



A Message from Colorado PTA President Staci Ruddy

Hello PTA Family!

We have had a wonderful first few months of the school year! It's hard to believe we only have a short time remaining before we head into 2023!

We are only a few days away from Election Day. Just a reminder that Colorado PTA has taken positions on several ballot measures. Please join us in voting NO on Proposition 121, and YES on Propositions 123, FF, and GG.

I always find that I feel especially sensitive around this time of year as I think about those who may be struggling with food insecurity, poverty, or lack of family or friends. It's easy to want to jump right in to help donate items or raise money for those in need. Please keep in mind that PTA has very specific rules due to our 501c3 status. If you are looking for ways to provide help but aren't certain about what your PTA can or can't do, please reach out to us!

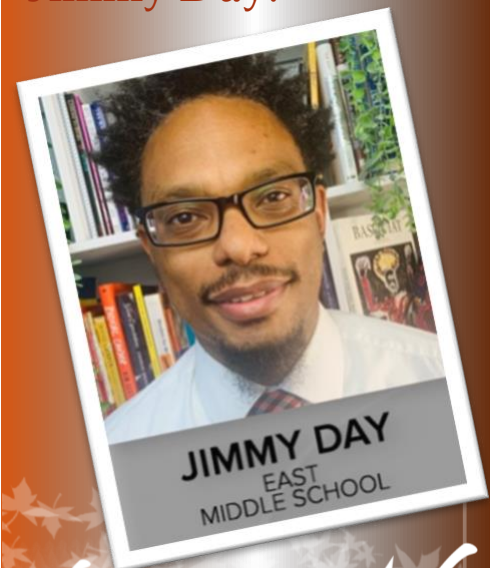
I would like to take this opportunity to recognize the newly announced 2023 Colorado Teacher of the Year, Jimmy Day! Mr. Day is the band director and instrumental music teacher at East Middle School in Aurora. He has over 13 years of teaching experience and exhibits innovation and dedication to his students both in and out of the classroom! Please join me in congratulating him on this amazing achievement and be sure to attend our 101st Annual COPTA Convention in April to hear from Mr. Day in person!

Finally, this month we celebrate Family and School Partnership in Education Month! What better time to celebrate the amazing work we do and to launch the revised [National Standards for Family-School Partnerships](#)! National PTA has put together some amazing resources for you to use to share this information with your school community. There will additionally be hosting a virtual forum on November 17th to help you to learn more about the revisions and how best to implement them! Sign up [HERE](#).

As always, thank you for all you do to make every child's potential a reality!



**Congratulations
2022-2023 Colorado
Teacher of the Year,
Jimmy Day!**



FOCUS ON: LITTLE “a” ADVOCACY

Our focus for this month's newsletter is Little “a” Advocacy. To PTA members, “advocacy” reminds us of PTA’s mission: To make every child’s potential a reality by engaging and empowering families and communities to advocate for all children. It generally makes us think of what we refer to as Big “A” Advocacy, which is to accomplish one of the purposes of PTA, “to advocate for LAWS that further the education, physical and mental health, welfare, and safety of children and youth.”

But the definition of advocacy isn’t just about changing laws. It also includes speaking on behalf of your own child. It includes influencing policies at your school. It includes educating other people about a problem so they can take action to solve it. Just joining PTA is a form of Little “a” Advocacy, because every time PTA sponsors an activity or provides funds for something, it is working to make a positive change for children. Some of Colorado PTA’s leaders discuss their efforts with Little “a” Advocacy.

JAMIE KULP, VICE PRESIDENT FOR FIELD SERVICE:

I have been spending a great deal of time this fall advocating that parents do their research on ballot initiatives. There are many things that people vote on each year that impact schools and families. I have been telling people to check facts and think of schools before just believing what they hear from candidates or commercials.



MARIA CORTES, DIRECTOR AT LARGE:

During the pandemic of last year, several of the Doherty High School moms got together and planned out a way to try to make our Seniors’ year still memorable. One mom created a group on Facebook to honor the Seniors by giving the community an opportunity to adopt a Senior. A parent would post a picture of their child and add a paragraph about them. Then someone could comment and say I’ll adopt them and send them a gift or a card/letter of encouragement. We, the PTA moms, the night before the Seniors had their finally drive-through parade decorated it to remind them that no matter how much things go bad, there’s always a silver lining. Both were such a success and very much appreciated by the students.



AMI PRICHARD, PRESIDENT-ELECT:

I have been working with my kids’ high school to look for instructionally sound ways for students to interact with literature without having to purchase new copies of each novel each year. Past practice had been for all kids to buy new books that they can write in, but with the new technology schools and students have access to, there are many other ways that kids can interact with books that do not require so much out-of-pocket spending for parents, that do not create inequitable outcomes for students based on their parents’ income. We all want all kids to have opportunities to demonstrate their learning in authentic ways. There are ways we can use the lessons and resources COVID gave us to change schools in positive ways.



DAWN FRITZ, PUBLIC POLICY DIRECTOR:

Special education meetings can be very intimidating for parents of children with newly diagnosed disabilities. It can help to have someone attend with new parents new for support and to take notes. During the summer of 2020, I offered to attend a family member’s remote IEP meeting in another state. I was able to ask questions and slow down the meeting ensuring that his mom knew what was going on and what everything meant for her child. It ultimately led to a better plan for her son. Sometimes being present can make a big impact.



EVIE HUDAK, VICE PRESIDENT FOR MARKETING & COMMUNICATIONS:

The summer before my daughter entered high school, she was enrolled in the school’s marching band, which had mandated practices nearly every Saturday through the summer. Students were warned that their first quarter grade would be lowered one letter for each absence. My family already had arrangements to go out of state for a vacation on one of those weekends. I had to convince the principal to override the band director’s decision to drop my child’s grade for missing that one practice.



KERI LEE, MEMBERSHIP DIRECTOR

When my girls were in elementary school, students went to lunch before going to recess. But lunch time was crazy because kids had so much energy after being in the class and having to sit quietly. So we asked the principal to move the recess time first so the kids could get their energy out prior to having to sit to eat lunch. She agreed, and the schedule was revised.



Make a Difference in the Health of a Child



Vaping and Lung Health

The American Lung Association published a valuable comprehensive fact sheet about vaping, including health consequences for youth, and a conversation guide for parents: <https://www.lung.org/quit-smoking/helping-teens-quit/talk-about-vaping/vaping-facts>

The Jeffco Communities That Care “Twelve Talks to Have with Teens” talk for November is Talking with Teens about Vape & Tobacco:

<https://www.twelvetalks.com/vape-tobacco> <https://www.twelvetalks.com/vape-tobacco>

Understanding Marijuana

One Chance to Grow Up developed a resource that provides safety tips related to marijuana during Homecoming Season: [Tips for Parents, Caregivers and Trusted Adults: Homecoming Season](#).

Jeffco CTC Twelve Talks to Have with Teens October talk is “Marijuana”, providing excellent information for parents, teens, and the community: <https://www.twelvetalks.com/marijuana>.

SAM (Smart Approaches to Marijuana) showed that rates of marijuana use disorder increased 25% among 12-17 year-olds in states where it has been legalized and released a [shareable video](#) with information for adults and youth about marijuana use and legalization.

The Continued Rise of Unintentional Ingestion of Edible Cannabis in Toddlers—A Growing Public Health Concern As use of cannabis is decriminalized and legalized across the US for adults aged 21 years and older, there has been a concurrent increase in unintentional ingestion of cannabis edibles among children, raising significant public health concern.



New Information about Vaccines

Updated (bivalent) booster guidance from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?cid=11706:cdc%20covid%20booster%20dose:sem.ga:p:RG:GM:gen:PTN:FY22>

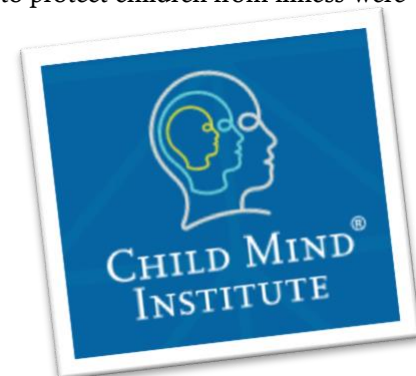
The Working group of the Vaccine Equity Cooperative created updated [Recommendations to Protect Children Under Age 12 and their Families and Communities](#), featuring actionable steps to equitably redirect the course of child vaccinations.

The CDC Foundation is partnering with the Vaccine Equity Cooperative to conduct webinars for community-based organizations and their partners. Strategies to protect children from illness were presented in [this latest webinar](#).

Mental Health Support

The [2022 Child Mind Institute Children's Mental Health Report](#) shows that promising interventions can foster kids' resilience and give them and their families the support they need to thrive.

Youth Suicide Prevention Symposium (free) Tuesday, November 15, 8a-3p, Lowry Conference Center, 1061 Akron Way building 697, Denver, CO 80230 and also live-streamed. Draft of agenda [here](#). Register [here](#) for virtual or in-person attendance.



Membership Matters

PTA Units are always looking for ways to grow and recruit new members. There are many things we can do to attract new members. Here is a list of viable approaches that one could use to recruit more members:



1. Ask someone
2. Bring a guest to meetings
3. Provide child care at all meetings
4. Serve food at the meetings
5. Sponsor an event at your school and provide dinner to members
6. Have a clear PTA Unit goal & a strategic plan
7. Letters or personal contact with local businesses
8. Contact with Chamber of Commerce
9. Place customized bookmarks in library books
10. Have a booth at fairs, festivals etc.
11. Place pamphlets at the main office, cafeterias, libraries, etc.
12. Host an Open House
13. Hold a PTA Unit assembly only on membership
14. Give the membership chair one minute at every PTA Unit meeting
15. Put together guest information packets
16. Service projects that serve a need in the community
17. Invite family members to join
18. Print PTA Unit business cards with PTA Unit meeting location and time
19. Hold receptions for prospective members
20. Have a special guest day
21. Make prospective members feel important
22. Honor outstanding community members with awards
23. Don't take age into consideration
24. Make some meetings social events
25. Use group email to promote your PTA Unit
26. Put posters in public areas
27. Have a reward program for those who bring in new members
28. Create more fun
29. Use word of mouth
30. Network with coworkers, friends, and family
31. Follow up with guests
32. Lead by example—how many members have you recruited?
33. Have members give talks at other organizations
34. Provide guests with free meals
35. Look for members in ethnic groups not represented in your PTA Unit
36. Provide brochures for new families to the school
37. Advertise at your school's sports events
38. Ask the district for help
39. Hold joint meetings with other groups
40. Share your PTA Unit experience with others
41. Participate in community events
42. Circulate the PTA Unit newsletter widely
43. Design a PTA Unit brochure
44. Wear your PTA Unit's pin
45. Mention your PTA Unit at meetings of other organizations during announcements
46. Send newsletter to guests
47. When asked about your leadership skills & career success, tell them about your PTA Unit
48. Ask every member to submit 3 prospects to the membership chair
49. Make it FUN
50. Give every member a PTA Unit decal or bumper stickers for their car
51. Give testimonials about your PTA Unit while guests are at the meeting
52. Repeatedly invite prospective members
53. Practice selling your PTA Unit at PTA Unit meetings—have a one-minute elevator speech ready
54. The PTA Unit president asks three PTA Unit members as a personal favor to each recruit one new member
55. Bring your boss to a PTA Unit meeting
56. Make direct contact with business associations
57. Bring your co-workers to a PTA Unit meeting
58. Bring your subordinates to a PTA Unit meeting
59. Have new member kits
60. Hand out invitation cards for a "Free" lunch (breakfast, dinner)
61. Have members constantly promote and rave about your PTA Unit
62. Meet at a good location and time that is beneficial to all
63. Assign every member to a 5 person recruitment team—each team brings in a new member every six months
64. Have incentives for recruitment
65. Have a large poster that lists all the members who have sponsored a new member in the past year
66. Display a thermometer showing progress towards PTA Unit membership goal
67. Feature a member's "benefit of the month" in the PTA Unit newsletter
68. Induct new members & invite spouse/partner
69. Develop a welcome letter from the president for all new members
70. Contact all members who have resigned in the past 3 years
71. Recognize new members in newsletters
72. Invite spouses to social functions
73. Pass out M & M candy to remind members that "Membership Matters" and that we need "More Members"

Get Involved in Convention and Save the Date

Colorado PTA's annual Convention in 2023 will be on Saturday and Sunday, April 29-30, at the same location as last year, the DoubleTree by Hilton Denver Tech Center, 7801 E. Orchard Rd., Greenwood Village.

We need help to prepare another great Convention! The next meeting of the Convention Committee will be Oct. 13, 7:30 p.m. If you are interested in helping with one of these areas and would like to join the meeting, please email Christina Powell, VP for Convention, at christinapowell@copta.org:

- Exhibitors/Sponsors (outreach to exhibitors/sponsors and arranging the Exhibit Hall)
- Catering (working with the hotel to arrange for the meals)
- Program (creating the Program document)
- Decorations (creating decorations for the tables in the ballroom)
- Registration (checking people in at the event)
- Boutique (setting up the boutique items for sale at the event)
- Credentials (giving attendees' their credentials card)
- Workshops (helping to arrange for presenters and to get the rooms set up)



Please do not forget to VOTE for EDUCATION!

Mail in ballot voting in Colorado:

- Election Day is on Tuesday, November 8, 2022
- Colorado is a all mail in ballot voting state. Every registered voter will automatically receive a ballot in the mail beginning on October 18, 2022.
- Once you receive your ballot, you can then return your ballot by mail, [drop it off in person at your county's ballot drop box; or a designated drop-off location.](#)
- Your ballot must be received by your county elections office by 7 pm MT on Election Day in order to be counted. If you are mailing in your ballot, we suggest putting it in the mail no later than November 1st in order to ensure it gets to your County Election Office by 7 pm on November 8th.
- You can find your drop box and/or polling location [here](#).

What if I want to vote in person on Election Day?

- In person voting is available from 7 am MT - 7 pm MT at [designated polling locations](#).

Do I need an ID in order to vote in person?

- All voters who vote in-person must provide identification. In-person voting centers are open beginning 15 days before Election Day, October 24, 2022, and remain open through Election Day. No excuse is required to vote early in-person.

If I am a new citizen, do I need to show proof of citizenship when I vote?

- You are NOT required to show proof of your citizenship when voting. Because you already affirmed your citizenship when you registered to vote, this is unnecessary when you vote.

What should I do if I do not receive my mail-in ballot, make a mistake, damage, or lose my mail-in ballot?

Your options are two-fold. You can either:

- Request a replacement mail-in ballot from your county clerk; or
- Vote in-person at a voter service and polling center.

You can get more information or check your registration at this [website](#).

