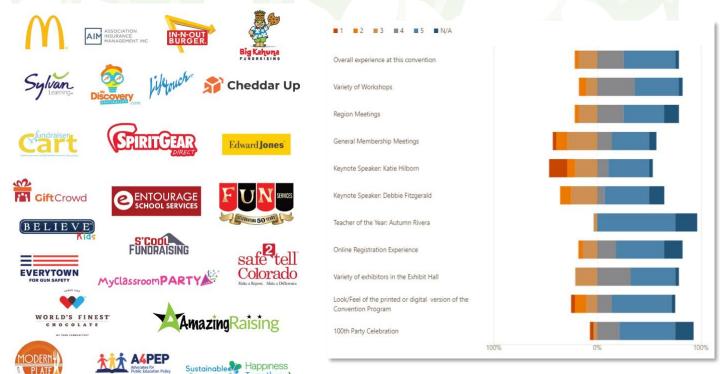
Friday, April 1 – all day Saturday, April 2 - all day DoubleTree - Denver Tech Center



Colorado PTA's 100th Annual State Convention was a blast! We want to sincerely thank all of you for taking the time out of your busy lives to train, equip and inspire all of you to be amazing PTA leaders. We had just over 100 registrants and 22 exhibitors! Your attendance was instrumental in making this conference effective and we hope you found it valuable. Our goal is to make every convention more intuitive, and your feedback is imperative to do that. That said, we appreciate those that took the time to complete the post-conference survey and based on those results as shown in the graphic, we know the majority found the convention a success. However, based on some feedback – the committee has some work to do to make it valuable for <u>all</u> attendees next year. Rest assured; we are already working on how to make that happen.

Speaking of next year, we are excited to announce that our <u>next convention</u> will be held APRIL 29-30, 2023! Please mark it on your calendars now so you don't forget. For those interested in working on the Convention Committee next year, please email <u>convention@copta.org</u> to get more information on upcoming meetings and open positions.

Let's give one more big THANK YOU to our sponsors/exhibitors at this year's convention. Please keep these businesses in mind when you are looking for opportunities at your local units. They really support our children and the PTA.



Officer Transition Workshops

Beginning May 3 until June 9, MemberHub will be offering a live workshop every Tuesday at 10 a.m. and Thursday at 6 p.m. for all PTA Leaders. Please feel free to share this with all your local unit leaders.

Whether you're a new board member or a seasoned PTA pro, you're invited to this MemberHub workshop! Join us to learn how MemberHub's free software helps to streamline your PTA's membership, communications, and fundraising. We'll show you MemberHub's online fundraising platform, online store, and communication tools. All PTA officers are invited! Register Here for Incoming Officer MemberHub Training.

Save the date for Council trainings

If you are in one of these PTA Councils, please put its annual fall training date on your calendar:

El Paso Council – August 27 Denver Council – September 10 Jeffco Council – September 17

